

Physical Therapy TOOLKIT

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Wheelchair Mobility **

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Orthopedic

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Personal Emergency Response Systems **
Post-Fall Questionnaire **
Using Your Walker Safely **
Using Your Wheelchair Safely **

** these handouts are also in the Occupational Therapy Toolkit

Physical Therapy TOOLKIT

Balance Training

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 TOOLKIT

Balance Training

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.

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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.

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Physical Therapy TOOLKIT

Fracture of the Ankle

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

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Physical Therapy TOOLKIT

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.

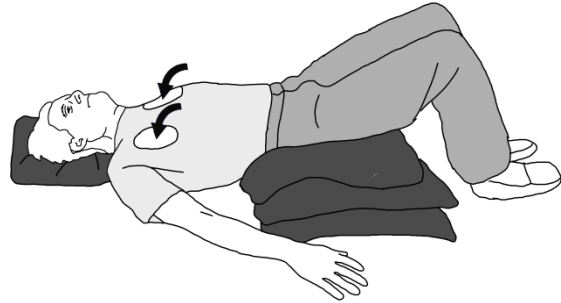
Remember: "Up with the good." and "Down with the bad."

Physical Therapy TOOLKIT

Postural Drainage Positions

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.

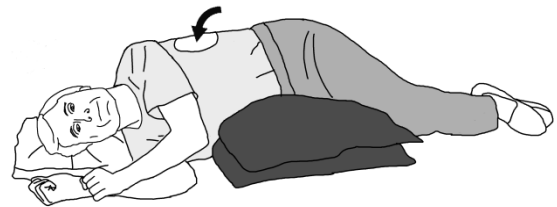
Stay in this position for _____ minutes.



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.

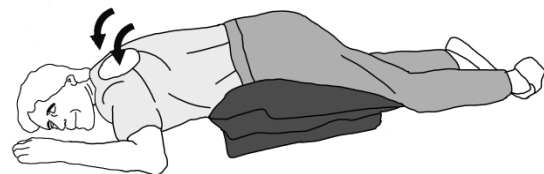
Stay in this position for _____ minutes.

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.



Physical Therapy TOOLKIT

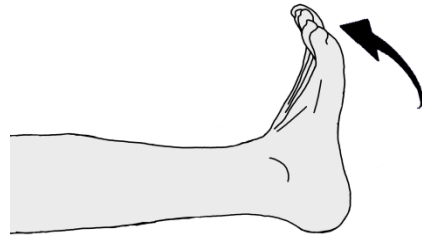
Ankle and Foot Active ROM Exercises

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.

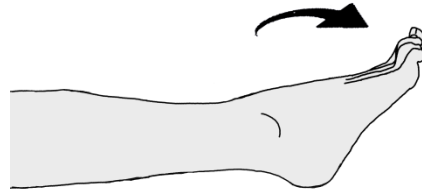
Complete _____ set(s) of _____



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.

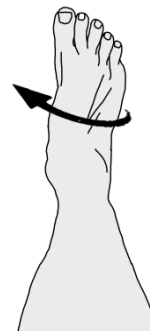
Complete _____ set(s) of _____



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 _____



Physical Therapy TOOLKIT

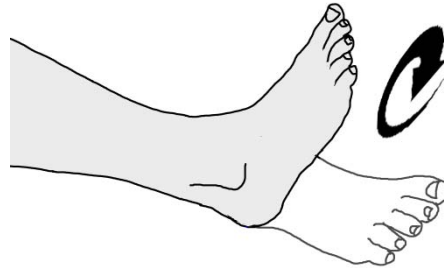
Ankle and Foot Active ROM Exercises

Perform the checked exercises _____ time(s) per day, _____ days a week

Ankle Circles

Make circles with your foot. Go clockwise, then repeat counter clockwise.

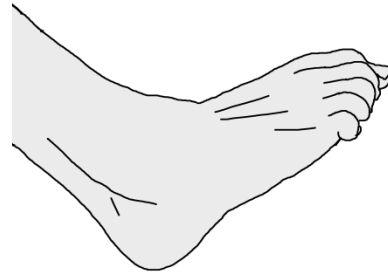
Complete _____ set(s) of _____



Toe Flexion

Keep the ankle in neutral. Curl your toes down.

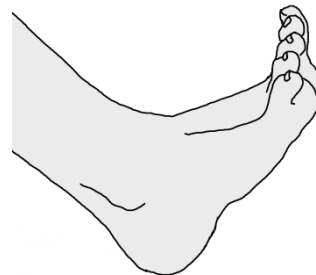
Complete _____ set(s) of _____



Toe Extension

Keep the ankle in neutral. Pull your toes toward you.

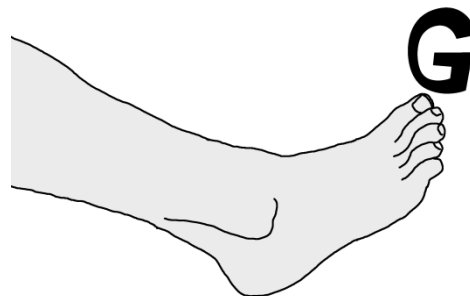
Complete _____ set(s) of _____



Alphabet

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

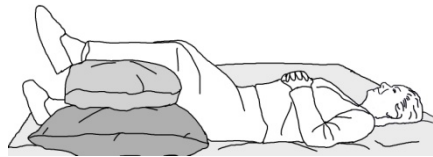
Complete _____ set(s) of _____



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

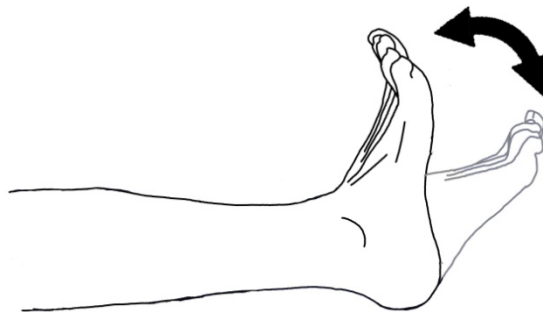
- Lightly massage your leg with lotion. Work from the foot to the knee to the hip.

