## Abducting the thumb to a target

#### Therapist's aim

To improve the ability to abduct the thumb.

#### Client's aim

To improve your ability to open your thumb to help pick up a cup or glass.

#### Therapist's instructions

Position the patient in sitting with their forearm resting in mid-pronation and wrist in extension on a table in front of them. Position a cup near their thumb and another cup touching their MCP joints. Instruct the patient to abduct their thumb to touch the cup. Ensure that the MCP joints remain in contact with the other cup and the wrist remains extended.

#### Client's instructions

Position yourself sitting with your hand resting vertically on a table in front of you and your wrist bent back. Position a cup near your thumb and another cup touching your knuckles. Practice opening your thumb to touch the cup. Ensure that you keep your knuckles in contact with the other cup as you move your thumb.

# ● www.physiotherapyexercises.com

Repeat \_\_ times.

#### Progressions and variations

Less advanced: 1. Decrease the distance to the cup. More advanced: 1. Increase the distance to the cup. 2. Increase the amount of wrist extension.

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### Active assisted knee flexion and extension

#### Therapist's aim

To strengthen the knee flexors and extensors and to stretch or maintain range of the knee joint.

#### Client's aim

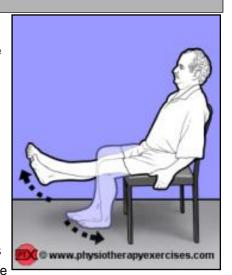
To strengthen the muscles at the front and back of your thigh and to stretch or maintain range in your knee.

#### Therapist's instructions

Position the patient in sitting with their knees bent. Instruct the patient to actively extend their affected knee and provide further assistance with their unaffected leg, then actively flex their affected knee and provide further assistance with their unaffected leg.

#### Client's instructions

Position yourself sitting with your knees bent. Practice straightening your affected knee as much as possible while assisting with your unaffected leg, then bending your affected knee as much as possible while assisting with your unaffected leg.



Repeat \_\_ times.

#### Progressions and variations

Less advanced: 1. Increase assistance provided by the unaffected leg. More advanced: 1. Decrease assistance provided by the unaffected leg. 2. Progress using strength training principles.

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Week 5										
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#### Active cycle for upper limbs

#### Therapist's aim

To improve fitness.

#### Client's aim

To improve your fitness.

#### Therapist's instructions

Position the patient in their wheelchair with their hands in the paddles of the active cycle. Instruct the patient to cycle with their hands.

#### Client's instructions

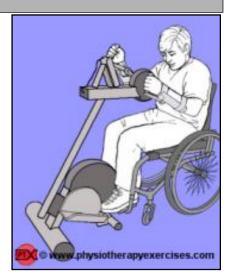
Position yourself sitting in your wheelchair with your hands in the paddles of the active cycle. Cycle with your hands.

#### Progressions and variations

Less advanced: 1. Decrease the active resistance. More advanced: 1. Increase the active resistance. 2. Increase duration of exercise.

#### **Precautions**

1. Check for pressure marks in areas where sensation is absent or impaired.



Perform exercise for \_\_ minutes.

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Week 2										
Week 3										
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Week 6										
Week 7										

#### Ankle dorsiflexor electrical stimulation

#### Therapist's aim

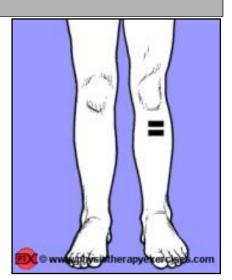
To strengthen the ankle dorsiflexors.

#### Client's aim

To strengthen the muscles at the front of your ankle.

#### Therapist's instructions

Place the electrodes over the muscle belly of tibialis anterior.



Perform \_\_ sets of \_\_ reps. Do\_\_ sessions per week.

	Mon		Tue		Wed		Thu		Fri	
	Left	Right								
Week 1										
Week 2										
Week 3										
Week 4										
Week 5										
Week 6										
Week 7										

# Ankle dorsiflexor strengthening in sitting using sandbag weights

#### Therapist's aim

To strengthen the ankle dorsiflexors.

#### Client's aim

To strengthen the muscles at the front of your ankle.

