Physical Therapy Toolkit

Table of Contents
66 Treatment Guides
211 Handouts

Treatment Guides
Interventions
Balance Training
Fall Risk Assessment and Prevention
Functional Mobility
Gait Training
Therapeutic Exercise

Conditions and Diseases
Adhesive Capsulitis
Alzheimer’s Disease and Related Disorders – Mid Stage
Alzheimer’s Disease and Related Disorders – Late Stage
Amputation of the Lower Extremity
Amyotrophic Lateral Sclerosis
Biceps Tendinitis
Breast Cancer
Cancer
Cardiac Disease
Cardiac Surgery
Carpal Tunnel Syndrome - Conservative Management
Carpal Tunnel Syndrome - Surgical Management
Cervical Spine Surgery
Cervical Radiculopathy and Myelopathy
Chronic Kidney Disease
Chronic Pain
Complex Regional Pain Syndrome – Post-Stroke
Cubital Tunnel Syndrome (Ulnar Neuropathy)
De Quervain’s Syndrome - Conservative Management
De Quervain’s Syndrome - Surgical Management
Diabetes – Type 2
Dizziness
Epicondylitis
Extreme Obesity/Exceptionally Large Persons
Fracture of the Ankle
Fracture of the Elbow (Olecranon and Radial Head)
Fracture of the Femur
Fracture of the Shoulder (Proximal Humerus and Humeral Shaft)
Fracture of the Tibial Plateau
Fracture of the Wrist (Distal Radius)
Frail Elderly/Oldest Old +85
Greater Trochanteric Pain Syndrome
Guillain-Barré Syndrome
Hip Replacement (Arthroplasty)
Joint Contractures
Knee Replacement (Arthroplasty)
Low Back Strain/Sprain
Lumbar Spine Surgery
Lumbar Radiculopathy
Multiple Sclerosis
Myocardial Infarction
Osteoarthritis
Osteoporosis
Parkinson’s Disease
Peripheral Neuropathy
Peripheral Vascular Disease
Piriformis Syndrome
Plantar Fasciitis
Post-Poliomyelitis Syndrome
Pressure Ulcers
Pulmonary Disease
Rheumatoid Arthritis
Rotator Cuff Impingement, Tendonitis and Tears
Rotator Cuff Repair
Sacroiliac Joint Dysfunction
Scleroderma/Systemic Sclerosis
Spinal Cord Injury
Stroke
Total Shoulder Replacement (Arthroplasty)
Urinary Incontinence
Vertebral Compression Fracture

**Functional Mobility**
**Adaptive Equipment**
Adaptive Equipment for Bathing **
Adaptive Equipment for Bed Mobility
Adaptive Equipment for Mobility **
Adaptive Equipment for Toileting **
Adaptive Equipment for Transfers

**Ambulation**
Using a Cane – Going Down Steps
Using a Cane – Going Up Steps
Using a Standard Walker – Going Down Steps
Using a Standard Walker – Going Up Steps
Using a Walker – Going Down a Curb or Single Step
Using a Walker – Going Up a Curb or Single Step
Walking with a Cane
Walking with a Standard Walker – Non-Weight Bearing
Walking with a Standard Walker – Partial Weight Bearing
Walking with a Standard Walker – Toe-Touch Weight Bearing
Walking with a Wheeled Walker

Bed Mobility
Bridging **
Getting In and Out of Bed Following Hip Surgery **
Getting In and Out of Bed – Left Hemiparesis **
Getting In and Out of Bed – Right Hemiparesis **
Getting In Bed Towards Your Left Side **
Getting In Bed Towards Your Right Side **
Getting In and Out of Bed with Help, Towards the Left Side **
Getting In and Out of Bed with Help, Towards the Right Side **
Getting Out of Bed Towards Your Left Side **
Getting Out of Bed Towards Your Right Side **
Moving Side-to-Side in Bed **
Rolling Onto Your Side in Bed **
Scooting Up in Bed **

