Interventions
- Balance
- Fall Risk Assessment and Prevention
- Functional Mobility
- Gait
- Therapeutic Exercise

Conditions and Diseases
- Adhesive Capsulitis
- Alzheimer's Disease and Related Dementias - Mid Stage
- Alzheimer's Disease and Related Dementias - Late Stage
- Amputation of the Lower Limb
- Amyotrophic Lateral Sclerosis
- Ankle Sprain
- Ankylosing Spondylitis
- Biceps Tendinitis
- Breast Cancer - Pre and Postoperative Management
- Burn Injury
- Cancer
- Cardiac Disease
- Cardiac Surgery
- Carpal Tunnel Syndrome - Conservative Management
- Carpal Tunnel Syndrome - Postoperative Management
- Cervical Stenosis, Myelopathy, and Radiculopathy
- Cervical Spine Surgery
- Chronic Obstructive Pulmonary Disease
- Chronic/Persistent Pain Syndrome
- Complex Regional Pain Syndrome Type I
- Congestive Heart Failure (see Cardiac Disease)
- Cubital Tunnel Syndrome - Conservative Management
- Cubital Tunnel Syndrome - Postoperative Management
- De Quervain's Syndrome - Conservative Management
- De Quervain's Syndrome - Postoperative Management
- Diabetes - Type
- Dizziness
- Emphysema (see Chronic Obstructive Pulmonary Disease)
- Epicondylitis - Conservative Management
- Fracture of the Ankle (Lateral/Medial/Posterior Malleolus)
- Fracture of the Elbow (Radial Head/Olecranon/Distal Humerus)
- Fracture of the Hip (Proximal Femur)
- Fracture of the Knee (Tibial Plateau/Patella)
- Fracture of the Shoulder (Proximal Humerus)
- Fracture of the Wrist (Distal Radius)
Conditions and Diseases

Frailty and Debility
Greater Trochanteric Pain Syndrome
Guillain-Barré Syndrome
Huntington's Disease
Joint Contractures
Kidney Disease
Low Back Pain - Acute
Low Back Pain - Chronic (see Chronic/Persistent Pain Syndrome)
Low Back Pain - Sacroiliac Joint
Lumbar Stenosis
Lumbar Spine Surgery
Morbid Obesity - Person of Size
Multiple Sclerosis
Myasthenia Gravis - Generalized
Myocardial Infarction
Osteoarthritis - Conservative Management
Osteoporosis
Palliative Care and Hospice
Parkinson's Disease - Early Stage
Parkinson's Disease - Mid Stage
Parkinson's Disease - Late Stage
Peripheral Neuropathy
Peripheral Vascular Disease
Piriformis Syndrome
Plantar Fasciitis
Post-Poliomyelitis Syndrome
Pressure Ulcers
Rheumatoid Arthritis - Conservative Management
Rotator Cuff Pathology - Conservative Management
Rotator Cuff Pathology - Postoperative Management
Scleroderma/Systemic Sclerosis
Spinal Cord Injury - Paraplegia T1-S5
Spinal Cord Injury - Tetraplegia/Quadriplegia C1-8
Stroke
Total Ankle Replacement (Arthroplasty)
Total Hip Replacement (Arthroplasty)
Total Knee Replacement (Arthroplasty)
Total Shoulder Replacement (Arthroplasty)
Urinary Incontinence
Vertebral Compression Fracture
Adaptive Equipment
Adaptive Equipment for Bathing
Adaptive Equipment for Mobility
Adaptive Equipment for Moving in Bed
Adaptive Equipment for Transfers
Adaptive Equipment for Using the Bathroom
Adaptive Equipment for Walking

Ambulation
Walk with a Cane on the Stronger, Left Side
Walk with a Cane on the Stronger, Right Side
Walk with a Standard Walker - Full Weight Bearing
Walk with a Standard Walker - Non-Weight Bearing
Walk with a Standard Walker - Partial Weight Bearing
Walk with a Standard Walker - Toe-Touch Weight Bearing
Walk with a Standard Walker - Weight Bearing as Tolerated
Walk with a Wheeled Walker - Full Weight Bearing
Walk with a Wheeled Walker - Weight Bearing as Tolerated

