

Physical Therapy TOOLKIT

Treatment Guides - Section 1

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)

Physical Therapy TOOLKIT

Treatment Guides - Section 1

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

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Functional Mobility - Section 2

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

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Functional Mobility - Section 2

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

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Educational Handouts - Section 3

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

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Educational Handouts - Section 3

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

Physical Therapy TOOLKIT

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

Physical Therapy TOOLKIT

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

Physical Therapy TOOLKIT

Therapeutic Exercise Handouts - Section 4

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

Physical Therapy TOOLKIT

Balance

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
 - Ankle strategy
 - Hip strategy
 - Stepping strategy
 - Weight shift strategy
 - Suspension strategy

Physical Therapy TOOLKIT

Balance

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

Physical Therapy TOOLKIT

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.

Physical Therapy TOOLKIT

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

Physical Therapy TOOLKIT

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.

Physical Therapy TOOLKIT

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

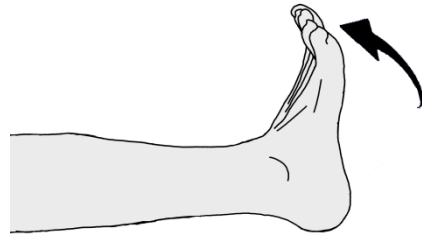
Ankle and Foot Active Range of Motion

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

Pull Foot Back

Sit in a chair. Pull your foot toward your knee.

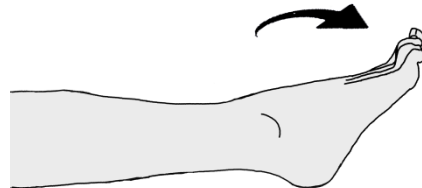
Do _____ sets of _____.
Repeat with your other foot.



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.

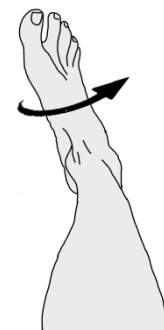
Do _____ sets of _____.
Repeat with your other foot.



Turn Foot Out

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

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



Physical Therapy TOOLKIT

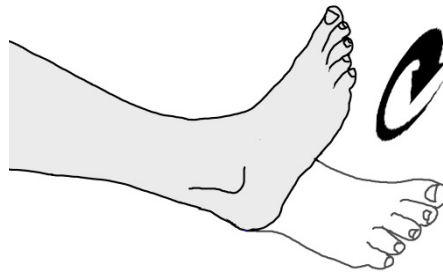
Ankle and Foot Active Range of Motion

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.

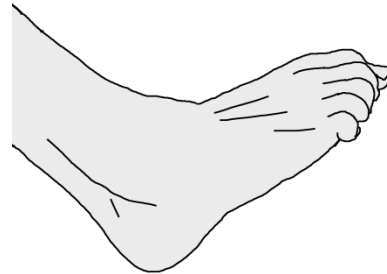
Do _____ sets of _____.
Repeat with your other foot.



Toe Curls

Sit in a chair. Keep your ankle in neutral. Curl your toes down.

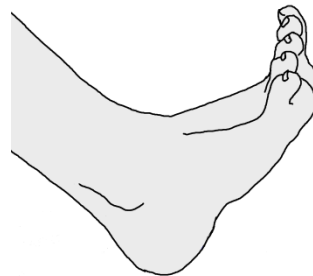
Do _____ sets of _____.
Repeat with your other foot.



Pull Toes Back

Sit in a chair. Keep your ankle in neutral. Pull your toes back.

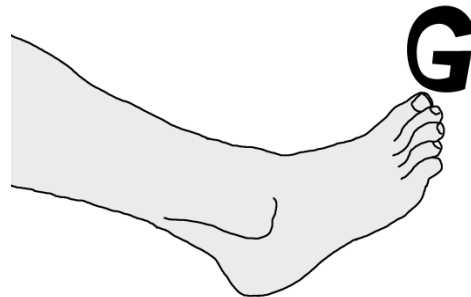
Do _____ sets of _____.
Repeat with your other foot.



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.



Physical Therapy TOOLKIT

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.

