

Home Exercise Program

Physical and Occupational Therapy



instructions

- 1. DO NOT hold your breath.**
- 2. Count out loud.**
- 3. Limit exercising in excessive heat or humidity.**
- 4. Allow adequate resting periods.**
- 5. Listen to your body.**
- 6. Make exercise part of your daily routine.**

Do the highlighted or marked exercises _____ times a day.

Start at _____ reps, working up to _____ reps.

Your physical therapy providers are

Your occupational therapy providers are

Goals

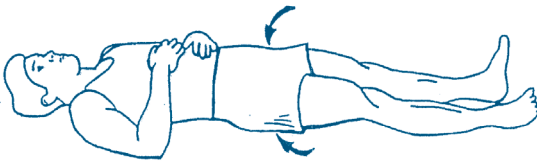
ankle pumps



Pump your foot up and down slowly.

Repeat _____ times.

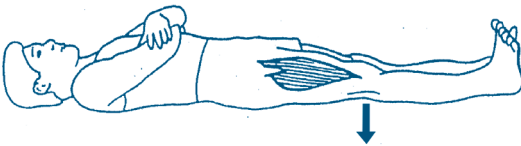
gluteal sets



Squeeze your buttocks together and hold for a count of six, then relax. Do not hold your breath.

Repeat _____ times.

quad sets



Tighten muscles on top of thigh by pushing your knee down into the bed. Hold for a count of six, then relax.

Repeat _____ times.

terminal knee extension

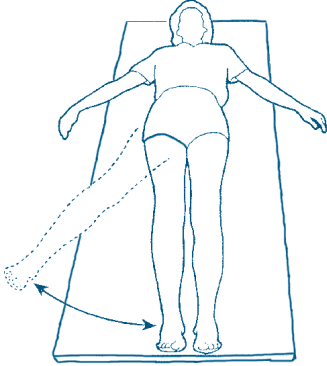


Place a roll under your knee, straighten your knee by tightening the muscles on top of your thigh and pull toes up toward head. Hold, then slowly lower.

This exercise may be done with a large roll and then a small roll.

Repeat _____ times.

hip abduction, back lying



1. Lie on your back.
2. Keep your toes pointed toward the ceiling throughout the exercise.
3. Slowly swing your involved leg out to the side as far as possible.
4. Slowly return to the starting position and relax.

Repeat _____ times.

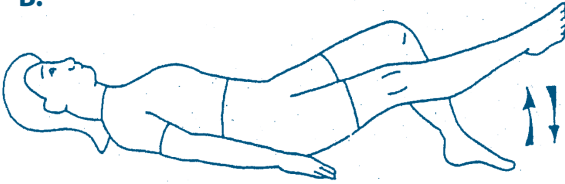
straight leg raise

A.



- A. Bend _____ leg up so foot is flat on the bed. Keep _____ leg straight and lift, then lower down to bed. Do not hold your breath.

B.



- B. Bend _____ leg up so foot is flat on the bed. Keep _____ leg straight with foot turned outward and lift, then lower down to bed. Do not hold your breath.

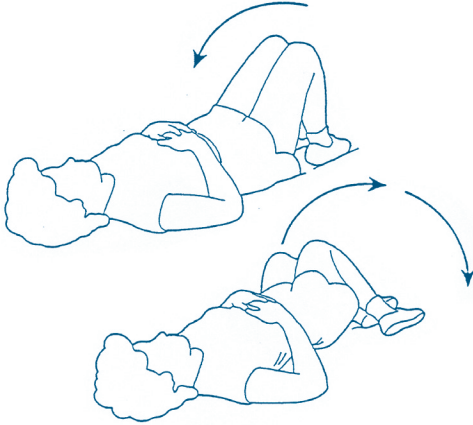
heel slides



1. Lie on your back.
2. Slide your heel up toward your body.
3. Slowly lower your leg back down.

Repeat _____ times.

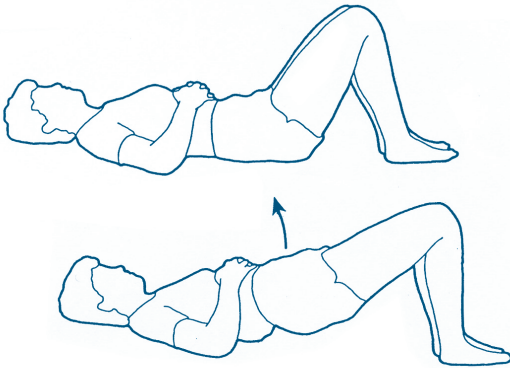
lower trunk rotation



1. Lie on your back with your knees bent and feet flat on the floor or bed.
2. Keeping your shoulders down flat, slowly roll your knees toward the left as far as possible.
3. Slowly roll your knees back toward the right as far as possible, keeping shoulders flat.

Repeat _____ times.

