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Exercise Booklet

A posture correction exercise



Therapist`s aim

To improve sitting posture.

Client`s aim

To improve your sitting posture.

Therapist`s instructions

Position the patient in sitting. Instruct the patient to correct their posture by sitting up tall. Instruct the patient to draw their shoulder blades towards the centre of their spine. Instruct the patient to nod their chin and hold for 10 seconds.

Client`s instructions

Position yourself in sitting. Correct your posture by sitting up tall. Draw your shoulder blades towards the centre of your spine. Gently nod your chin and hold for 10 seconds.

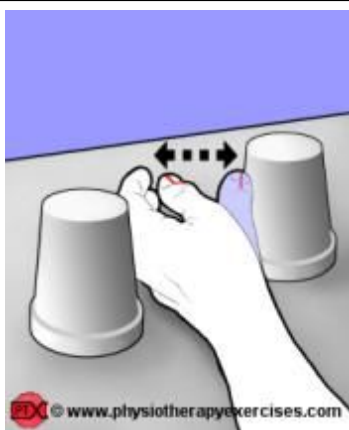
Progressions and variations

Less advanced: 1. Perform this exercise in sitting. More advanced: 1. Perform this exercise in standing or while walking

Precautions

1. The exercise should not increase your pain or symptoms. 2. Perform the exercise in a controlled manner.

Abducting the thumb to a target



Therapist`s aim

To improve the ability to abduct the thumb.

Client`s aim

To improve your ability to open your thumb to help pick up a cup or glass.

Therapist`s instructions

Position the patient in sitting with their forearm resting in mid-pronation and wrist in extension on a table in front of them. Position a cup near their thumb and another cup touching their MCP joints. Instruct the patient to abduct their thumb to touch the cup. Ensure that the MCP joints remain in contact with the other cup and the wrist remains extended.

Client`s instructions

Position yourself sitting with your hand resting vertically on a table in front of you and your wrist bent back. Position a cup near your thumb and another cup touching your knuckles. Practice opening your thumb to touch the cup. Ensure that you keep your knuckles in contact with the other cup as you move your thumb.

Progressions and variations

Less advanced: 1. Decrease the distance to the cup. More advanced: 1. Increase the distance to the cup. 2. Increase the amount of wrist

extension.

Active assisted knee flexion and extension



Therapist`s aim

To strengthen the knee flexors and extensors and to stretch or maintain range of the knee joint.

Client`s aim

To strengthen the muscles at the front and back of your thigh and to stretch or maintain range in your knee.

Therapist`s instructions

Position the patient in sitting with their knees bent. Instruct the patient to actively extend their affected knee and provide further assistance with their unaffected leg, then actively flex their affected knee and provide further assistance with their unaffected leg.

Client`s instructions

Position yourself sitting with your knees bent. Practice straightening your affected knee as much as possible while assisting with your unaffected leg, then bending your affected knee as much as possible while assisting with your unaffected leg.

Progressions and variations

Less advanced: 1. Increase assistance provided by the unaffected leg. More advanced: 1. Decrease assistance provided by the unaffected leg. 2. Progress using strength training principles.

Active assisted shoulder flexion 90 degrees



Therapist`s aim

To improve range of motion of the shoulder.

Client`s aim

To improve range of motion of your shoulder.

Therapist`s instructions

Position the patient in supine holding a walking stick with both hands. Instruct the patient to raise both hands over their head so that they feel a stretch in their shoulder.

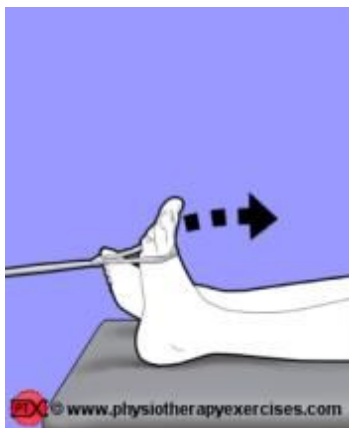
Client`s instructions

Position yourself in supine and hold a walking stick with both of your hands. Raise both hands over your head so that you feel a stretch in your shoulder.

Progressions and variations

Less advanced: 1. Decrease shoulder range of motion. More advanced: 1. Increase shoulder range of motion.

Ankle dorsiflexor strengthening with theraband



Therapist`s aim

To strengthen the ankle dorsiflexors.

Client`s aim

To strengthen your ankle muscles.

Therapist`s instructions

Position the patient in supine with their legs extended. Adjust the theraband so that the direction of pull opposes ankle dorsiflexion. Instruct the patient to dorsiflex their ankle.

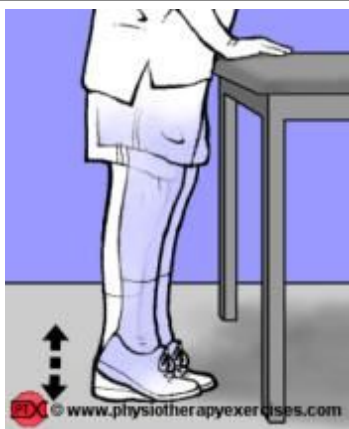
Client`s instructions

Position yourself lying on your back with some theraband around your forefoot. Adjust the theraband so that the direction of pull is from the foot of the bed. Start with your ankle downwards. Finish with your ankle upwards.