Transfers
Getting Down on the Floor **
Getting Up From the Floor **
Sit-Pivot – Moving to the Left **
Sit-Pivot – Moving to the Right **
Sit-Pivot with Help, Moving to the Left **
Sit-Pivot with Help, Moving to the Right **
Sitting Down **
Sitting Down Following Hip Surgery **
Standing Up **
Standing Up Following Hip Surgery **
Standing Up with Help **
Stand-Pivot with Help, Moving to the Left **
Stand-Pivot with Help, Moving to the Right **
Transfer Board – Moving to the Left **
Transfer Board – Moving to the Right **
Transfer to Tub Using Bath Seat (back up, left) **
Transfer to Tub Using Bath Seat (back up, right) **
Transfer to Tub Using Bath Seat (left leg, right leg, sit) **
Transfer to Tub Using Bath Seat (left leg, sit, right leg) **
Transfer to Tub Using Bath Seat (right leg, left leg, sit) **
Transfer to Tub Using Bath Seat (right leg, sit, left leg) **
Transfer to Tub Using Bath Transfer Bench (left) **
Transfer to Tub Using Bath Transfer Bench (right) **
Transfers In and Out of a Car **
Transfers Wheelchair to Tub Using Bath Transfer Bench (left) **
Transfers Wheelchair to Tub Using Bath Transfer Bench (right) **

Wheelchair Mobility
Wheelchair Mobility **
Therapeutic Exercise Handouts

Back/Core Exercises
- Core Exercise Guidelines **
- Core Exercises – Back Muscles **
- Core Exercises – Pelvic Muscles **
- Core Exercise – Stomach Muscles **
- Low Back Stretches
- Stability Ball Exercise Guidelines **
- Stability Ball Exercises – Back Muscles **
- Stability Ball Exercises – Pelvic Muscles **
- Stability Ball Exercises – Stomach Muscles **
- Trunk Active ROM Exercises

Balance, Coordination and Agility Exercises
- Balance Exercise Guidelines **
- Dynamic Balance Exercises **
- Sitting Balance Exercises **
- Static Balance Exercises **

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

Exercise Guidelines
- Exercise Guidelines for Amyotrophic Lateral Sclerosis **
- Exercise Guidelines for Arthritis **
- Exercise Guidelines for Diabetes **
- Exercise Guidelines for Multiple Sclerosis **
- Exercise Guidelines for Orthopedic Conditions **
- Exercise Guidelines for Post-Poliomyelitis Syndrome **
- Exercise Guidelines for Renal Conditions **
- General Exercise Guidelines

General Exercises
- Arm Cycle Guidelines **
- Cool-Down Stretches
- Daily Exercise Log
- My Physical Activity Plan
- Passive ROM Exercises **
Passive ROM Exercises – Left Hemiparesis **
Passive ROM Exercises – Right Hemiparesis **
Pelvic Floor Exercises
Total Body Exercise Program
Walking Guidelines
Warm-Up Exercises

Lower Extremity Exercises
Ankle and Foot Active ROM Exercises
Ankle and Foot Isometric Exercises
Ankle and Foot Strengthening Exercises
Ankle and Foot Stretches
Calf Stretches
Hip and Knee Exercises Lying
Hip and Knee Exercises Seated
Hip and Knee Exercises Standing
Hip Stretches
Resistance Band Leg Exercises
Thigh Stretches

Neck Exercises
Neck Active ROM Exercises **
Neck Isometric Exercises **
Neck Strengthening Exercises **
Neck Stretches **

Pre-Gait Exercises
Pre-Gait Exercise Guidelines
Pre-Gait Arm Strengthening Exercises
Pre-Gait Hip and Knee Strengthening Exercises
Pre-Gait Mat/Bed Exercises
Pre-Gait Standing Exercises

