

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)

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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

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Therapeutic Exercise Handouts - Section 4

Back/Core Exercises

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

Balance Exercises

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

Condition Specific Exercise Programs

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

Exercise Guidelines

- Exercise Tips for Amyotrophic Lateral Sclerosis
- Exercise Tips for Ankylosing Spondylitis
- Exercise Tips for Arthritis
- Exercise Tips for Diabetes
- Exercise Tips for Guillain-Barré Syndrome
- Exercise Tips for Multiple Sclerosis
- Exercise Tips for Myasthenia Gravis
- Exercise Tips for Orthopedic Conditions
- Exercise Tips for Post-Poliomyelitis Syndrome

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Therapeutic Exercise Handouts - Section 4

Exercise Guidelines

Exercise Tips for Renal Conditions

Lower Extremity Exercises

Ankle and Foot Active Range of Motion

Ankle and Foot Isometric Exercises

Ankle and Foot Strength Exercises

Ankle and Foot Stretches

Calf Stretches

Hip and Knee Exercises - Lying

Hip and Knee Exercises - Seated

Hip and Knee Exercises - Standing

Hip Stretches

Stretch Band Exercises - Legs

Thigh Stretches

Neck Exercises

Neck Active Range of Motion

Neck Isometric Exercises

Neck Strength Exercises

Neck Stretches

Other Exercises

Arm Cycle

Cool-Down Stretches

Exercise Log

General Exercise Tips

Passive Range of Motion

Passive Range of Motion - Left Side Weakness

Passive Range of Motion - Right Side Weakness

Pelvic Floor (Kegel) Exercise

Physical Activity Plan

Total Body Exercise Program

Walking Guidelines

Warm-Up Exercises

Pre-Gait Exercises

Pre-Gait Exercise Tips

Pre-Gait Arm Strength Exercises

Pre-Gait Hip and Knee Strength Exercises

Pre-Gait Mat/Bed Exercises

Pre-Gait Standing Exercises

Upper Extremity Exercises

Arm Strength Exercises

Dowel Exercises - Supine

Dowel Exercises - Upright

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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