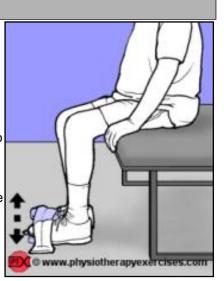
#### Therapist's instructions

Position the patient in sitting with a weight attached around their toes. Instruct the patient to dorsiflex their ankle.

#### Client's instructions

Position yourself sitting with a weight attached around your toes. Start with your toes on the floor. Finish with your toes off the floor.

#### Progressions and variations



Perform \_\_ sets of \_\_ reps. Do\_\_ sessions per week.

	Mon		Tue		Wed		Thu		Fri	
	Left	Right								
Week 1										
Week 2										
Week 3										
Week 4										
Week 5										
Week 6										
Week 7										

#### Therapist's aim

To strengthen the ankle dorsiflexors.

#### Client's aim

To strengthen the muscles at the front of your ankle.

Ankle dorsiflexor strengthening in sitting without weights

#### Therapist's instructions

Position the patient in sitting with their feet flat on the floor and their knees relatively extended. Instruct the patient to dorsiflex the ankles.

#### Client's instructions

Position yourself sitting with your feet together in front of you. Start with your feet flat on the floor. Finish with your toes lifted up. Ensure that you keep your heels on the ground.

#### Progressions and variations

Less advanced: 1. Position the feet further forwards. 2. Place a bandage around the knees to hold them together. More advanced: 1. Position the feet further back.



Perform \_\_ sets of \_\_ reps. Do\_\_ sessions per week.

	Mon		Tue		Wed		Thu		Fri	
	Left	Right								
Week 1										
Week 2										
Week 3										
Week 4										
Week 5										
Week 6										
Week 7										

Ankle dorsiflexor strengthening in supine using theraband

#### Therapist's aim

To strengthen the ankle dorsiflexors.

#### Client's aim

To strengthen your ankle muscles.

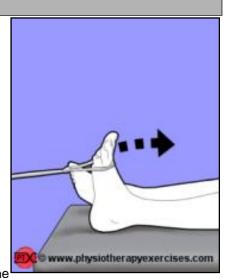
#### Therapist's instructions

Position the patient in supine with their legs extended. Adjust the theraband so that the direction of pull opposes ankle dorsiflexion. Instruct the patient to dorsiflex their ankle.

#### Client's instructions

Position yourself lying on your back with some theraband around your forefoot. Adjust the theraband so that the direction of pull is from the foot of the bed. Start with your ankle downwards. Finish with your ankle upwards.

#### Progressions and variations



Perform \_\_ sets of \_\_ reps. Do\_\_ sessions per week.

	Mon		Tue		Wed		Thu		Fri	
	Left	Right								
Week 1										
Week 2										
Week 3										
Week 4										
Week 5										
Week 6										
Week 7										

#### Compiled by Dr chandrashekar belludi {

#### Therapist's aim

To strengthen the ankle dorsiflexors/plantarflexors.

#### Client's aim

To strengthen your ankle muscles.

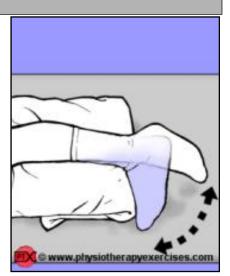
#### Therapist's instructions

Position the patient in sidelying. Instruct the patient to dorsiflex and plantarflex their ankle.

Ankle dorsiflexor/plantarflexor strengthening in sidelying without weights

#### Client's instructions

Position yourself lying on your side. Start with your toes pointing down. Finish with your toes pointing up.



Perform \_\_ sets of \_\_ reps. Do\_\_ sessions per week.

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	Left	Right								
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#### Ankle dorsiflexor/plantarflexor strengthening in supine without weights

#### Therapist's aim

To strengthen the ankle dorsiflexors/plantarflexors.

#### Client's aim

To strengthen your ankle muscles.

#### Therapist's instructions

Position the patient in supine. Instruct the patient to dorsiflex and plantarflex their ankle.

#### Client's instructions

Position yourself lying on your back. Start with your toes pointing down. Finish with your toes pointing up.

#### Progressions and variations



Perform \_\_ sets of \_\_ reps. Do\_\_ sessions per week.

	Mon		Tue		Wed		Thu		Fri	
	Left	Right								
Week 1										
Week 2										
Week 3										
Week 4										
Week 5										
Week 6										
Week 7										

# Ankle evertor strengthening in sitting without weights

#### Therapist's aim

To strengthen the ankle evertors.

