

NOTE:

THIS EXERCISE PROGRAM WAS BUILT AROUND THE MOBILITY ISSUES OF OUR LOVED ONE AND BEGAN IN A SIMPLE FORMAT WITH EXERCISES BEING ADDED TO THE ROUTINE AS MOBILITY INCREASED. THIS OUTLINE IS NOT PROVIDED TO BE USED AS ANOTHER PERSON'S EXERCISE PROGRAM BUT AS AN EXAMPLE OF WHAT AN EXERCISE PROGRAM MAY LOOK LIKE. IT IS ALWAYS HELPFUL FOR RESEARCH TO SHOW HOW SPECIFIC EXERCISES ARE COMPLETED, AS WELL AS PROVIDING AND EXPLANATION WHY A THERAPIST MAY RECOMMEND THEM.

MORNING STRETCHES

Supine Hip and Knee Swing



1. Patient should be lying on their back. Caregiver should position legs in the "Hook Lying Position".
2. Caregiver should assist in keeping knees touching and gently swing both legs from side to side 10 times. Caregiver should attempt to touch the surface that the patient is laying on with each knee.

REPEAT THIS EXERCISE 10 TIMES ON EACH LEG.

Caution - Avoid if there is hip or back injury.

Purpose: Strengthening of lower extremities.

Supine Cross-Leg Spinal Twist



1. Patient should be lying on their back. Caregiver should position the left leg to cross over the other.
2. Caregiver should assist in keeping the leg crossed and gently swing legs from side to side 10 times. Caregiver should attempt to touch the surface

that the patient is laying on with each leg/knee.

3. Repeat exercise by crossing the right leg.

REPEAT THIS EXERCISE 10 TIMES ON EACH LEG.

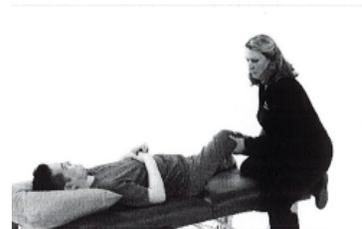
Caution - Avoid if there is hip or back injury.

Purpose: Stretches the spine and back.

Supine Hip and Knee Flexion

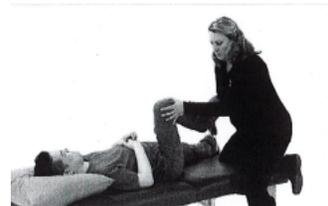


1. Patient should be lying on their back. Caregiver should be holding the patient's leg below the heel and on the side of



the knee.

2. Caregiver should guide the knee toward the chest. Pump leg and knee gently towards the chest 10 times (quick pumps).
3. Then caregiver should guide the leg back down to lay flat.
4. Caregiver should guide the leg and knee back towards the chest. Pump leg and knee slowly towards the chest, pushing until resistance is felt. Then stretch the leg back out to lay flat. Do this twice.

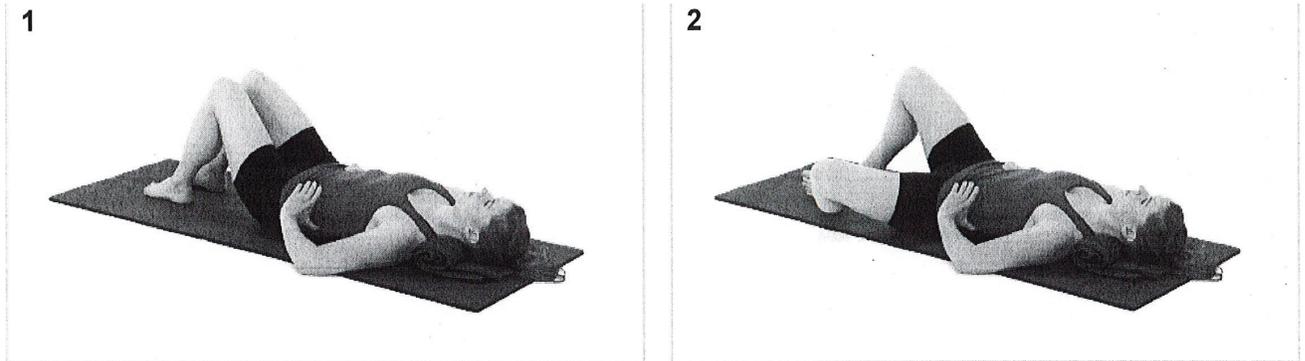


REPEAT THIS EXERCISE 10 TIMES ON EACH LEG.

Caution - Avoid if there is hip or back injury.

Purpose: Stretches the spine and back, hip strengthening.

Supine Hip Adductor Stretch



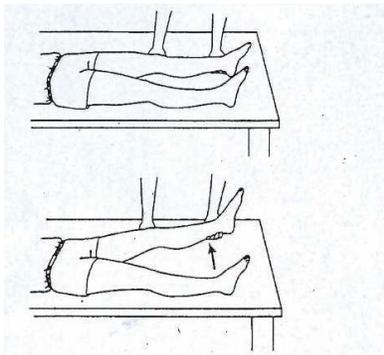
1. Patient should be laying on their back. Caregiver should position legs in the "Hook Lying Position".
2. Caregiver should stretch the knee and attempt to touch the surface the patient is laying on or until resistance is felt.

REPEAT THIS EXERCISE TEN TIMES FOR EACH LEG.

Caution - Avoid if there is hip or back injury.

Purpose: Loosens groin and inner thigh muscles.

Lying Leg Raises



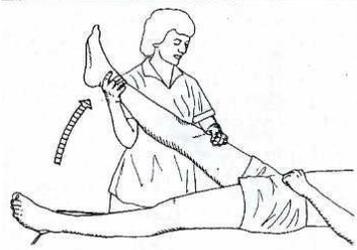
1. Patient should be laying on their back.
2. Caregiver places hands under the knee and outside of the ankle.
3. Keeping the knee straight, the caregiver assists with sliding the leg out to the side, no more than 45 degrees.

4. Hold for five seconds.

REPEAT THIS EXERCISE 10 TIMES FOR EACH LEG.

Purpose: Blood circulation, Abdominals, Internal Obliques

Hamstring Stretch



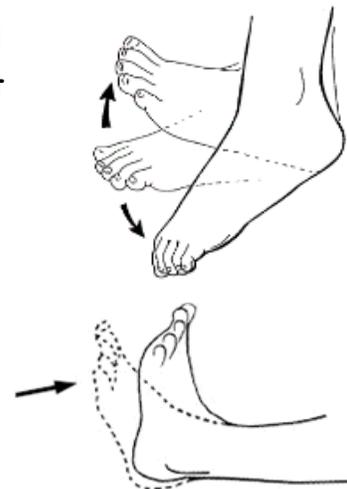
1. Patient should be laying on their back.
2. Caregiver places hands above and below the knee and raises the leg with the knee straight.
3. Caregiver should rest the patient's lower leg on their forearm or shoulder.
4. Caregiver should lower the leg back down.

REPEAT THIS EXERCISE 10 TIMES FOR EACH LEG.

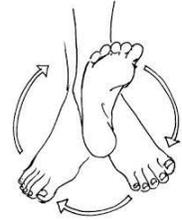
Purpose: Pelvis mobility and flexibility of lower extremities.