Upper Extremity Exercises
Active Movement of the Elbow, Wrist and Hand **
Active Movement of the Shoulder and Hand **
Active Movement of the Shoulder, Elbow and Hand **
Arm Strengthening Exercises
Dowel Exercises Lying **
Dowel Exercises Seated **
Elbow, Forearm and Wrist Active ROM Exercises **
Elbow, Forearm and Wrist Strengthening Exercises **
Elbow, Forearm and Wrist Stretching Exercises **
Forearm and Wrist Active ROM Exercises **
Forearm and Wrist Strengthening Exercises **
Forearm and Wrist Stretching Exercises **
Hand Strengthening Putty Exercises **
Hand Stretching and Active ROM **
Median Nerve Gliding Exercises **
Pendulum Exercises – Left **
Pendulum Exercises – Right **
Resistance Band Arm Exercises **
Scapular Mobilization and Strengthening – Left Hemiparesis **
Scapular Mobilization and Strengthening – Right Hemiparesis **
Shoulder Active Exercises – Left **
Shoulder Active Exercises – Right **
Shoulder Active ROM Exercises **
Shoulder Isometric Exercises Left – Seated **
Shoulder Isometric Exercises Right – Seated **
Shoulder Isometric Exercises Left – Standing **
Shoulder Isometric Exercises Right – Standing **
Shoulder Passive and Active-Assisted Exercises – Left **
Shoulder Passive and Active-Assisted Exercises – Right **
Shoulder Pulley Exercises - Left **
Shoulder Pulley Exercises - Right **
Shoulder Strengthening – Free Weights - Left **
Shoulder Strengthening – Free Weights - Right **
Shoulder Strengthening – Resistive Band - Left **
Shoulder Strengthening – Resistive Band - Right **
Shoulder Stretching Exercises – Left **
Shoulder Stretching Exercises – Right **
Tendon Gliding Exercises **

Educational Handouts
Cardiopulmonary
Active Cycle of Breathing
Activity Guidelines Following Cardiac Surgery **
Activity Guidelines Following a Heart Attack **
Cardiac Precautions for Exercise **
Causes of Respiratory Panic and Distress **
Controlled Cough Technique
Diaphragmatic Breathing **
Energy Conservation Principles **
Postural Drainage
Postural Drainage Positions
Pursed Lip Breathing **
Respiratory Panic and Distress Control Technique **
Self-Monitoring Your Heart Rate **
Sternal Precautions **

Lower Extremity Amputation
Care of Your Residual Limb **
Donning Your Prosthesis and Socks **
Equipment Care – Prosthesis and Socks **
Phantom Limb Pain **
Positioning Your Residual Limb **

Miscellaneous
Daily Foot Care and Foot Safety **
Healthy Bladder Habits **
Measuring Your Arm Following Mastectomy **
Positioning in Bed to Minimize Pressure **
Pressure Relief **
Prevention and Control of Lower Extremity Lymphedema **
Prevention and Control of Upper Extremity Lymphedema **
Skin Inspection **

** Neurological **
Cognitive Strategies for Improving Movement **
Positioning in Bed – Left Hemiparesis **
Positioning in Bed – Right Hemiparesis **
Proper Positioning When Sitting – Left Hemiparesis **
Proper Positioning When Sitting – Right Hemiparesis **
Protecting Your Arm – Left Hemiparesis **
Protecting Your Arm – Right Hemiparesis **

** Orthopedic **
Body Mechanics **

** Orthopedic **
Edema Control of the Arm **
Edema Control of the Leg(s) **
Everyday Activities after Shoulder Surgery **
Good Posture **
Hip Dislocation Precautions – Posterior Approach **
Spinal Surgery Precautions **
Splint/Orthoses Instructions **
Superficial Cold **
Superficial Heat **

** Safety **
Don’t Let a Fall Get You Down **
Home Safety Assessment
Personal Emergency Response Systems **
Post-Fall Questionnaire **
Using Your Walker Safely **
Using Your Wheelchair Safely **

** these handouts are also in the Occupational Therapy Toolkit
Impairments and Functional Limitations:
Muscle weakness (specifically quadriceps, ankle dorsiflexors, ankle plantarflexors)
Limited range of motion
Cognitive impairment especially attention and executive function
Slowed reaction time
Reduced processing of sensory information
Disequilibrium
Vestibular impairment