#### Client's aim

To strengthen the muscles at the outside of your ankle.

#### Therapist's instructions

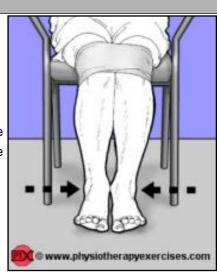
Position the patient in sitting with their knees together and ankles slightly apart. Instruct the patient to evert their ankles and bring the medial malleoli to touch together. Ensure that the knees are kept still.

#### Client's instructions

Position yourself sitting with your knees together and ankles slightly apart. Start with your feet flat on the floor. Finish with outside of your soles lifted off the floor and the inside part of your ankles touching together. Ensure that your knees are kept still.

#### Progressions and variations

Less advanced: 1. Place a bandage around the knees to hold them together. More advanced: 1. Perform the exercise in standing.



Perform \_\_ sets of \_\_ reps. Do\_\_ sessions per week.

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#### Ankle evertor strengthening in supine using theraband

#### Therapist's aim

To strengthen the ankle evertors.

#### Client's aim

To strengthen your ankle muscles.

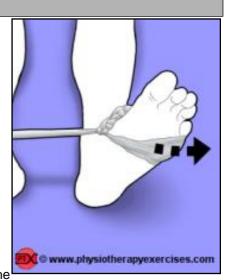
#### Therapist's instructions

Position the patient in supine with their legs extended. Adjust the theraband so that the direction of pull opposes ankle eversion. Instruct the patient to evert their ankle.

#### Client's instructions

Position yourself lying on your back with some theraband around your forefoot. Adjust the theraband so that the direction of pull is from the inside. Start with your ankle inwards. Finish with your ankle outwards.

#### Progressions and variations



Perform \_\_ sets of \_\_ reps. Do\_\_ sessions per week.

	Mon		Tue		Wed		Thu		Fri	
	Left	Right								
Week 1										
Week 2										
Week 3										
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Week 7										

#### Ankle invertor strengthening in supine using theraband

#### Therapist's aim

To strengthen the ankle invertors.

#### Client's aim

To strengthen your ankle muscles.

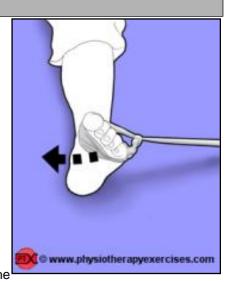
#### Therapist's instructions

Position the patient in supine with their legs extended. Adjust the theraband so that the direction of pull opposes ankle inversion. Instruct the patient to invert their ankle.

#### Client's instructions

Position yourself lying on your back with some theraband around your forefoot. Adjust the theraband so that the direction of pull is from the outside. Start with your ankle outwards. Finish with your ankle inwards.

#### Progressions and variations



Perform \_\_ sets of \_\_ reps. Do\_\_ sessions per week.

	Mon		Tue		Wed		Thu		Fri	
	Left	Right								
Week 1										
Week 2										
Week 3										
Week 4										
Week 5										
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#### Ankle invertor/evertor strengthening in sitting without weights

#### Therapist's aim

To strengthen the ankle invertors and evertors.

#### Client's aim

To strengthen the muscles on the inside and outside of your ankle.

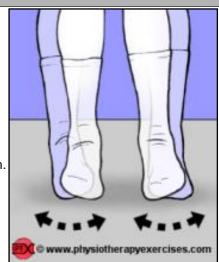
#### Therapist's instructions

Position the patient in sitting. Instruct the patient to invert and evert their ankle.

#### Client's instructions

Position yourself sitting with your feet on the floor. Start with the soles of your feet facing in. Finish with the soles of your feet facing out. Ensure that your knees are kept still.

#### Progressions and variations



Perform \_\_ sets of \_\_ reps. Do\_\_ sessions per week.

	Mon		Tue		Wed		Thu		Fri	
	Left	Right								
Week 1										
Week 2										
Week 3										
Week 4										
Week 5										
Week 6										
Week 7		·	·		·			·		

# Ankle plantarflexor strengthening in sitting using sandbag weights

#### Therapist's aim

To strengthen the ankle plantarflexors.