Supine Ankle and Dorsiflexion Stretches

1. Patient should be lying on their back with leg stretched out. Caregiver should slightly lift the leg in a straight manner.
2. Caregiver should quickly pump the foot towards the leg 20 times.



3. Then caregiver should slowly pump the foot towards the leg 10 times pushing the foot until resistance is felt.
4. Then caregiver should rotate foot several times in each direction 5 times. Switch rotation directions in between each rotation to make 10 rotations.

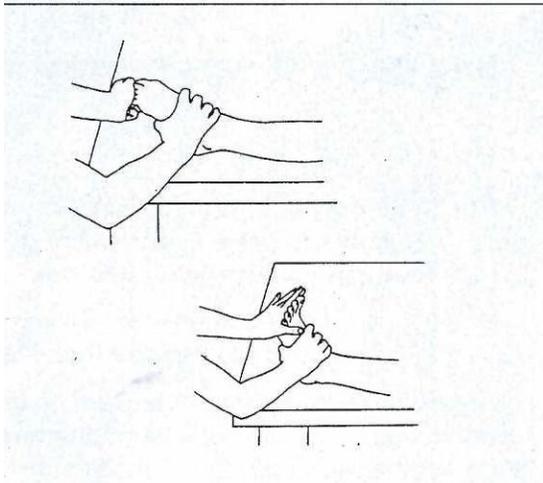


REPEAT THIS EXERCISE FOR ANKLE ON OTHER LEG

REPEAT THIS EXERCISE 10 TIMES ON EACH LEG.

Purpose: Improve ankle dorsiflexion.

Toe Curl (Bending the Toes)



1. Patient should be lying flat on their back. Caregiver should place hands on top of the foot and toes.
2. With other hand, caregiver holds the foot stable.
3. The patient then bends toes down and holds them for 5 seconds. If patient needs assistance, the caregiver bends the toes and holds them down.

REPEAT ROUTINE 10 TIMES FOR EACH FOOT (LEFT AND RIGHT)

Purpose: Toe flexibility.

Heal Slides



1. Patient should be lying flat on their back. Caregiver should position one leg into the "Hook Lying Position". Caregiver should position heel flat against the surface.
2. Caregiver should move heel back and forth ten times with patient's assistance.

REPEAT ROUTINE 10 TIMES FOR EACH HEAL (LEFT AND RIGHT)

Purpose: Strengthening lower body muscles, quadriceps, hamstrings, and hip flexors.

Basic Bridging Exercise



1. Patient should lay flat on their back. Caregiver should assist to bring both legs into the "Hook Lying Position".
2. Caregiver should assist the patient by holding town the foot.

REPEAT EXERCISE 10 TO 20 TIMES

Caution - Avoid if there is hip or back injury.
Purpose: Core strength building

Single Leg Bridging Exercise

SKINNYMOM

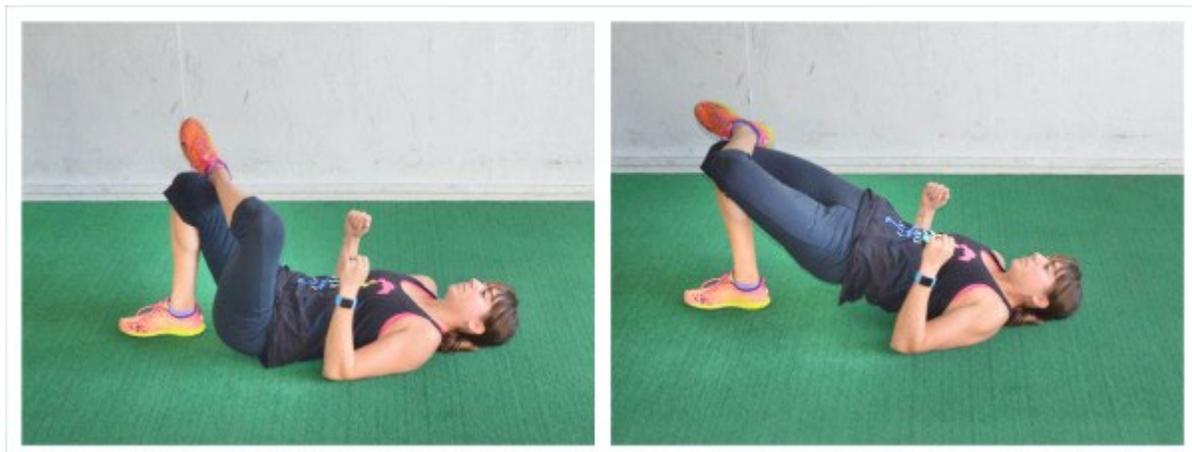


1. Patient should lay flat on their back. Caregiver can assist to bring one leg into an upright position.
2. Caregiver can assist the patient with lifting their buttock in the air while heel of opposite foot remains flat on the surface. Caregiver can assist with holding the foot down to remain flat.

REPEAT EXERCISE 10 TIMES

Caution - Avoid if there is hip or back injury.
Purpose: Core strength building

Crossed Leg Bridging Exercise





1. Patient should lay flat on their back. Caregiver should assist to bring one leg into the "Hook Lying Position".
2. Caregiver should assist the patient to cross one leg over the other leg.
3. Caregiver should assist the patient to lift their buttock in the air while heel of single foot remains flat on the surface. Caregiver holds the foot down to remain flat.

REPEAT EXERCISE 10 TIMES

Caution - Avoid if there is hip or back injury.

Purpose: Core strength building

Abduction Hold



1. Patient can lay flat on their back or sit in an upright position.
2. Patient crosses leg over the other leg. Caregiver may need to assist.
3. Caregiver will assist, if necessary, with holding the bent leg for 10 seconds at a time.

REPEAT EXERCISE 5 TIMES ON EACH LEG

Caution - Avoid if there is hip or back injury.

Purpose: Core strength building, coordination.

Hip Flexor Bed Stretch



1. Patient should lay flat on the bed.
2. One leg will then be positioned in an anchor position on the bed.
3. The other leg will hang over the bed bent at a 45-

degree angle.

REMAIN IN THIS POSITION FOR 5 MINUTES FOR EACH LEG

Caution - Avoid if there is hip or back injury.

Purpose: Core strength building, strengthening of hip joint muscles (upper glutes and piriformis).

Hip Flexor Side Stretch



1. Patient will need to lay on their side.
2. The caregiver will lift the exposed leg, bend it back in an "L" shape and pull until resistance is felt.
3. Complete this stretch for both legs.

REPEAT EXERCISE 10 TIMES ON EACH LEG

Caution - Avoid if there is hip or back injury.

Purpose: Core strength building, strengthening of hip joint muscles (upper glutes and piriformis).

Knee Extension Stretch - Right Leg Only



1. Patient will need to lay on their back.
2. Caregiver will assist by ensuring that patient is laying as straight as possible, placing a pillow or other device under the patients ankles for leverage, and by placing the weights on the knees.
3. Caregiver may assist by setting a timer for stretching.
4. Caregiver will assist by removing the weights.

PATIENT REMAINS IN THIS POSITION FOR 15 MINUTES

Caution: Do not use this exercise unless specifically advised by your therapist to do so.

Purpose: Knee flexions, release of stiffening of knee, knee muscle strength, breaking up of hetero ossification.