Bath Transfers
Transfer to Shower Chair (back up, turn left)
Transfer to Shower Chair (back up, turn right)
Transfer to Shower Chair (left leg, right leg, sit)
Transfer to Shower Chair (right leg, left leg, sit)
Transfer to Shower Chair (left leg, sit, right leg)
Transfer to Shower Chair (right leg, sit, left leg)
Transfer to Tub Bench - After Hip Surgery (back up, turn left)
Transfer to Tub Bench - After Hip Surgery (back up, turn right)
Transfer to Tub Bench (back up, turn left)
Transfer to Tub Bench (back up, turn right)
Transfer Wheelchair to Tub Bench - Move to the Left
Transfer Wheelchair to Tub Bench - Move to the Right

Bed Mobility
Bridging
In and Out of Bed - Toward Your Left Side
In and Out of Bed - Toward Your Left Side After Hip Surgery
In and Out of Bed - Toward Your Left Side Log Rolling
In and Out of Bed - Toward Your Right Side
In and Out of Bed - Toward Your Right Side After Hip Surgery
In and Out of Bed - Toward Your Right Side Log Rolling
In and Out of Bed - Toward Your Weaker Left Side
In and Out of Bed - Toward Your Weaker Right Side
In and Out of Bed with Help - Toward Their Left Side
In and Out of Bed with Help - Toward Their Right Side
Bed Mobility

- Move From One Side of the Bed to the Other
- Move Up in Bed
- Roll onto Your Left Side
- Roll onto Your Right Side

Stairs

- Down a Curb or Single Step Using a Walker
- Down Steps with a Rail Using a Cane
- Down Steps with a Rail Using a Closed Walker
- Down Steps with a Rail Using an Open Walker
- Down Steps without a Rail Using a Cane
- Up a Curb or Single Step Using a Walker
- Up Steps with a Rail Using a Cane
- Up Steps with a Rail Using a Closed Walker
- Up Steps with a Rail Using an Open Walker
- Up Steps without a Rail Using a Cane

Transfers

- Car Transfer
- Get Down On the Floor
- Get Up From the Floor
- Sit-Pivot Transfer - Move to the Left
- Sit-Pivot Transfer - Move to the Right
- Sit-Pivot Transfer with Help - Move to Their Left
- Sit-Pivot Transfer with Help - Move to Their Right
- Sitting Down
- Sitting Down - After Hip Surgery
- Standing Up
- Standing Up - After Hip Surgery
- Standing Up with Help
- Stand-Pivot Transfer with Help - Move to Their Left
- Stand-Pivot Transfer with Help - Move to Their Right
- Transfer Board - Move to the Left
- Transfer Board - Move to the Right

Wheelchair Mobility

- Wheelchair Mobility
Amputation of the Lower Limb
   Care of the Prosthesis and Lower Limb Coverings
   Care of Your Residual Limb
   Phantom Limb Pain
   Position Your Residual Limb - AKA
   Position Your Residual Limb - BKA

Cardiopulmonary
   Breathing Distress - Causes and Tips to Prevent
   Breathing Distress Control
   Cardiac Precautions for Exercise - Therapist Resource
   Controlled Cough
   Daily Tasks after Open Heart Surgery
   Deep (Diaphragmatic) Breathing
   How to Check Your Heart Rate
   Postural Drainage - Chest Percussion
   Postural Drainage Positions
   Pursed Lip Breathing
   Sternal (Breastbone) Precautions
   Tips to Conserve Energy

Other
   Arm Measurement
   Check Your Skin
   Leg Measurement
   Pain Journal
   Position in Bed to Reduce Pressure
   Pressure Relief
   Stress Management
   Stress Management - Relaxation Tools
   Tips to Prevent Lower Body Lymphedema
   Tips to Prevent Upper Body Lymphedema

Neurological
   Cognitive Strategies to Improve Movement
   Position in Bed - Left Side Weakness
   Position in Bed - Right Side Weakness
   Position Your Arm - Left Side Weakness
   Position Your Arm - Right Side Weakness
   Protect the Arm - Left Side Weakness
   Protect the Arm - Right Side Weakness