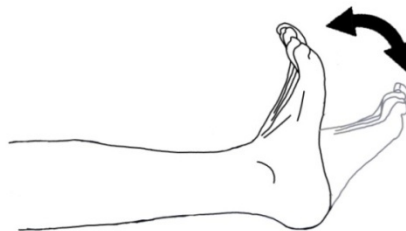
Massage for _____ minutes, _____ times a day.

- Wear a compression stocking.

Wear the stocking _____.

- Apply elastic therapeutic tape to _____.

- Pump your ankles _____ times a day.



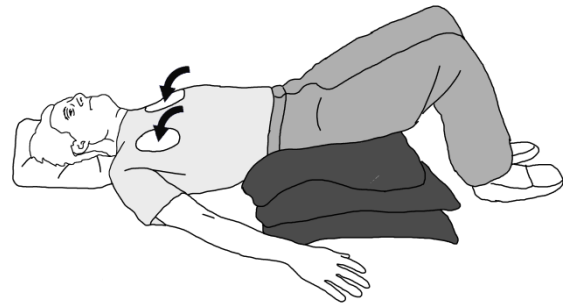
Physical Therapy TOOLKIT

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.

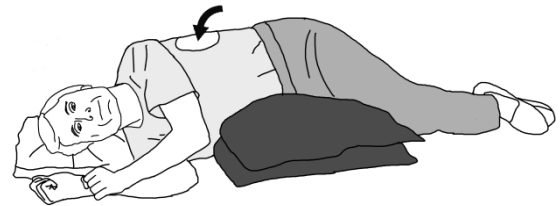
Stay in this posture for _____ minutes.



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.

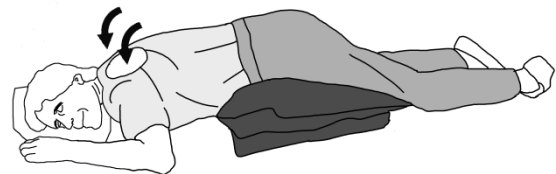
Stay in this posture for _____ minutes.

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.



Physical Therapy TOOLKIT

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.

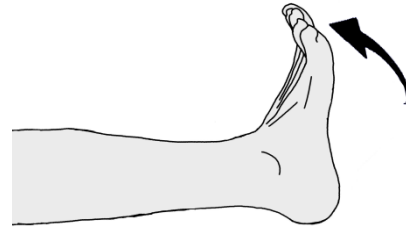
Physical Therapy TOOLKIT

Ejercicios Activos de Tobillo y Pie

Realice los ejercicios _____ veces al día, _____ veces a la semana.

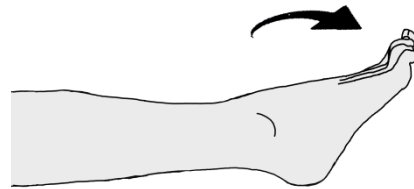
- Flexión del Dorso del Pie**
Tire de los dedos del pie hacia la nariz. Mantenga la rodilla estirada. Mantenga la posición durante el recuento de _____.

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 _____



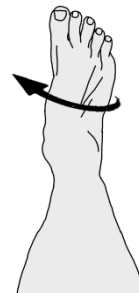
- Inversión del Pie**
Mueva sólo el tobillo. Mantener los dedos señalados. Convertir el pie hacia adentro, para que la suela se enfrenta a la otra pierna. Mantenga la posición durante el recuento de _____.

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 _____



Physical Therapy TOOLKIT

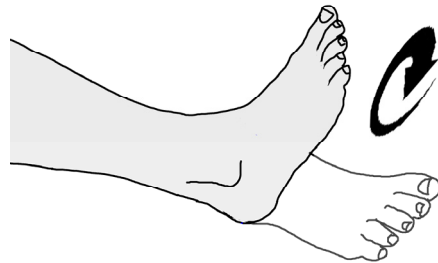
Ejercicios Activos de Tobillo y Pie

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.