Shoulder Elevation Exercise



1. Patient should lay flat on their back.
2. Caregiver should assist by extending arm as straight as possible, holding the elbow in place if necessary.
3. Caregiver should assist by very gently pumping the arm backwards in 5 short repetitions until resistance is felt.
4. Then the caregiver should assist by laying the arm back down flat at the side of the patient's body.

REPEAT THIS EXERCISE 10 TIMES FOR EACH ARM

Caution: Proceed slowly

Purpose: *Relieve pressure in shoulders, prevent atrophy in arms.*

Arm Curl

1. Patient should lay flat on their back.
2. Caregiver should assist by extending arm flat next to the patient's body as far as possible.
3. Then the caregiver should assist by gently and slowly pumping the arm upwards, bending at the elbow until resistance is felt.
4. Then caregiver should gently and slowly bend arm back into a resting position next to the body and hold the arm straight for 5 seconds.

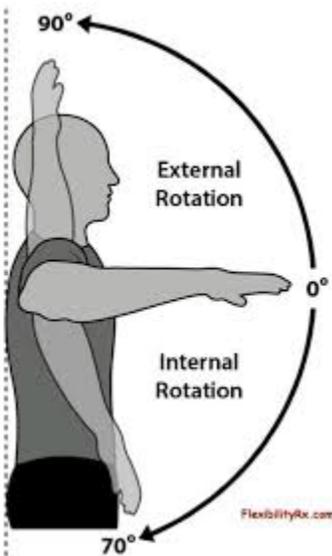


REPEAT THIS EXERCISE 10 TIMES FOR EACH ARM

Caution: Proceed slowly.

Purpose: Prevent atrophy in arms, build upper arm strength.

Rotator Cuff Exercise



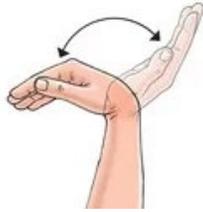
1. Patient should lay flat on their back.
2. Caregiver should assist by extending arm flat next to the patient's body as far as possible.
3. Then caregiver should assist by very gently moving the arm backwards into a straight position.
4. Then the caregiver should assist by very gently placing the arm into a 90-degree angle by bending the elbow and rotating the arm into an external rotation in a very slow manner.
5. Then caregiver should assist by moving the arm next to the body in the bent position and then re-extending arm flat next to the patient's body as far as possible.
6. Then caregiver should assist by gently and slowly pumping the arm upwards, bending at the elbow until resistance is felt.
7. Then caregiver should gently and slowly bend arm back into a resting position next to the body and hold the arm straight for 5 seconds.

REPEAT THIS EXERCISE 10 TIMES FOR EACH ARM

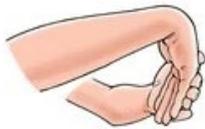
Caution: Proceed slowly.

Purpose: Prevent atrophy in arms, build shoulder muscle strength.

Wrist and Finger Exercises / Stretches



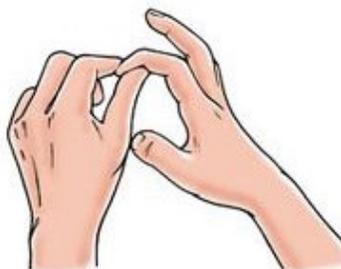
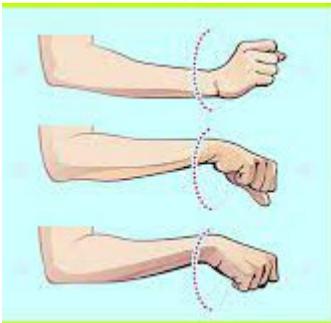
1. Caregiver should assist by pumping the wrist in a fast action 20 times.



2. Caregiver should assist by flexing the hand and wrist 10 times.



3. Caregiver should assist by rotating the wrist 5 times in each direction, alternating the direction after each set of rotations.



4. Caregiver should assist by bending and stretching the knuckles of each finger 10 times.

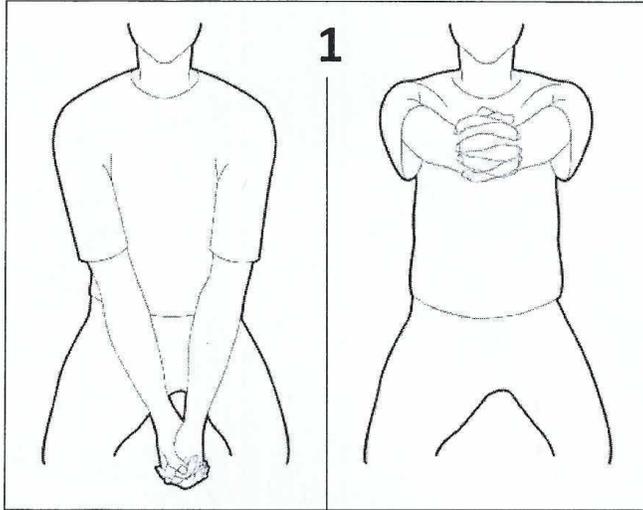
DO THIS EXERCISE FOR BOTH HANDS

Caution: Proceed slowly.

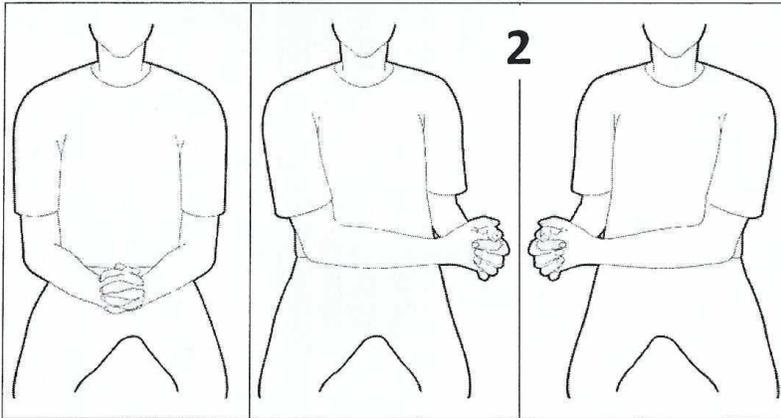
Purpose: Prevent atrophy in hands, strengthen muscles in the wrist and forearms,

THROUGHOUT THE DAY STRETCHES

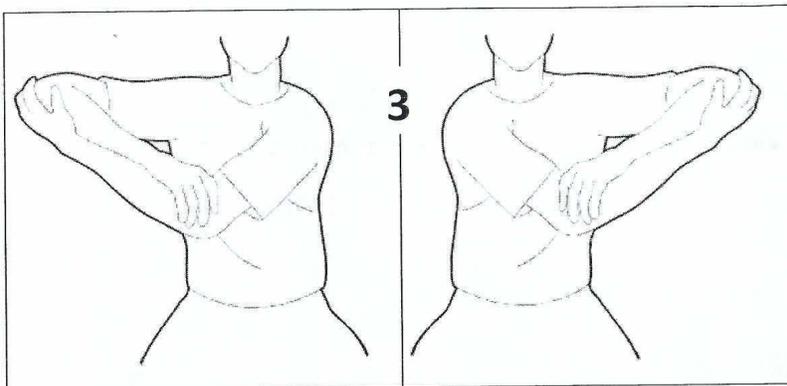
Finger/Hand Stretches and Exercises



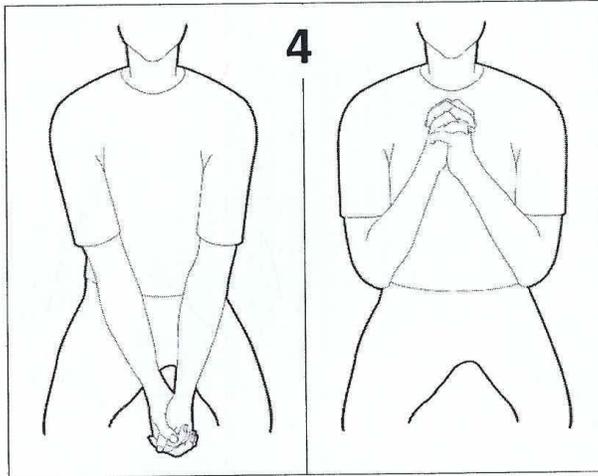
Repeat #1 10 times.