Progressions and variations

Less advanced: 1. Downgrade the colour of the theraband. More advanced: 1. Upgrade the colour of the theraband.

Bilateral calf raises



Therapist`s aim

To strengthen the ankle plantarflexors.

Client`s aim

To strengthen your calf muscles.

Therapist`s instructions

Position the patient in standing. Instruct the patient to plantarflex their ankles.

Client`s instructions

Position yourself standing with your feet together. Start with your heels on the ground. Finish with your heels off the ground.

Progressions and variations

Less advanced: 1. Provide hand support for balance. More advanced: 1. Progress using strength training principles.

Bridging

**Therapist`s aim**

To strengthen the hip extensors.

Client`s aim

To strengthen the muscles at the back of your hip.

Therapist`s instructions

Position the patient in crook lying. Instruct the patient to lift their bottom off the bed.

Client`s instructions

Position yourself lying on your back with your knees bent. Lift your bottom off the bed.

Progressions and variations

Less advanced: 1. Decrease the height of the lift. More advanced: 1. Sustain the lift. 2. Perform the exercise using one leg.

Finger and thumb flexor strengthening using grip device

**Therapist`s aim**

To strengthen the finger and thumb flexors.

Client`s aim

To strengthen the muscles that bend your fingers and thumb.

Therapist`s instructions

Position the patient in sitting with a grip strengthening device in their hand. Instruct the patient to squeeze the device to make a fist.

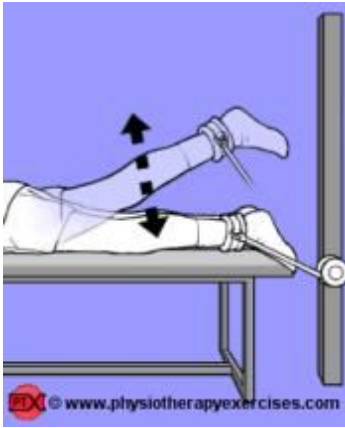
Client`s instructions

Position yourself sitting with a grip strengthening device in your hand. Practice squeezing the device to make a fist.

Progressions and variations

More advanced: 1. Progress using strength training principles.

Hip extensor strengthening in prone using pulleys



Therapist`s aim

To strengthen the hip extensors.

Client`s aim

To strengthen the muscles at the back of your hip.

Therapist`s instructions

Position the patient in prone facing away from the pulleys. Adjust the pulley system so that the direction of pull opposes hip extension. Instruct the patient to extend their hip.

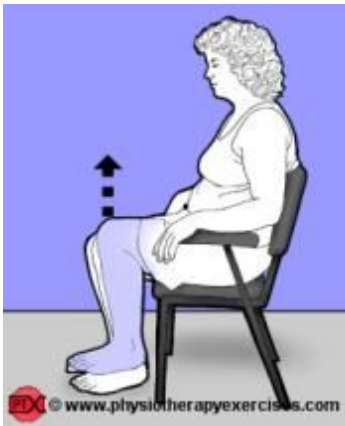
Client`s instructions

Position yourself lying on your stomach with your ankle attached to the pulley. Lift your whole leg off the bed. Start with your leg on the bed. Finish with your leg off the bed.

Progressions and variations

More advanced: 1. Progress using strength training principles.

Hip flexor strengthening in sitting



Therapist`s aim

To strengthen the hip flexors.

Client`s aim

To strengthen the muscles at the front of your hip.

Therapist`s instructions

Position the patient in sitting with their feet flat on the floor. Instruct the patient to lift their foot off the floor by flexing at their hip.

Client`s instructions

Position yourself sitting with both feet on the floor. Start with your knee bent and foot on the floor. Finish with your knee bent and foot off the floor.

Progressions and variations

More advanced: 1. Perform the task using a cue to limit knee extension. 2. Strap a weight around the ankle or knee.

Maintaining neck posture with bilateral shoulder external rotation



Therapist's aim

To improve control around the shoulder blades while using the arms.

Client's aim

To improve control around your shoulder blades while using your arms.

Therapist's instructions

Position the patient in sitting. Instruct the patient to sit with a good posture by sitting up tall, drawing their shoulder blades towards the centre of their spine and nodding their chin. Instruct the patient to maintain this shoulder blade position while internally and externally rotating the arms.

Client's instructions

Position yourself in sitting. Ensure that your posture is good by sitting up tall, drawing your shoulder blades towards the centre of your spine and nodding your chin. Maintain this shoulder blade position while rotating your arms in and out.

Progressions and variations

Less advanced: 1. Decrease the amplitude of the movement. More advanced: 1. Place a 250 gram can or weight in each arm while performing the exercise.

Precautions

1. This exercise may cause discomfort but it should not increase your pain or symptoms. 2. Perform the exercise in a slow and controlled manner.

Radial nerve glide



Therapist's aim

To improve the ability of the radial nerve to glide.

Client's aim










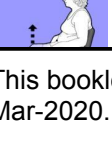

To improve the ability of your nerve to glide.



Therapist's instructions

Position a small light object in front of the patient. Instruct the patient to pick up the object. Instruct the patient to turn the object over to place it on its top. Instruct the patient to repeat the task.

Client's instructions

Position a small light object in front of you. Pick up the object. Turn the object over to place it on its top. Repeat the task.

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