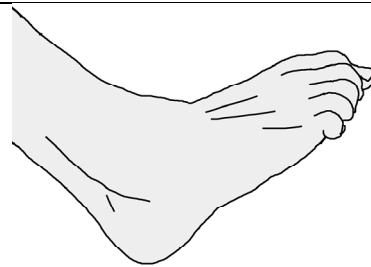
Complete _____ serie(s) de _____



Flexión del Dedo del Pie

Mantenga el tobillo en posición neutra. Doblar sus dedos de los pies hacia abajo.

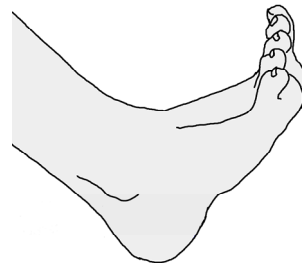
Complete _____ serie(s) de _____



Extensión del Dedo del Pie

Mantenga el tobillo en posición neutra. Tire los dedos hacia usted.

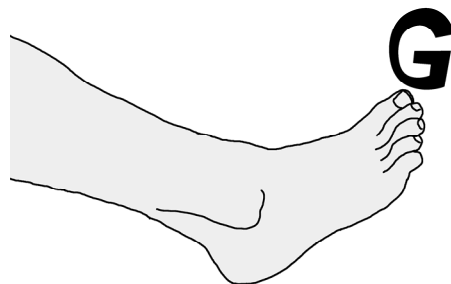
Complete _____ serie(s) de _____



Alfabeto

Con los dedos del pie señale las letras del alfabeto en el aire.

Complete _____ serie(s) de _____



Physical Therapy TOOLKIT

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.

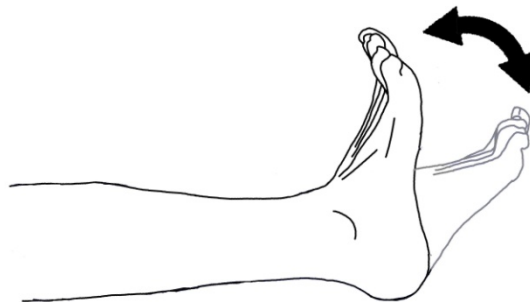
- Masajee de la pierna con una loción. Progrese desde el pie hasta la rodilla a la cadera.

Dé masaje por _____ minutos, _____ veces al día.

- Use sus medias TED o medias de compresión.

Use las medias de _____

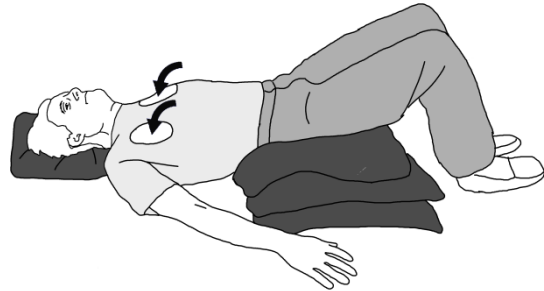
- Bombe de sus tobillos _____ veces al día.



Physical Therapy TOOLKIT

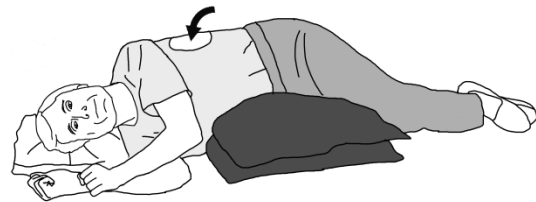
Posiciones para Drenaje Postural

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



Permanezca en esta posición durante unos minutos _____.

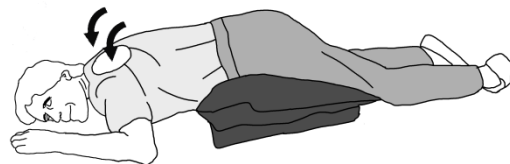
Acuéstese sobre su lado. Ponga 2-3 almohadas debajo de sus caderas. Asegúrese de que su pecho es más baja que las caderas. Use una pequeña almohada bajo la cabeza. Descanse los brazos donde se sientan cómodos. Respira profundamente con la respiración diafragmática.



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 _____.

Physical Therapy TOOLKIT

Utilizando Una Caña – Subir Escaleras



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'.