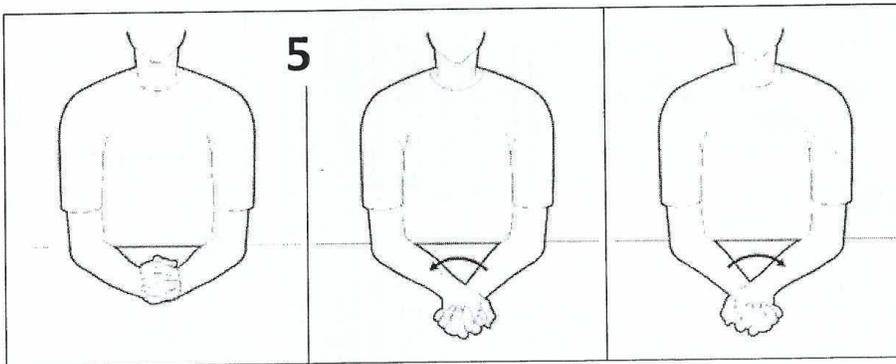
Repeat #2 10 times.



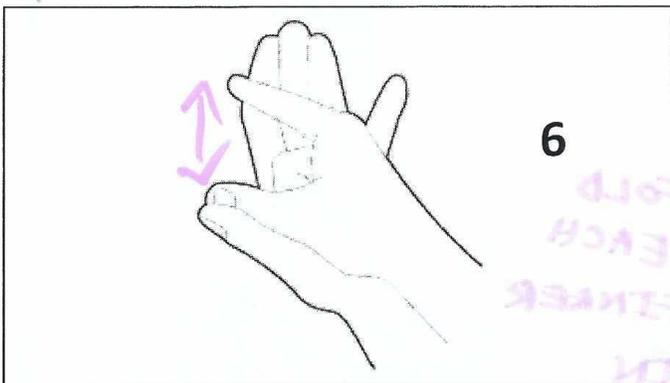
Repeat #3 10 times.



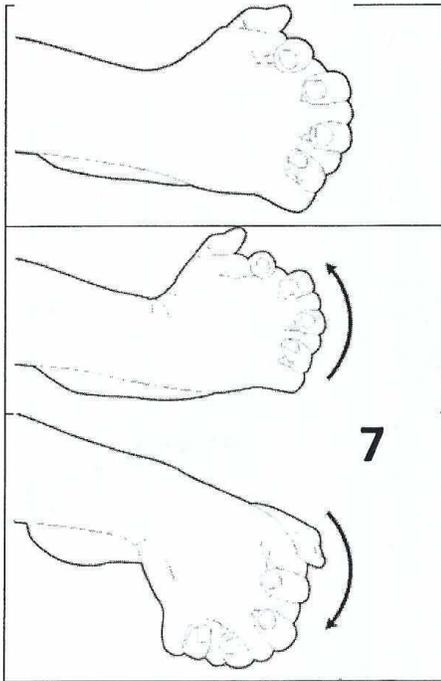
Repeat #4 10 times.



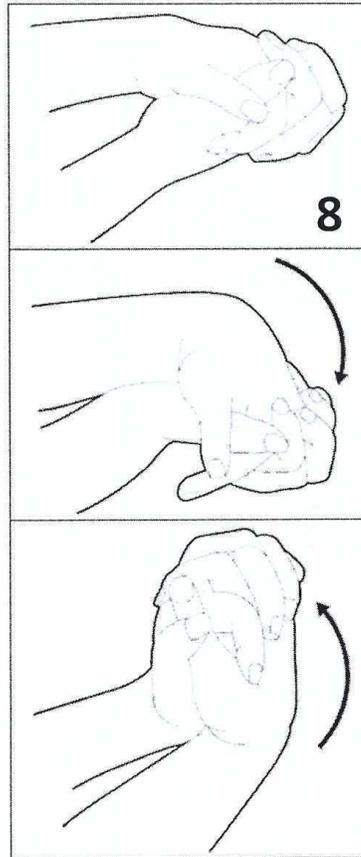
Repeat #5 10 times.



Repeat #6 10 times.



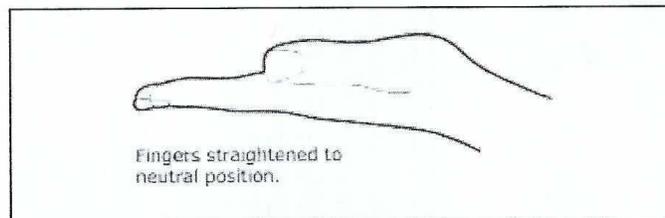
Repeat #7 10 times.

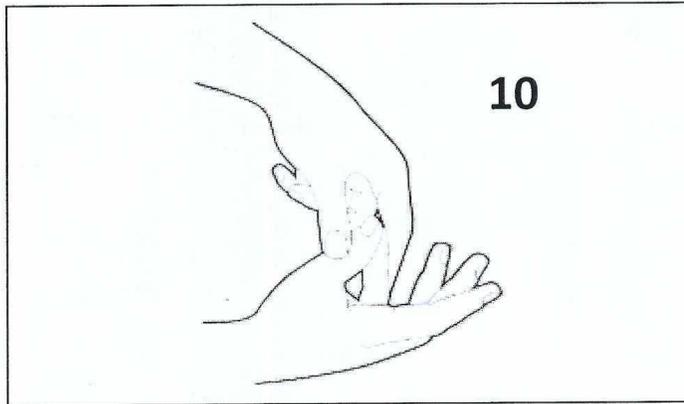


Repeat #8 10 times.



Repeat #9 10 times.





Repeat #10 10 times.

Purpose: Preventing atrophy, strengthening arm, wrist, and finger muscles.

Waist Bend and Stretch



1. Caregiver will position patient sitting at the edge of the bed. Or patient sits in a wheelchair.
2. Caregiver will place at least 10 objects behind the sitting patient for grabbing, either in bed or on a platform.



3. Patient rotates with left hand over right side of body and picks up an item, then rotates back.



4. Then the patient beds down and drops the item into a bucket and returns to sitting position.

EXERCISE IS REPEATED UNTIL ALL ITEMS HAVE BEEN PICKED UP AND DROPPED INTO THE BUCKET

Purpose: Coordination and core strength.

