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
Physical Therapy Toolkit

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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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
Physical Therapy TOOLKIT

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
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-Polio Myelitis Syndrome
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

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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
  - 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
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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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

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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.
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.
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.

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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).

  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 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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Uso del Bastón – Subir Escalones

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

2. Aférrese a la barandilla con la mano libre. Levante la pierna más fuerte hasta el primer escalón.

3. Lleve la pierna más débil/afectada y/o bastón simultáneamente hasta el mismo escalón.

4. Mantenga su pierna más débil y/o afectada y el bastón paralelos entre sí.

Recuerde: "hacia arriba con la buena" y 'hacia abajo con la mala'.

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