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

Physical Therapy Intervention:
Provide a multi-component balance-training program.
- Ensure patient safety during training to prevent falls and injuries
- Instruct patient to incorporate balance exercises into everyday activities and during regular strength training, stretching and endurance routines.
- Recommend patients perform balance training first (when combined with resistance and flexibility activities) Recommend 10-15 min, 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. Sitting on a therapy ball; standing on a wobble board; bouncing on a mini trampoline.
- Reactive balance control
  Ankle strategy
  Hip strategy
  Stepping strategy

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).
Physical Therapy Intervention:
Provide dual-tasking balance challenges by combining a balance exercise with another form of physical activity (ball kick, ball toss, arm or leg exercises) or 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, Kinect) and brain fitness programs (Mindfit) to challenge balance.

Patient and Caregiver Handouts:
1. Balance Exercise Guidelines
2. Core Exercise Guidelines
3. Core Exercises – Back Muscles
4. Core Exercises – Pelvic Muscles
5. Core Exercise – Stomach Muscles
6. Dynamic Balance Exercises
7. Sitting Balance Exercises
8. Stability Ball Exercise Guidelines
9. Stability Ball Exercises – Back Muscles
10. Stability Ball Exercises – Pelvic Muscles
11. Stability Ball Exercises – Stomach Muscles
12. Static Balance Exercises

Additional Treatment Guides:
1. Dizziness
2. Therapeutic Exercise

Resources:
1. Easy Tai Chi-Qigong Website
2. Sit and Be Fit Balance and Falls Prevention Website
Physical Therapy TOOLKIT
Pulmonary Disease

Chronic bronchitis
Emphysema
Lung cancer
Pneumonia
Pulmonary fibrosis

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
Other symptoms and conditions – cubital tunnel syndrome, depression and anxiety

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 proper 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 proper use of oxygen equipment, carrying portable O2.

Provide an individualized exercise program that includes endurance, strengthening and flexibility activities that incorporate breathing techniques.
  • Instruct in home program with verbal and written instructions

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 and diaphragmatic breathing, heart rate and dyspnea self-monitoring with application to functional tasks.

Instruct in respiratory panic identification causes and alleviation techniques.
Physical Therapy Toolkit

Pulmonary Disease

Physical Therapy Intervention:
Provide chest PT
  Facilitate the clearance of secretions through postural drainage, manual
  techniques, assisted cough techniques and breathing techniques.

Assist in developing self-management skills (effective communication; positive
  coping strategies to minimize anxiety; stress reduction; physical activity and exercise;
  medication management; smoking cessation; healthy eating; good sleep habits and
  making informed decisions about medical and alternative treatments).

Educate patient and caregivers about pulmonary disease, the availability of community
resources and encourage participation in support groups

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

Patient and Caregiver Handouts:
1. Active Cycle of Breathing  438
2. Causes of Respiratory Panic and Distress  447
3. Cool-Down Stretches  217
4. Controlled Cough Techniques  449
5. Diaphragmatic Breathing  452
6. Edema Control of the Leg(s)  467
7. Energy Conservation Principles  468
8. Postural Drainage  490
9. Postural Drainage Positions  491
10. Pulmonary Exercises  350
11. Pursed Lip Breathing  499
12. Respiratory Panic and Distress Control Technique  500
13. Self-Monitoring Your Heart Rate  501
14. Walking Guidelines  436
15. Warm-Up Exercises  437
Impairments and Functional Limitations:
Impaired transfers and bed mobility
Impaired gait
Muscle weakness
Limited 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 proper 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 brace as appropriate
- Progress weight bearing
- 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 following exercises

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

Provide a progressive individualized exercise program that includes endurance, strengthening and stretching activities. *Follow the referring surgeon’s specific guidelines for progression.*
- Instruct in home program with verbal and written instructions

Provide a fall prevention program that includes balance, coordination and agility training and education about fall risk and prevention strategies.
Physical Therapy TOOLKIT
Fracture of the Ankle