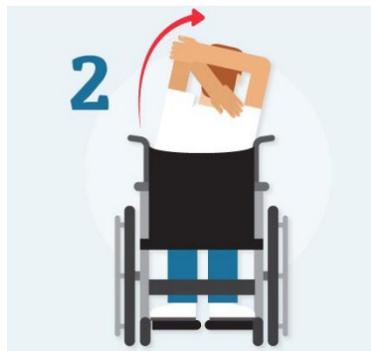
Pectoral Muscle Exercises

1. Patient positions a small ball under the pec major muscle, the main fleshy part of the pecs.
2. Patient or caregiver applies pressure to the ball by leaning into the ball.
3. Find tight spots and hold the pressure on the ball for 30 seconds.
4. Move the ball around to different areas of the pec major muscle, covering the entire muscle.



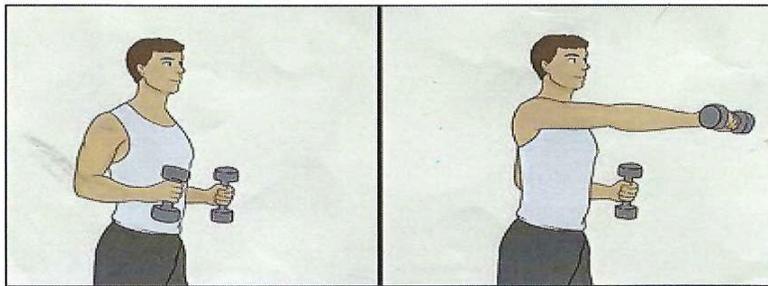
Purpose: Preventing pectoral muscle atrophy.

Arm Exercises

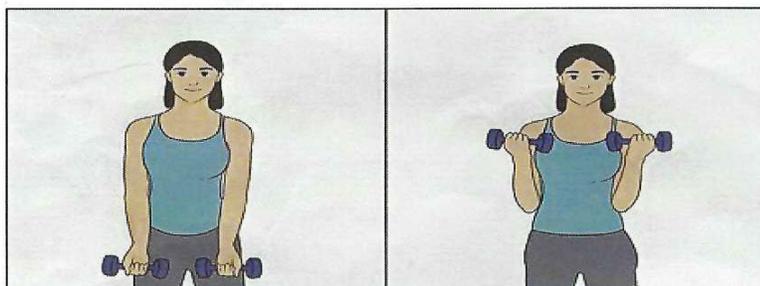




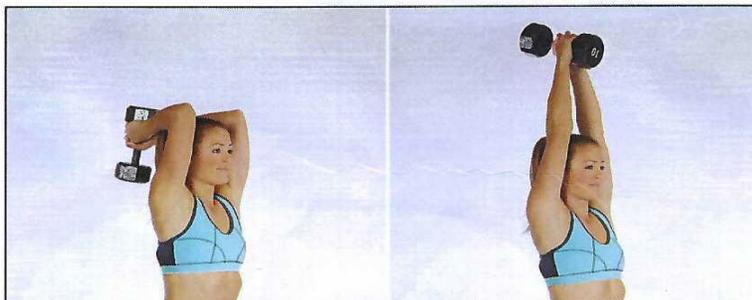
Hold each position for 30 seconds. Repeat sequence at least 3 times.



LEFT arm only – 20 times



LEFT arm only – 20 times

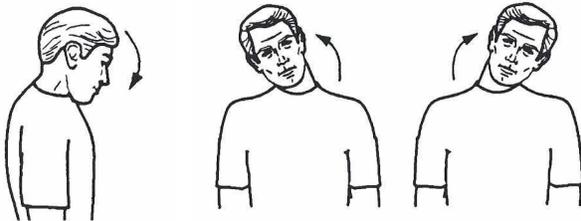


LEFT arm only – 20 times

Purpose: Arm and shoulder muscle strengthening, preventing atrophy.

Neck and Shoulder Exercises

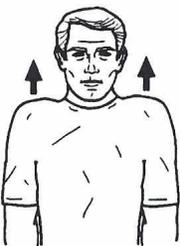
Chin Roll



1. Patient needs to bring their chin towards their chest.
2. Patient needs to slowly roll their head towards the left and then the right.
3. Relax.

REPEAT 5 TIMES

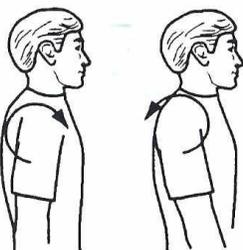
Shoulder Shrug



1. Patient needs to shrug their shoulders, bringing them up towards their ears.
2. Patient needs to lower their shoulders.
3. Relax.

REPEAT 5 TIMES

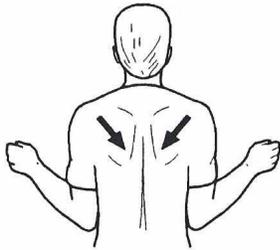
Shoulder Rolls



1. Patient needs to roll their shoulders forward in a circle.
2. Patient needs to roll their shoulders backwards in a circle.
3. Relax.

REPEAT 5 TIMES

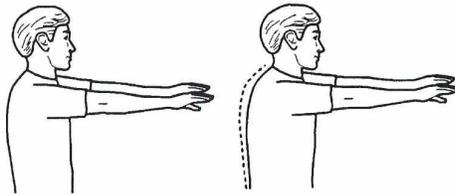
Shoulder Blades



1. Patient needs to bend their arms at the elbow, push back to bring their shoulder blades together at their back. Then patient needs to try to lift the shoulders up.
2. Relax.

REPEAT 5 TIMES

Arm Stretch



1. Patient needs to hold arms straight out, reach forward, and stretch as far as possible.
2. Relax.

REPEAT 10 TIMES

Purpose: This exercise sequence is designed to improve upper arm and shoulder strength, prevent atrophy, and increase flexibility.

Breathing with Breathing Trainer

Breath in and out. Over a time period of weeks/months, steadily increasing the volume on the restriction dial.



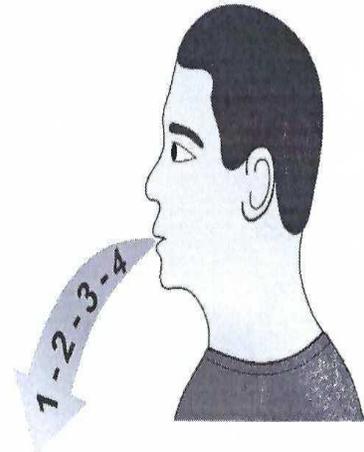
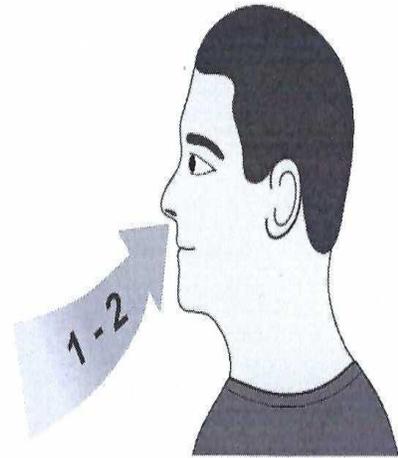
REPEAT AT LEAST TEN TIMES

Purpose: Strengthen lung function for speech.

Pursed Lip Breathing

How do I do pursed lip breathing?

1. Relax your neck and shoulder muscles
2. Breathe in through your nose for 2 seconds while keeping your mouth closed. You don't need a deep breath, a normal breath will do.
3. Pucker or purse your lips as if you were going to whistle or like you're gently blowing out a candle flame.
4. Breathe out slowly through your pursed lips while counting down from 4.