Orthopedic
   Body Mechanics
   Daily Tasks after Back (Lumbar) Surgery
   Daily Tasks after Neck (Cervical) Surgery
Orthopedic
Daily Tasks after Shoulder Surgery
Desensitization
Edema (Swelling) Control of the Arm(s)
Edema (Swelling) Control of the Leg(s)
Good Posture
Hip Dislocation Precautions - Posterior Approach
Joint Protection and Energy Conservation for Wheelchair Users
Scar Massage
Self Traction (Unloading)
Spinal Surgery Precautions
Splint/Brace Instructions
Superficial Cold
Superficial Heat

Safety
Don’t Let a Fall Get You Down - Booklet
Don’t Let a Fall Get You Down Post - Fall Survey
Fall Triggers and Tips to Prevent Falls - Therapist Resource
Foot Care and Foot Safety
Home Safety Assessment - Therapist Resource
Using a Front Wheel Walker (2 wheels)
Using a Rollator (3 or 4 wheels)
Using a Standard Walker (no wheels)
Using a Wheelchair
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Therapeutic Exercise Handouts - Section 4

**Back/Core Exercises**
- Core Exercise Guidelines
- Core Exercises - Back Muscles
- Core Exercises - Pelvic Muscles
- Core Exercises - Stomach Muscles
- Exercise Ball Guidelines
- Exercise Ball - Back Muscles
- Exercise Ball - Pelvic Muscles
- Exercise Ball - Stomach Muscles
- Low Back Stretches
- Trunk Active Range of Motion

**Balance Exercises**
- Balance Exercise Guidelines
- Balance Exercises - Sitting
- Balance Exercises - Standing

**Condition Specific Exercise Programs**
- Above Knee Amputation Exercises
- Below Knee Amputation Exercises
- Burn Injury Stretches
- Femur Fracture Exercises
- Greater Trochanteric Pain Syndrome Exercises
- Hip Replacement Exercises
- Knee Replacement Exercises
- Lumbar Stenosis Exercises
- Lumbar Surgery Exercises
- Mastectomy Exercises
- Osteoporosis Extension Exercises
- Parkinson’s Disease Exercises
- Piriformis Syndrome Exercises
- Plantar Fasciitis Exercises
- Pulmonary Exercises
- Tibial Plateau Fracture Exercises

**Exercise Guidelines**
- Exercise Tips for Amyotrophic Lateral Sclerosis
- Exercise Tips for Ankylosing Spondylitis
- Exercise Tips for Arthritis
- Exercise Tips for Diabetes
- Exercise Tips for Guillain-Barré Syndrome
- Exercise Tips for Multiple Sclerosis
- Exercise Tips for Myasthenia Gravis
- Exercise Tips for Orthopedic Conditions
- Exercise Tips for Post-Poliomyelitis Syndrome
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Therapeutic Exercise Handouts - Section 4

Exercise Guidelines
   Exercise Tips for Renal Conditions

Lower Extremity Exercises
   Ankle and Foot Active Range of Motion
   Ankle and Foot Isometric Exercises
   Ankle and Foot Strength Exercises
   Ankle and Foot Stretches
   Calf Stretches
   Hip and Knee Exercises - Lying
   Hip and Knee Exercises - Seated
   Hip and Knee Exercises - Standing
   Hip Stretches
   Stretch Band Exercises - Legs
   Thigh Stretches

Neck Exercises
   Neck Active Range of Motion
   Neck Isometric Exercises
   Neck Strength Exercises
   Neck Stretches

Other Exercises
   Arm Cycle
   Cool-Down Stretches
   Exercise Log
   General Exercise Tips
   Passive Range of Motion
   Passive Range of Motion - Left Side Weakness
   Passive Range of Motion - Right Side Weakness
   Pelvic Floor (Kegel) Exercise
   Physical Activity Plan
   Total Body Exercise Program
   Walking Guidelines
   Warm-Up Exercises

Pre-Gait Exercises
   Pre-Gait Exercise Tips
   Pre-Gait Arm Strength Exercises
   Pre-Gait Hip and Knee Strength Exercises
   Pre-Gait Mat/Bed Exercises
   Pre-Gait Standing Exercises