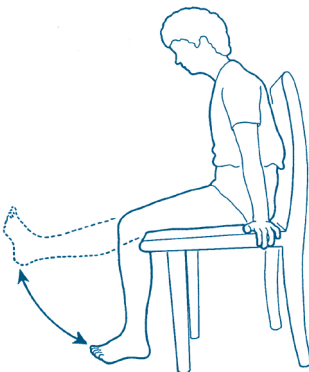
bridging



1. Lie on your back.
2. Bend your hips and knees, and plant your feet flat on the floor.
3. Raise your hips by pushing down evenly on both legs.
4. Hold for five seconds, then slowly lower your hips.

Repeat _____ times.

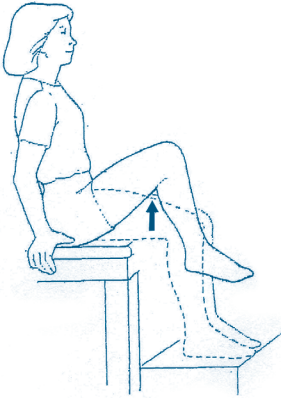
sitting knee extension



Sit erect on a firm chair or on the side of the bed. Feet are flat on the floor. Straighten your knee and point your toes toward your nose. Stretch and hold. Return foot to the floor.

Repeat _____ times.

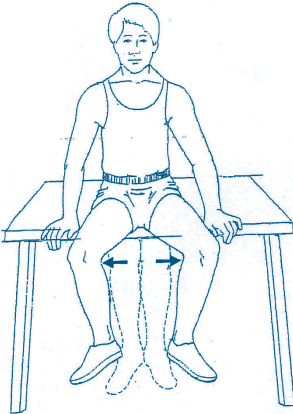
hip flexion



1. Sit in a chair with knees bent as shown.
2. Bend _____ hip to lift foot off floor.
3. Slowly relax.

Repeat _____ times, _____ times a day.

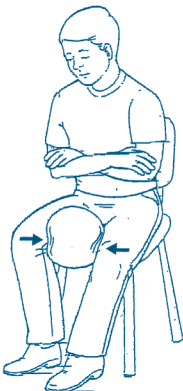
hip abduction



1. Sit on a chair or table as shown.
2. Spread knees apart as far as possible.

Repeat _____ times, _____ times a day.

hip abduction



1. Sit with a ball between your knees as shown.
2. Squeeze thighs together tightly.
3. Hold _____ seconds, then slowly relax.

Repeat _____ times, _____ times a day.

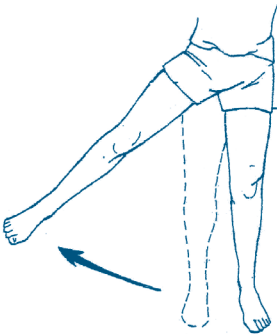
hip flexion



1. Stand with legs straight.
2. Bend _____ knee and hip upward as shown.
3. Slowly relax.

Repeat _____ times, _____ times a day.

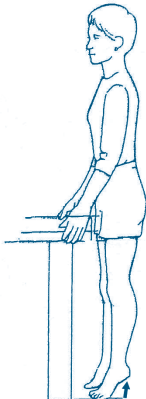
hip abduction



1. Stand holding onto a solid object for balance.
2. Raise _____ hip out to side, without letting it come forward.
3. Slowly relax.

Repeat _____ times, _____ times a day.

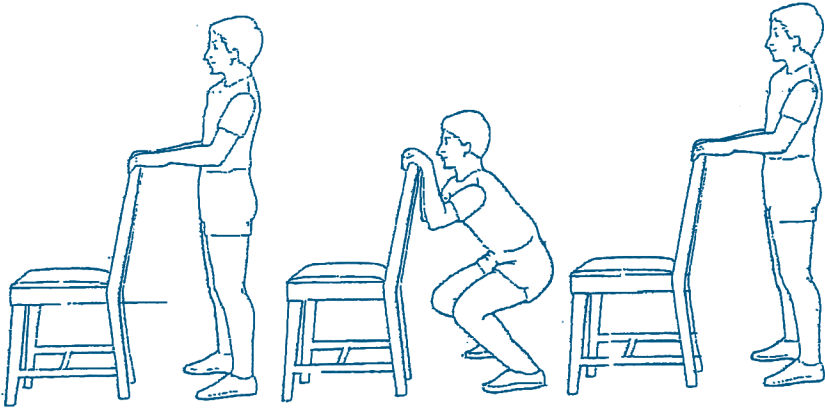
plantar flexion - toe raises



1. Stand with feet 12 inches apart.
2. Raise up slowly onto your toes as high as you can.
3. Slowly lower.

Repeat _____ times, _____ times a day.

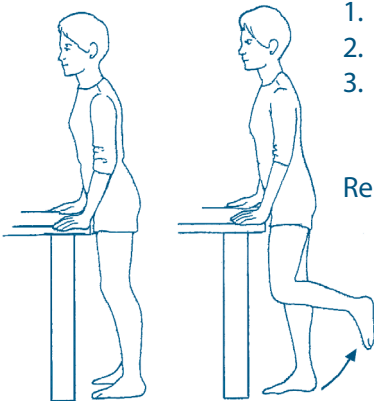
quadriceps - squats



1. Hold onto a solid object as shown.
2. Keep feet flat on the floor.
3. Squat as far as you can, then stand up using as little help from your arms as possible.