If done correctly, pursed lip breathing:

- Improves the flow of air in your lungs
- Releases trapped air in your lungs
- Keeps the airways open longer
- Decreases the work of breathing
- Relieves the feeling of shortness of breath
- Promotes general relaxation

Purpose: Strengthen mouth muscles for speech.

Facial Strengthening Exercises



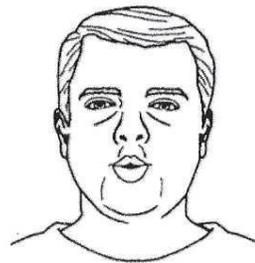
These exercises will help the strength and range of motion for your jaws, cheeks, lips and tongue. People with trouble speaking clearly, swallowing problems, or muscle weakness of the mouth may benefit from these exercises.

Do these exercises _____ times each day as directed by your doctor, nurse or therapist.

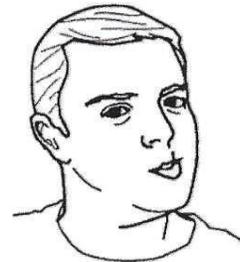
For some of the exercises, you will need a small flat wooden stick, like an ice cream bar stick or a tongue blade.

Pucker

- a. Pucker your lips like you are going to give someone a kiss. Hold for 5 seconds.

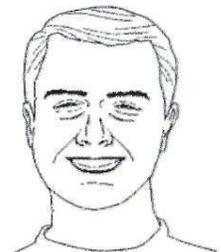


- b. Pucker your lips and move your pucker from one side to the other. Do not move your tongue. Repeat this 10 times.
- c. Close you lips tightly and say "m...m...m", then "p...p...p", then "b...b...b".
- d. For more lip closure practice, say "me...me...me", "pe...pe...pe", "be...be...be".



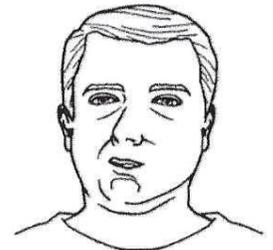
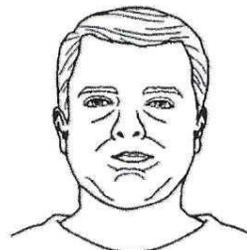
Smile

- a. Smile, showing your upper and lower teeth and gums. Clench your teeth gently. Do not squint your eyes. Hold for 5 seconds.
- b. Pucker your lips then smile. Repeat this 10 times.



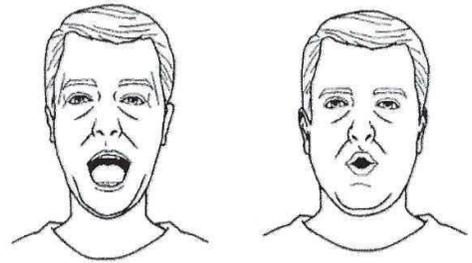
Cheek Puff

- a. Take in a deep breath and puff your cheeks out. Hold the air in your cheeks by tightly closing your lips together. Hold the air in your cheeks for 5 seconds.
- b. Take in another deep breath and only hold air in your left cheek. Then switch and hold air only in your right cheek.



"O" Exercise

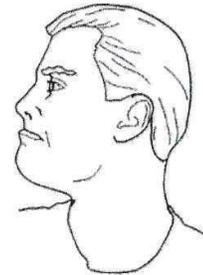
Start with your jaw wide open and hide your teeth under your lips. Purse your lips in an "O" shape. Repeat this 10 times.



Lower Lip Lift

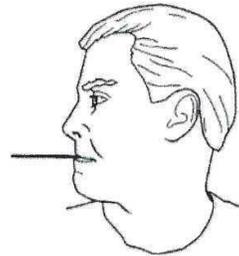
Lift your lower lip up as high as it will go as if you were pouting. Hold this for 5-10 seconds.

To work your neck, raise your head up and hold while you have your lip up.



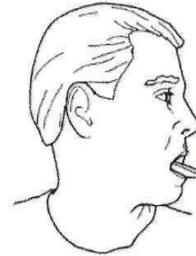
Lip Hold

Put a small flat stick or tongue blade between your lips. Press only with your lips and hold the stick straight out from your mouth. Hold the stick for 1 minute, or as long as you can.



Straight Tongue Stretch

Open your mouth and stick your tongue straight out, as far as it will go. Stretch it out as far as you can.



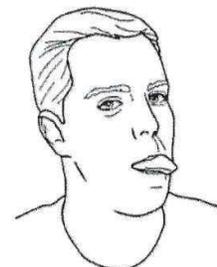
Side Tongue Stretch

a. Stick your tongue out to the right side of your mouth. Stretch it to the right as far as you can for 10 seconds.



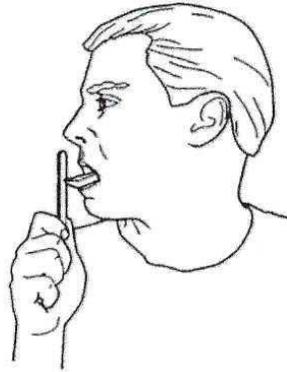
b. Stick your tongue out the left side of your mouth. Stretch it to the left as far as you can and hold it for 10 seconds.

c. Stick your tongue out and move it quickly from side to side, being sure to touch the corner of your mouth on each side each time.



□ Tongue Blade Exercises

- a. Stick your tongue out straight. Press your tongue tip out against a flat wooden stick or tongue blade 2 or 3 times. Now press the stick in while you push your tongue tip out against the stick. Hold this for 10 seconds.

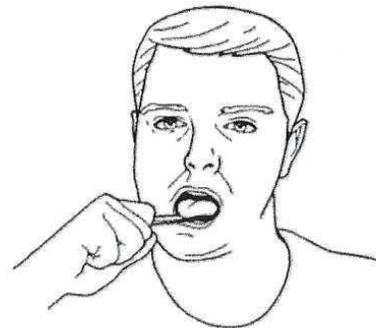


- b. Put the stick against one side of your tongue. Push the side of your tongue against the stick while you push the stick in. Hold for 10 seconds. Repeat on the other side of your tongue.



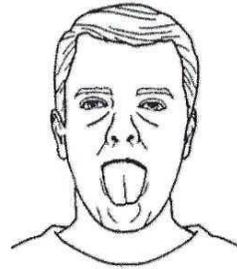
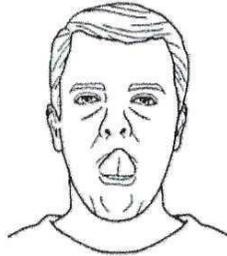
- c. Place the stick on top of your tongue tip. Press your tongue up against the stick as you push down on the stick. Hold for 10 seconds.

Then place the stick under your tongue tip and push down against the stick while you push up on the stick. Hold this for 10 seconds.



❑ Up and Down Tongue Stretch

- a. Open your mouth and stick your tongue out and down toward your chin. Stretch your tongue down and hold for 10 seconds.
- b. Open your mouth and stick your tongue up toward your nose. Stretch your tongue up and hold for 10 seconds.



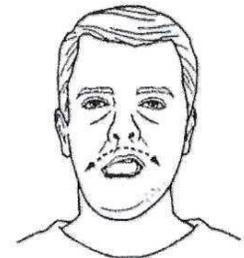
❑ Tongue Sweep

Slide your tongue along the outside of your teeth and gums, making circles in your mouth. Start at the top and sweep all the way around the top teeth and gums. Then switch and sweep all the way around the bottom teeth and gums.