Upper Extremity Exercises
   Arm Strength Exercises
   Dowel Exercises - Supine
   Dowel Exercises - Upright
Upper Extremity Exercises
- Elbow, Forearm and Wrist Active Range of Motion
- Elbow, Forearm and Wrist Strength Exercises
- Elbow, Forearm and Wrist Stretches
- Elbow, Wrist and Hand Active Exercises
- Finger and Thumb Strength Exercises - Left
- Finger and Thumb Strength Exercises - Right
- Finger and Thumb Stretches and Active Range of Motion - Left
- Finger and Thumb Stretches and Active Range of Motion - Right
- Flexor Tendon Glides
- Forearm and Wrist Active Range of Motion
- Forearm and Wrist Strength Exercises
- Forearm and Wrist Stretches
- Median Nerve Glides
- Nerve Flossing - Median
- Nerve Flossing - Radial
- Nerve Flossing - Ulnar
- Pendulum Exercises - Left
- Pendulum Exercises - Right
- Posture Exercises
- Putty Exercises
- Scapular Mobility and Strength Exercises - Left Side Weakness
- Scapular Mobility and Strength Exercises - Right Side Weakness
- Shoulder Active Range of Motion
- Shoulder and Hand Active Exercises
- Shoulder and Rotator Cuff Active Exercises - Left
- Shoulder and Rotator Cuff Active Exercises - Right
- Shoulder and Rotator Cuff Exercises Free Weight - Left
- Shoulder and Rotator Cuff Exercises Free Weight - Right
- Shoulder and Rotator Cuff Exercises Stretch Band - Left
- Shoulder and Rotator Cuff Exercises Stretch Band - Right
- Shoulder Blade Exercises
- Shoulder, Elbow, and Hand Active Exercises
- Shoulder Isometric Left - Seated
- Shoulder Isometric Left - Standing
- Shoulder Isometric Right - Seated
- Shoulder Isometric Right - Standing
- Shoulder Passive and Active-Assisted Range of Motion - Left
- Shoulder Passive and Active-Assisted Range of Motion - Right
- Shoulder Pulley Exercises
- Shoulder Stretches
- Stretch Band Exercises - Arms
Impairments and Functional Limitations:
Muscle weakness (specifically quadriceps, ankle dorsiflexors, ankle plantar flexors)
Limited range of motion in the lower extremities
Slowed reaction time
Reduced processing of sensory information (proprioceptive/somatosensory, visual and vestibular)
Disequilibrium
Cognitive impairment

Assessments and Rating Scales:
Berg Balance Scale (Berg 1995)
Gait Speed Test (Guralnik et al., 1994)
Modified Clinical Test of Sensory Integration on Balance (Shumway-Cook 1986)
Multi-Directional Reach Test (Newton et al., 1997)
 Sitting Balance Scale (Medley, Thompson et al., 2011)
Tinetti Balance and Gait Evaluation (Tinetti 1986)
Trunk Impairment Scale (Verheyden et al., 2004)

Physical Therapy Intervention:
Provide a multi-component balance training program.
• Ensure patient safety during training to prevent falls and injuries.
• Incorporate balance exercises into everyday activities.
• Incorporate balance exercises during regular strength training, stretching, and endurance routines.
• Perform balance training first (when combined with resistance and flexibility activities). Recommend 10-15 minutes, three days a week.

Provide progressive challenges to balance.
• Static balance control in sitting, half kneeling, tall kneeling, standing, tandem standing, single leg standing, lunging and squatting
• Dynamic balance control while on a moving surface (therapy ball, wobble board, mini trampoline)
• Challenge postural reactions
  o Ankle strategy
  o Hip strategy
  o Stepping strategy
  o Weight shift strategy
  o Suspension strategy
Physical Therapy Intervention:
Progress balance activities and exercises by challenging the visual system (low lighting, wear sunglasses indoors, eyes closed), the proprioceptive/somatosensory system (unstable surfaces such as foam pads, therapy ball, mini trampoline, balance disc, wobble board, Biomechanical Ankle Platform System (BAPS), Bosu ball trainer, ambulation on an uneven surface), and the vestibular systems (gaze stability exercises).

Provide dual-tasking balance challenges by combining a balance exercise with another form of physical activity (ball kick, ball toss, arm or leg exercises), a cognitive task (count backward from 100 by 3’s, recite the alphabet backwards or name the presidents) or by adding external distractions (noise, people, music).

Utilize interactive video games (Wii-Fit, Wii Sport, and Kinect) and brain fitness programs (Mindfit) to challenge balance.