#### Client's aim

To strengthen your calf muscles.

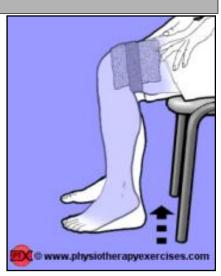
#### Therapist's instructions

Position the patient in sitting with a weight attached to the top of their knee. Instruct the patient to lift their heel off the floor by plantarflexing their ankle.

#### Client's instructions

Position yourself sitting with a weight attached to the top of your knee. Start with your feet flat on the floor. Finish with your heel off the floor. Ensure that you keep your toes on the floor.

#### Progressions and variations



Perform \_\_ sets of \_\_ reps. Do\_\_ sessions per week.

	Mon		Tue		Wed		Thu		Fri	
	Left	Right								
Week 1										
Week 2										
Week 3										
Week 4										
Week 5										
Week 6										
Week 7										

#### Ankle plantarflexor strengthening in sitting using theraband

#### Therapist's aim

To strengthen the ankle plantarflexors.

#### Client's aim

To strengthen your calf muscles.

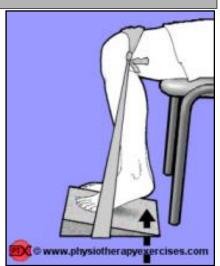
#### Therapist's instructions

Position the patient in sitting with their foot on a wedge and some theraband attached under the wedge and over the top of their knee. Instruct the patient to lift their heel off the wedge by plantarflexing the ankle.

#### Client's instructions

Position yourself sitting with your foot on a wedge and some theraband attached under the wedge and over the top of your knee. Start with your foot flat on the wedge. Finish with your heel off the wedge. Ensure that you keep your toes on the wedge.

#### Progressions and variations



Perform \_\_ sets of \_\_ reps. Do\_\_ sessions per week.

	Mon		Tue		Wed		Thu		Fri	
	Left	Right								
Week 1										
Week 2										
Week 3										
Week 4										
Week 5										
Week 6										
Week 7										

#### Ankle plantarflexor strengthening in sitting without weights

#### Therapist's aim

To strengthen the ankle plantarflexors.

#### Client's aim

To strengthen your calf muscles.

#### Therapist's instructions

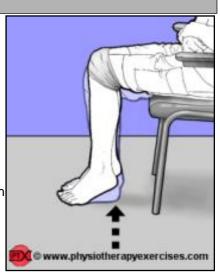
Position the patient in sitting with their knees together. Instruct the patient to lift their heels off the floor by plantarflexing the ankles.

#### Client's instructions

Position yourself sitting with your knees together. Start with your feet flat on the floor. Finish with your heels lifted off the floor. Ensure that you keep your toes on the floor.

#### Progressions and variations

Less advanced: 1. Place a bandage around the knees to hold them together. More advanced: 1. Place a weight over the knees.



Perform \_\_ sets of \_\_ reps. Do\_\_ sessions per week.

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Week 2										
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#### Ankle plantarflexor strengthening in standing using a wedge

#### Therapist's aim

To strengthen the ankle plantarflexors.

#### Client's aim

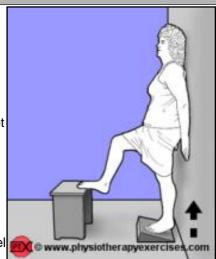
To strengthen your calf muscles.

#### Therapist's instructions

Position the patient in standing against a wall with their foot on a wedge and their other foot resting on a stool in front of them. Instruct the patient to lift their heel off the wedge by plantarflexing their ankle. Ensure that most of the weight is borne through the leg on the wedge, the knee is kept straight and the back remains against the wall.

#### Client's instructions

Position yourself standing against a wall with your foot on a wedge and your other foot resting on a stool in front of you. Start with your foot flat on the wedge. Finish with your heel lifted off the wedge and standing on your toes. Ensure that most of your weight is borne through the leg on the wedge, your knee is kept straight and your back remains against the wall.



Perform \_\_ sets of \_\_ reps. Do\_ sessions per week.

#### Progressions and variations

Less advanced: 1. Move the stool closer. 2. Provide hand support for balance. More

advanced: 1. Move the stool further away.

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Week 1										
Week 2										
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Week 5										
Week 6										
Week 7										

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