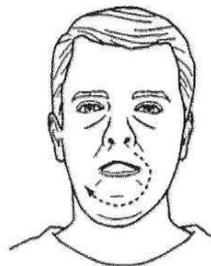
❑ Teeth Sweep

Touch the tip of your tongue to the biting surface of your upper front teeth. Slide your tongue tip along your tooth line to the far right and hold for 5 seconds. Then slide your tongue along your tooth line to the far left and hold for 5 seconds. Now repeat along the biting surfaces of your bottom teeth.



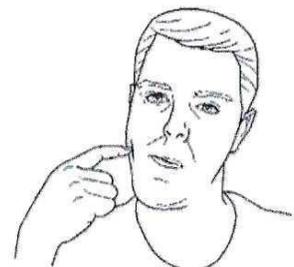
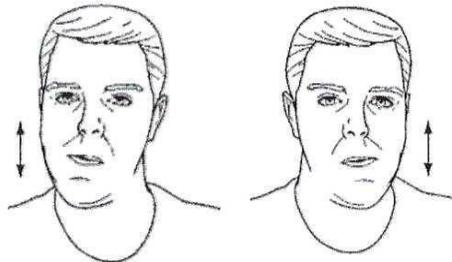
❑ Lick Your Lips

Use the tip of your tongue and raise and lower it as you lick your lips. Repeat this 10 times.



❑ Tongue-in-Cheek Push

- a. Push your tongue against the inside of your right cheek and move it up and down. Repeat this 10 times. Now do the same on the left cheek.
- b. Push your tongue against the inside of your right cheek. Put your finger on the outside of your cheek and push back against your tongue. Hold for 5 seconds. Now do the same on the left cheek.



Sit-and-Stand Ups



1. Caregiver will remove footrests.
2. Patient will sit in chair with feet positioned on the floor.
3. Patient will pull themselves up to standing position.
4. Patient will try and balance body in an upright position for as long as possible and then sit back down in the chair.



REPEAT EXERCISE AS OFTEN AS POSSIBLE

Purpose: Develop core strength and balance.

Standing Squats with Walker



1. Patient will lift himself from the wheelchair into the standing position with the help of the walker.
2. Once the patient is balanced, the patient will attempt squatting as low as possible.
3. Caregiver monitors the exercise.

ATTEMPT TO SQUAT 10 TIMES

Purpose: Develop core strength and balance.

Toe Touch Exercise

Patient will bend over in wheelchair and touch toes 50 times.



Purpose: Develop core strength and balance.

Noodle/Pole Exercise



1. Caregiver places tub with pool noodle parts next to patient.



2. The caregiver assists patient by placing the 1 yard long pvc pipe pole into patient's right hand.

3. Patient must hold and balance the pole upright while using the left hand to grab the noodle pieces on and off of the pole.

Purpose: Core Strength and Right Arm Balance

Sticky Note Exercise



1. The caregiver chooses a theme for the day and creates a large circle of sticky notes on the wall. This can be number sequences, spelling out words, names, creating a pattern, or any other theme that can be created with sticky notes.



2. The caregiver then arranges a walker with the bar resting against the wall, open side towards the wheelchair.



3. The caregiver then pushes the patient in his wheelchair to sit inside of the walker and puts on the wheelchair brakes.



4. Patient now grabs the sticky notes by reaching over the bar of the walker and reassembling the notes in the correct order of the theme given.

Purpose: Core Balance and Shoulder ROM

Peddler Exercise



1. Patient should lay flat on their back or sit in the wheelchair.
2. Caregiver will need to strap machine to the exercise surface and place the right foot into the peddle strap.

PEDDLE 100 REPS FORWARD AND 100 REPS BACKWARD

Purpose: Leg muscle strengthening, walking preparation.

Trunk Stretch over Exercise Ball



1. Patient will be sitting in their wheelchair.
2. Caregiver will wedge the exercise ball between the wall and the patient's legs and set the brakes on the wheelchair.
3. Patient will bend forward and position their arms onto the exercise ball.
4. Caregiver will set a timer for 10 minutes.
5. Patient will stretch in this position for 10 minutes and will straighten their back after 10 minutes have lapsed.

Purpose: Core strength

Finger Thera Puddy Exercises / Stretches

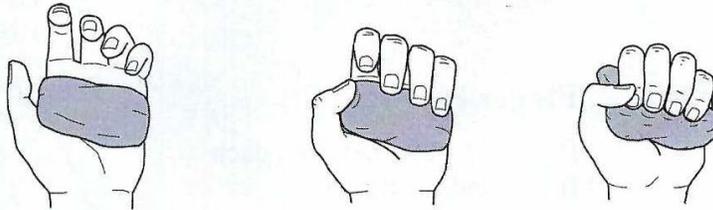
Finger Hook

Make a hook with your fingers as you press into the putty.



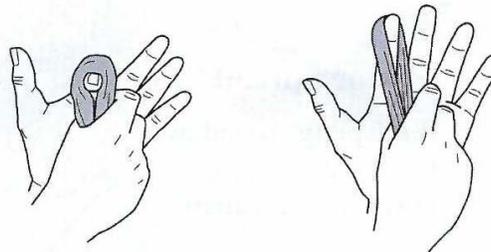
Full Grip

Squeeze your fingers into the putty like you are making a fist.



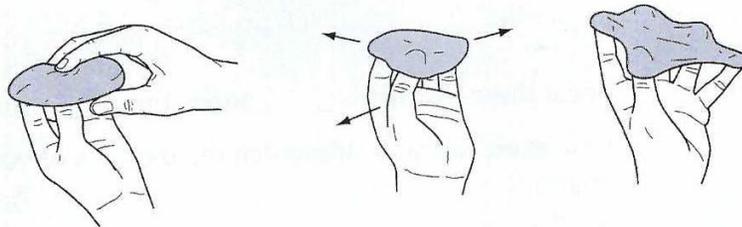
Finger Extension

Loop the putty over the end of the finger while it is bent. Try to straighten your finger.



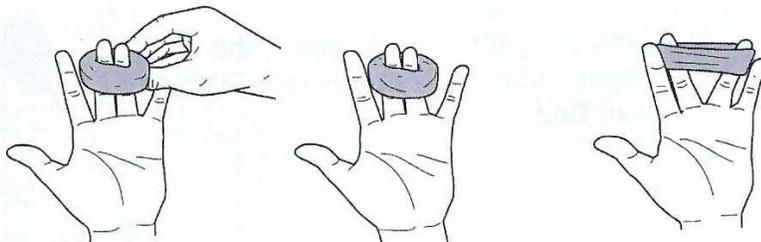
Finger Spread

Spread the putty like a pancake over your fingers and thumb. Try to spread them apart.



Scissor Spread

Place putty around two fingers at a time and try to spread them apart.



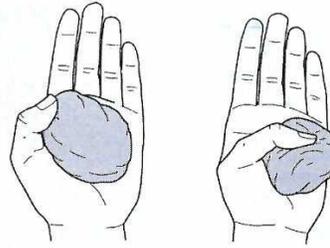
Thumb Extension

Loop the putty at the end of your thumb while it is bent. Try to straighten your thumb by pulling it upward.