Patient and Caregiver Handouts:
Balance Exercise Guidelines
Balance Exercises - Sitting
Balance Exercises - Standing
Core Exercise Guidelines
Core Exercises - Back Muscles
Core Exercises - Pelvic Muscles
Core Exercises - Stomach Muscles
Exercise Ball Guidelines
Exercise Ball - Back Muscles
Exercise Ball - Pelvic Muscles
Exercise Ball - Stomach Muscles

Additional Treatment Guides:
Dizziness
Therapeutic Exercise
Chronic Obstructive Pulmonary Disease

Conditions include emphysema, chronic bronchitis, asthma and bronchiectasis

**Impairments and Functional Limitations:**
- Impaired transfers and bed mobility
- Impaired gait
- Limited range of motion (chest and shoulders)
- Muscle weakness
- Impaired aerobic capacity/endurance
- Impaired balance
- Dyspnea at rest or with exertion
- Difficulty controlling airway secretions
- Memory impairment
- Co-occurring conditions - stress incontinence, cubital tunnel syndrome, depression and anxiety, heart disease, hypertension, lung cancer.

**Stages of COPD:**
- Mild - FEV1 is equal or greater than 80 percent.
- Moderate - FEV1 is between 50 and 79 percent.
- Severe - FEV1 is between 30 to 49 percent.
- Very Severe - FEV1 is less than 30 percent.

**Physical Therapy Intervention:**
Train in safe and efficient functional mobility (sit to stand, bed mobility skills, transfers, wheelchair mobility, ambulation and stairs).
- Treat underlying impairments that limit safety and independence.
- Train in the safe and correct use of assistive devices and adaptive equipment (walkers, canes, sliding boards, bed transfer handles, leg lifters, wheelchairs) as appropriate.

Teach patient and caregiver safe use of oxygen during mobility including fire safety, managing O2 lines, care and use of oxygen equipment, carrying portable O2.

Provide an individualized exercise and walking program that includes endurance, strengthening and flexibility activities that incorporate breathing techniques.

Assess and monitor blood pressure, heart rate, respiratory rate and oxygen saturations and perceived rate of exertion in response to functional activities and exercise.

Instruct in energy conservation, pursed lip breathing, heart rate and dyspnea self-monitoring with application to functional tasks.

Instruct in respiratory panic identification causes and alleviation techniques.

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Chronic Obstructive Pulmonary Disease

Physical Therapy Intervention:
Provide respiratory management.
- Secretion removal (percussion, vibration, and postural drainage).
- Inspiratory muscle training (pursed lip breathing exercises, and inspiratory muscle trainers).
- Cough training.

Reinforce education to reduce exacerbations (cover face with mask, avoid close contact with people who have a cold or flu, through and frequent hand washing, take medications, know the early symptoms).

Educate patient and caregivers about COPD, community resources. Encourage participation in support groups. Refer to outpatient Pulmonary Rehab as appropriate.

Provide education regarding fall risk and prevention strategies. Evaluate home environment, provide environmental modifications and adaptations as appropriate.

Patient and Caregiver Handouts:
Breathing Distress - Causes and Tips to Prevent
Breathing Distress Control
Cool-Down Stretches
Controlled Cough
Edema (Swelling) Control of the Leg(s)
How to Check Your Heart Rate
Posture Exercises
Postural Drainage - Chest Percussion
Postural Drainage Positions
Pulmonary Exercises
Pursed Lip Breathing
Tips to Conserve Energy
Walking Guidelines
Warm-Up Exercises

Additional Treatment Guides:
Fall Risk Assessment and Prevention
Urinary Incontinence
Fracture of the Ankle
(Lateral, Medial, Posterior Malleolus)

Impairments and Functional Limitations:
Impaired transfers and bed mobility
Impaired gait
Muscle weakness
Limited ankle ROM
Impaired balance/proprioception
Pain and edema
Weight bearing restrictions

Physical Therapy Intervention:
Train in safe and efficient functional mobility (sit to stand, bed mobility skills, transfers, and wheelchair mobility) while adhering to weight bearing restrictions.

- Treat underlying impairments that limit safety and independence.
- Train in the safe and correct use of assistive devices and adaptive equipment (walkers, canes, sliding boards, bed transfer handles, leg lifters, wheelchairs) as appropriate.

Gait training with assistive device and/or ankle cast/boot as appropriate.
- Progress weight bearing. **Follow the referring surgeon’s specific guidelines for progression.**
- Monitor cardiac status during ambulation. The amount of energy required to perform limited weight bearing is 30 to 50% greater than that required for normal ambulation.