Patient and Caregiver Handouts:
1. Ankle and Foot Active ROM Exercises 202
2. Ankle and Foot Isometric Exercises 204
3. Ankle and Foot Strengthening Exercises 205
4. Ankle and Foot Stretches 207
5. Arm Strengthening Exercises 209
6. Edema Control of the Leg(s) 467
7. Exercise Guidelines for Orthopedic Conditions 238
8. Superficial Cold 506
9. Superficial Heat 507
Using a Cane – Going Up Steps

1. Hold your cane on the side opposite the handrail, this may be your weaker/affected side or your strong side. Hold on to the handrail with your free hand.

2. Raise your stronger leg up to the first step.

3. Bring your weaker/affected leg and cane together up to the same step.

Keep your weaker/affected leg and cane parallel to each other.

Remember: "Up with the good." and "Down with the bad."
Lie on your back with your knees bent. Put 2-3 pillows under your hips. Make sure your chest is lower than your hips. Keep your arms at your sides. Breathe deeply using diaphragmatic breathing.

Stay in this position for _____ minutes.

Lie on your side. Put 2-3 pillows under your hips. Make sure your chest is lower than your hips. Use a small pillow under your head. Rest your arms where they are comfortable. Breathe deeply using diaphragmatic breathing.

Stay in this position for _____ minutes.

Switch to the other side.

Lie on your stomach. Place 2-3 pillows under your hips. Make sure your chest is lower than your hips. Use a small pillow under your head. Place your arms by your head. Breathe deeply using diaphragmatic breathing.

Stay in this position for _____ minutes.
Perform the checked exercises _____ time(s) per day, _____ days a week

- **Dorsiflexion**
  - Pull your toes toward your nose (while keeping your knee straight). Hold for the count of ______. Do not hold your breath.
  - Complete _____ set(s) of ______

- **Plantar Flexion**
  - Point your toes (while keeping your knee straight). Hold for the count of ______. Do not hold your breath.
  - Complete _____ set(s) of ______

- **Inversion**
  - Moving only your ankle and keeping your toes pointed up, turn your foot inward, so the sole is facing your other leg. Hold for the count of ______. Do not hold your breath.
  - Complete _____ set(s) of ______

- **Eversion**
  - Moving only your ankle and keeping your toes pointed up, turn your foot outward, away from your other leg. Hold for the count of ______. Do not hold your breath.
  - Complete _____ set(s) of ______
Perform the checked exercises _____ time(s) per day, _____ days a week

☐ **Ankle Circles**
Make circles with your foot. Go clockwise, then repeat counter clockwise.

Complete _____ set(s) of ______

☐ **Toe Flexion**
Keep the ankle in neutral. Curl your toes down.

Complete _____ set(s) of ______

☐ **Toe Extension**
Keep the ankle in neutral. Pull your toes toward you.

Complete _____ set(s) of ______

☐ **Alphabet**
Point your toe and then trace the letters of the alphabet in the air.

Complete _____ set(s) of ______
Physical Therapy Toolkit

Edema Control of the Leg(s)

☐ Keep your leg(s) elevated above the level of your heart as much as possible when sitting in a chair or sofa and when lying down. Support your leg(s) with a pillow under your calf but not under your heel or knee.

☐ Apply a cold pack to your hip/knee/ankle/foot (circle one). The temperature should not be cooler than 59°F / 15°C.

   Apply cold pack for _____ minutes, _____ time(s) a day

☐ Lightly massage your leg with lotion. Work from the foot to the knee to the hip.

   Massage for _____ minutes, _____ time(s) a day

☐ Wear your TED hose or compression stockings.

   Wear them ___________________________________________________________

☐ Pump your ankles _______ times a day.
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'.
Acuéstese boca arriba con las rodillas dobladas. Ponga 2-3 almohadas debajo de sus caderas. Asegúrese de que su pecho es más baja 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 baja 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 baja 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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Ejercicios Activos de Tobillo y Pie

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 _____
Ejercicios Activos de Tobillo y Pie

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).

Aplice 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.