Repeat _____ times, _____ times a day.

hamstring flexion



1. Stand holding onto a solid object as shown.
2. Slow bend _____ knee.
3. Slowly lower.

Repeat _____ times, _____ times a day.

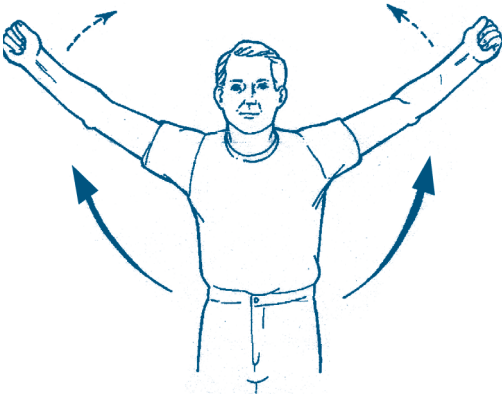
shoulder flexion



1. Sit with arms relaxed.
2. Raise arms up overhead as far as you can.

Repeat _____ times, _____ times a day.

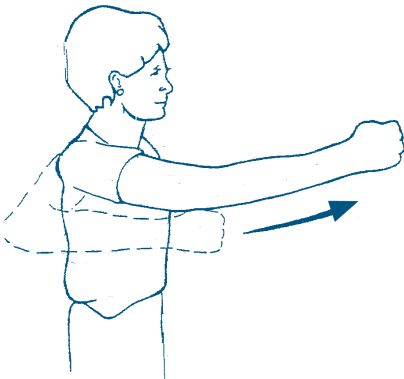
shoulder abduction



1. Sit with arms relaxed at your sides.
2. Raise arms up to the side and overhead as far as you can.

Repeat _____ times,
_____ times a day.

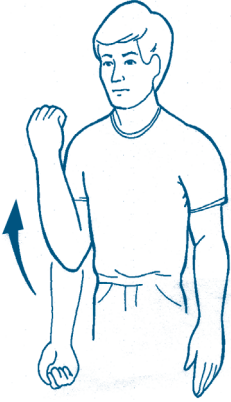
chest press outs



1. Sit in a chair.
2. Begin with elbow bent at chest.
3. Extend arms straight out.

Repeat _____ times,
_____ times a day.

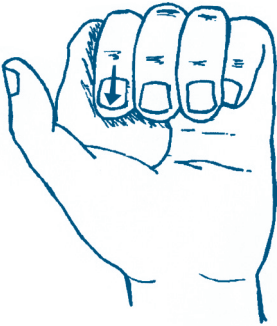
elbow flexion



1. Bend elbow up and down.
2. Repeat with opposite arm.

Repeat _____ times, _____ times a day.

finger flexion



1. Hold a small ball or putty in your hand as shown.
2. Squeeze by trying to close your fingers as hard as you can.

Repeat _____ times, _____ times a day.

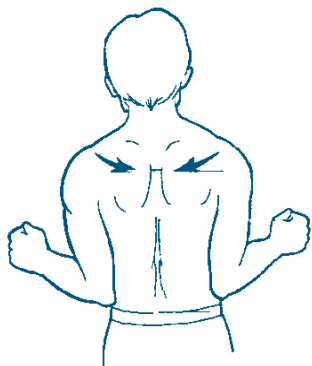
wrist extension



1. Bend wrist as shown.

Repeat _____ times, _____ times a day.

scapular retraction



1. Stand with elbows bent to 90 degrees.
2. Pinch shoulder blades together as you rotate arms outward.
3. Hold _____ seconds.

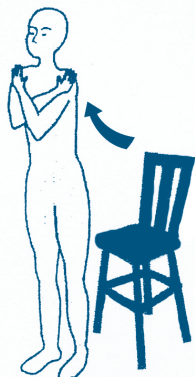
Repeat _____ times, _____ times a day.

sit to stand



1. Sit in a straight chair with your feet shoulder-width apart. Count to 4 as you SLOWLY rise up to a standing position.

If this is too difficult, start by using your hands for support. If you can't sit all the way down, or if you feel pain or discomfort, place a cushion on the chair or squat down only 4 or 5 inches.



2. Pause. SLOWLY lower yourself toward the chair as you bend your knees to the count of 4.
3. Repeat 10 times. Rest for one minute. Complete a set of 10. Do this exercise 3 to 5 times a week.

If this is too difficult, start at a lower number and build up to 10.

Sarah Bush Lincoln Health Center

Prairie Pavilion 2

1004 Health Center Drive, Suite 102, Mattoon, IL

217-258-2530

PT/OT Home Health

217-238-4776

Sullivan Physical and Occupational Therapy

7 Hawthorne Lane, Sullivan, IL

217-728-8168

Casey Physical and Occupational Therapy

412 NW Third, Casey, IL

217-932-2668

Arthur Physical and Occupational Therapy

211 S. Walnut, Arthur, IL

217-543-3439



1000 Health Center Drive • P.O. Box 372 • Mattoon, IL 61938

www.sarahbush.org