Pain and edema control
- Moist heat, warm whirlpool, and/or pulsed ultrasound
- Ice, TENS, compression, and elevation
- Cold for 20 minutes after exercises

Provide exercises for all uninvolved joints to prevent loss of ROM and strength.

Provide a progressive ankle exercise program that includes endurance, strengthening and stretching activities. Progression depends on co-morbidities, type of injury, stage of healing, surgical intervention, and complications. **Follow the referring surgeon’s specific guidelines for progression.**

Provide a fall prevention program that includes balance, coordination and agility training and education about fall risk and prevention strategies.
Fracture of the Ankle
(Lateral, Medial, Posterior Malleolus)

Patient and Caregiver Handouts:
Ankle and Foot Active Range of Motion
Ankle and Foot Isometric Exercises
Ankle and Foot Strength Exercises
Ankle and Foot Stretches
Arm Strength Exercises
Edema (Swelling) Control of the Leg(s)
Exercise Tips for Orthopedic Conditions
Superficial Cold
Superficial Heat
Physical Therapy Toolkit
Ankle and Foot Active Range of Motion

Do the checked exercises _____ times per day, _____ days a week.

☐ Pull Foot Back
Sit in a chair. Pull your foot toward your knee.

Do _____ sets of ______. Repeat with your other foot.

☐ Point Foot
Sit in a chair. Point your toes.

Do _____ sets of ______. Repeat with your other foot.

☐ Turn Foot In
Sit in a chair. Point your toes up. Turn your foot inward.

Do _____ sets of ______. Repeat with your other foot.

☐ Turn Foot Out
Sit in a chair. Point your toes up. Turn your foot outward.

Do _____ sets of ______. Repeat with your other foot.
Ankle and Foot Active Range of Motion

Do the checked exercises _____ times per day, _____ days a week.

☐  Ankle Circles
   Sit in a chair. Make circles with your foot. Move one way and then the other.
   
   Do _____ sets of ______.
   Repeat with your other foot.

☐  Toe Curls
   Sit in a chair. Keep your ankle in neutral.
   Curl your toes down.
   
   Do _____ sets of ______.
   Repeat with your other foot.

☐  Pull Toes Back
   Sit in a chair. Keep your ankle in neutral.
   Pull your toes back.
   
   Do _____ sets of ______.
   Repeat with your other foot.

☐  ABC’s
   Sit in a chair. Point your toes. Trace the letters of the ABC’s in the air.
   
   Do _____ sets of ______.
   Repeat with your other foot.
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Edema (Swelling) Control of the Leg(s)

☐ Keep your leg(s) up, as much as you can. Support your leg(s) with a pillow under your calf.

☐ Apply a cold pack to your hip-knee-ankle-foot (circle). It should not be colder than 59°F (15°C).

   Apply cold pack for _____ minutes, _____ times a day.

☐ Lightly massage your foot and leg with lotion. Start at your foot and move up toward your hip.

   Massage for _____ minutes, _____ times a day.

☐ Wear a compression stocking.

   Wear the stocking ________________________________.

☐ Apply elastic therapeutic tape to ________________________________

☐ Pump your ankles ________ times a day.

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Postural Drainage Positions

Use postures alone or with chest percussion. Do not do postural drainage soon after a meal.

Lie on your back with your knees bent. Put 2-3 pillows under your hips. Your chest should be lower than your hips. Breathe using deep (diaphragmatic) breathing.

Stay in this posture for _____ minutes.

Lie on your side. Put 2-3 pillows under your hips. Your chest should be lower than your hips. Use a small pillow under your head. Breathe using deep (diaphragmatic) breathing.

Stay in this posture for _____ minutes.

Switch to your other side.

Lie on your stomach. Place 2-3 pillows under your hips. Your chest should be lower than your hips. Use a small pillow under your head. Breathe using deep (diaphragmatic) breathing.

Stay in this posture for _____ minutes.
Up Steps With a Rail Using a Cane

Do not rush. Make sure you have your balance before using the stairs.