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

- Wear your TED hose or compression stockings.

Wear them _____

- Pump your ankles _____ times a day.



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.



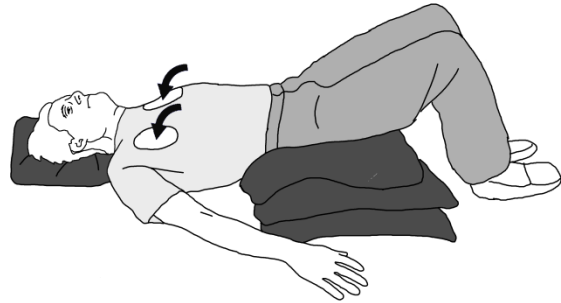
4. Mantenga su pierna más débil y/o afectados y la caña de paralelos entre sí.

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

Physical Therapy TOOLKIT

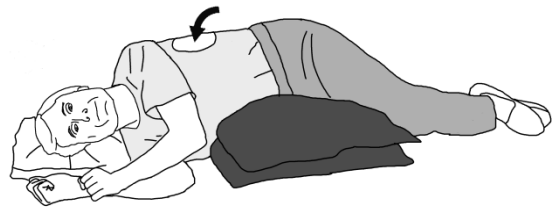
Posiciones para Drenaje Postural

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. Respire profundamente con la respiración diafragmática.



Permanezca en esta posición durante unos minutos _____.

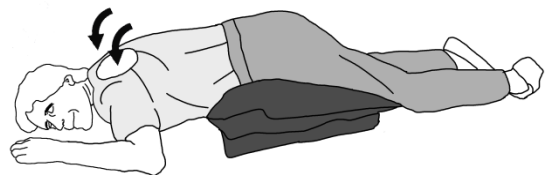
Acuéstese sobre su lado. Ponga 2-3 almohadas debajo de sus caderas. Asegúrese de que su pecho es más baja que las caderas. Use una pequeña almohada bajo la cabeza. Descanse los brazos donde se sientan cómodos. Respire profundamente con la respiración diafragmática.



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. Respire profundamente con la respiración diafragmática.



Permanezca en esta posición durante unos minutos _____.

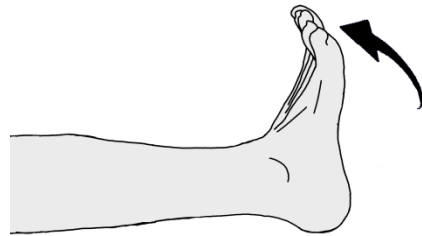
Physical Therapy TOOLKIT

Ejercicios Activos de Tobillo y Pie

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

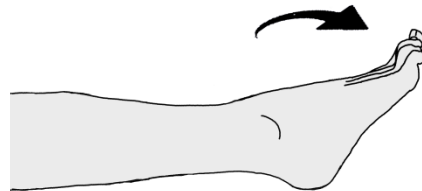
- Flexión del Dorso del Pie**
Tire de los dedos del pie hacia la nariz.
Mantenga la rodilla estirada. Mantenga
la posición durante el recuento de _____.

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 _____



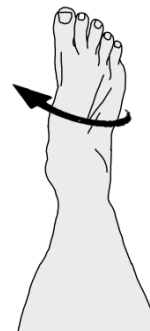
- Inversión del Pie**
Mueva sólo el tobillo. Mantener los
dedos señalados. Convertir el pie hacia
adentro, para que la suela se enfrenta a
la otra pierna. Mantenga la posición
durante el recuento de _____.

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

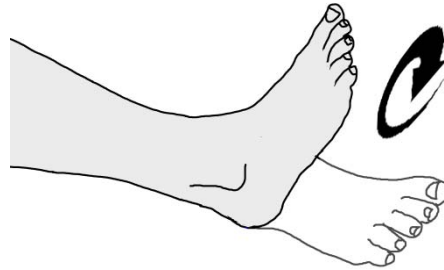
Ejercicios Activos de Tobillo y Pie

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.

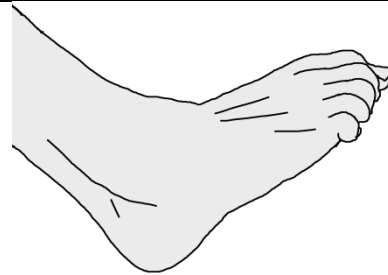
Complete _____ serie(s) de _____



Flexión del Dedo del Pie

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

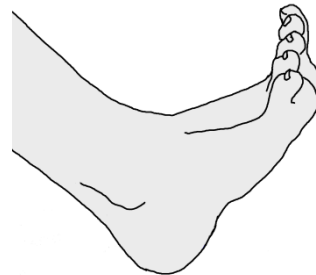
Complete _____ serie(s) de _____



Extensión del Dedo del Pie

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

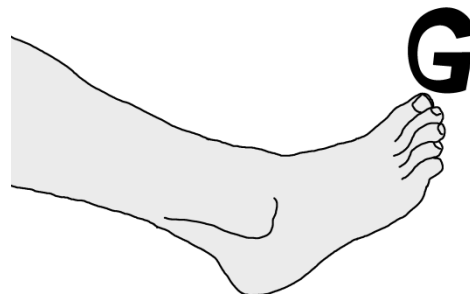
Complete _____ serie(s) de _____



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 _____

- Bombee de sus tobillos _____ veces al día.