1. Hold on to the rail. Hold the cane in your other hand. This may be your weaker side or your stronger side.

2. Step up with your stronger leg to the first step.

3. Step up with the cane and your weaker leg to the same step. Balance yourself.

4. Repeat: stronger leg, weaker leg with cane, one step at a time.

Up with the “good” and down with the “bad”. This is an easy way to recall which leg to use first.
Realice los ejercicios _____ veces al día, _____ veces a la semana.

☐ **Flexión del Dorso del Pie**
  Tire de los dedos del pie hacia la nariz. Mantenga la rodilla estirada. Mantenga la posición durante el recuento de _____.
  Complete _____ serie(s) de _____

☐ **Flexión de la Panta de Pie**
  Punto los dedos del pie. Mantenga la rodilla estirada. Mantenga la posición durante el recuento de _____.
  Complete _____ serie(s) de _____

☐ **Inversión del Pie**
  Mueva sólo el tobillo. Mantener los dedos señalados. Convertir el pie hacia adentro, para que la suela se enfrenta a la otra pierna. Mantenga la posición durante el recuento de _____.
  Complete _____ serie(s) de _____

☐ **Eversión del Pie**
  Mueva sólo el tobillo. Mantener los dedos señalados. Gire el pie hacia fuera, lejos de la otra pierna. Mantenga la posición durante el recuento de _____.
  Complete _____ serie(s) de _____
Realice los ejercicios ______ veces al día, ______ veces a la semana.

- **Círculos por el Tobillo**
  Haga el movimiento de un círculo con el pie. Ir agujas del reloj y repita las agujas del reloj.
  Complete ______ serie(s) de ______

- **Flexión del Dedo del Pie**
  Mantenga el tobillo en posición neutra. Doblar sus dedos de los pies hacia abajo.
  Complete ______ serie(s) de ______

- **Extensión del Dedo del Pie**
  Mantenga el tobillo en posición neutra. Tire los dedos hacia usted.
  Complete ______ serie(s) de ______

- **Alfabeto**
  Con los dedos del pie señale las letras del alfabeto en el aire.
  Complete ______ serie(s) de ______
Controlar el Edema de la Pierna(s)

☐ Mantenga la pierna (s) elevado por encima del nivel del corazón tanto como sea posible cuando se está sentado en una silla o un sofá y al acostarse. Apoye a la pierna (s) con una almohada debajo de la pantorrilla, pero no bajo el talón o la rodilla.

☐ Aplique una compresa fría en su cadera / rodilla / tobillo / pie (elija uno). La temperatura no debe ser más fría que 59°F (15°C).

Aplique una compresa fría por ______ minutos, ______ veces al día.

☐ Masajee de la pierna con una loción. Progrese desde el pie hasta la rodilla a la cadera.

Dé masaje por ______ minutos, ______ veces al día.

☐ Use sus medias TED o medias de compresión.

Use las medias de ____________________________________________

☐ Bombee de sus tobillos ______ veces al día.
Posiciones para Drenaje Postural

Acuéstese boca arriba con las rodillas dobladas. Ponga 2-3 almohadas debajo de sus caderas. Asegúrese de que su pecho es más bajo que las caderas. Mantenga los brazos a los lados. Respira profundamente con la respiración diafragmática.

Permanezca en esta posición durante unos minutos _____.

Acuéstese sobre su lado. Ponga 2-3 almohadas debajo de sus caderas. Asegúrese de que su pecho es más bajo que las caderas. Use una pequeña almohada bajo la cabeza. Descanse los brazos donde se sientan cómodos. Respira profundamente con la respiración diafragmática.

Permanezca en esta posición durante unos minutos _____.

Rote en el otro lado.

Acuéstese sobre su lado. Ponga 2-3 almohadas debajo de sus caderas. Asegúrese de que su pecho es más bajo que las caderas. Use una pequeña almohada bajo la cabeza. Coloque sus brazos por su cabeza. Respira profundamente con la respiración diafragmática.

Permanezca en esta posición durante unos minutos _____.

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1. Mantenga su bastón en el lado opuesto de la barandilla, ésta puede ser su lado más débil y/o afectado o su lado fuerte.

2. Aferrarse a la barandilla con la mano libre. Levante la pierna más fuerte hasta el primer paso.

3. Llevar la pierna más débil/afectado y/o caña juntos hasta el mismo paso.

4. Mantenga su pierna más débil y/o afectados y la caña de paralelos entre sí.

Recuerde: "arriba con el bien." y 'abajo con el mala'.