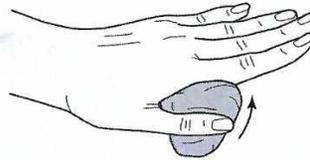
Thumb Press

Push your thumb into the putty as you move the thumb toward your small finger.



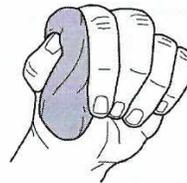
Thumb Adduction

Press the putty with your thumb against the side of your index finger. Keep your fingers and thumb straight.



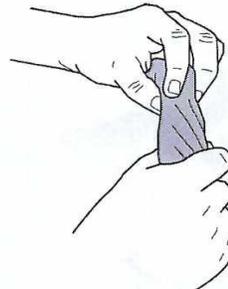
Thumb Pinch Strengthening

Squeeze the putty between your thumb and side of your index finger.



Three Jaw Chuck Pinch

Pull the putty using your thumb, index and middle fingers.



Purpose: Finger flexibility, mobility

Sensory Tub



It is preferable to have your exercise tub set up ahead of time. Textures that work well are; dry beans, rice, dried peas, marbles, small polished rocks, buttons. The idea is to fill a tub with as many varieties of textures as possible. The following pictures will give some additional ideas. The caregiver should also have a bottle of lotion ready to massage fingers after the exercise has been completed.

Purpose: Finger and wrist flexibility (grabbing, touching, holding).

Finger/Hand Stretch on Mat

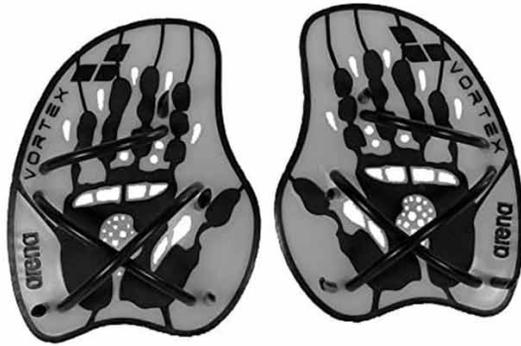
1. Lay a non-slip mat (such as Dycem) on the table surface. Caregiver should position patient in a comfortable position according to their abilities to stretch hand/fingers flat on the table.
2. Caregiver will assist patient with placing their hand flat against the surface of the table on the non-slip mat with fingers stretched out. Patient (or caregiver) will use other hand to push hand down and keep it flat. Keep in this position for 10 minutes.



Purpose: Finger and wrist extension.

Finger/Hand Stretch on Paddle

1. Caregiver will assist patient with placing their hand flat on the paddle and securing the fingers.
2. Patient's hand will remain flat on the paddle for one hour for stretching.



Purpose: Finger extension and muscle strengthening.

Standing and Walking Exercise



1. Caregiver should assist with positioning the patient inside of the Rollator Walker and securing all belts, or preparing the use of an E-Walker.
2. Once the patient is secured the patient can begin exercising.
3. The patient is encouraged to stand in the Rollator Walker or E-Walker for 5 to 10 minutes.
4. Then exercises are performed by encouraging the patient to walk on their own.
4. The goal is to simulate walking, or to walk. Ask the patient to repeat the exercise as often as possible.
5. Set new goals as the patient progresses.

Purpose: Relearning walking and balance.

Shoulder External Rotators with Resistance Band

1. Caregiver attaches the band to a sturdy object waist high.
2. The caregiver assists with placing the Teraband into the right hand and ensuring it is gripped tightly. Patient faces sideways.
3. While keeping the elbow at his side and bent to 90 degrees, the patient slowly rotates his hand and arm out to the side.
4. Patient then slowly returns to the starting position.



REPEAT EXERCISE 10 TIMES

Purpose: Arm strengthening, mobility, flexibility.

Shoulder Extensors with Weight

1. Patient bend forward and rests their chest on their thighs.
2. Caregiver securely places weight in the right hand. Patient holds the weight with their arm straight down towards the ground.
3. Keeping their arm straight, the patient pulls their arm back behind them.
4. Patient returns to starting position.



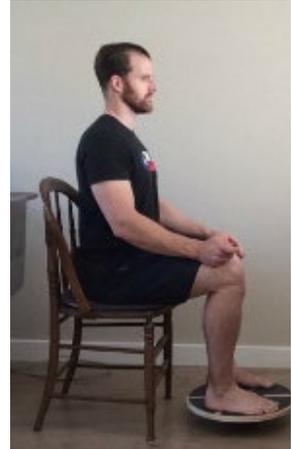
REPEAT EXERCISE 10 TIMES

Purpose: Arm strengthening, mobility, flexibility

Balance Board Exercises

1. The caregiver arranges the balance board on a non-slip surface under the patient's feet.
2. Patient rocks feet side to side, frontward and forward for 3 minutes.

Purpose: Develop balance for walking.



BEFORE SLEEPING EXERCISES, STRETCHES, AND MESSAGES

Pull-Ups in Bed



1. Caregiver attaches pull-up cord to bed.
2. Patient practices doing pull-ups via the assistance of the pull-up cord.

PATIENT SHOULD DO A MINIMUM OF 5 SETS OF THIS EXERCISE AND STEADILY INCREASE SETS WITH TIME

Purpose: Strengthening of back muscles, core strength.

Pilates Stretch with Roll

Caregiver assists with placing neck foam and body roll under patient's body and stretching arms over the roll. Patient holds position for 1 minute.



REPEAT A MINIMUM OF FIVE TIMES

Purpose: Increase flexibility and arm movement

Arm and Balance Strengthening Exercise



Once sitting on bed, patient will balance on elbow of left arm for 1 minute.

Then the patient will balance on elbow of right arm for 1 minute.

Purpose: Core strength, balance.

MUSCLE THERAPY (some caregiver assistance necessary)

Upper Right Arm Self-Massage with Electric Massager

1. Patient rests arm on a surface or on wheelchair arm rest, with elbow slightly bent.
2. With light pressure, the patient starts by gliding hand across upper arm muscles for a minute or two, or by using electric massager on lowest setting. This warms up and relaxes the muscles, preparing them for deeper work.
3. Patient then massages upper arm with the round attachment at higher setting.
4. The patient then continues this process on the back of the upper arm.
5. Repeat for up to 10 minutes.

Right Forearm Self-Massage with Electric Massager

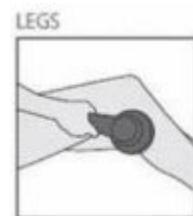
1. Patient rests arm on a surface or on wheelchair arm rest.

2. The patient starts by using the palm of his left hand to massage forearm with deep, kneading motions. This is done for 1 to 2 minutes to warm up the muscles.
3. Then, using the electric massager, the patient massages the tissue on the inner forearm. Patient should start below the elbow and glide down towards the wrist.
4. Patient can use their hand to finish with a simple kneading technique on the posterior (or outer) muscles of your upper forearm.



Leg Massages with Electric Massager

1. Caregiver will administer leg massages while the patient is laying in bed. This is most beneficial before sleeping.
2. Caregiver will massage legs with a massage glove before using the electric massager.
3. Caregiver will then use the electric massager by gently massing all leg muscles.
4. Massage up to five minutes on each leg with the electric massager.



Massages by Hand

Patient and / or caregiver may use any of the following massaging methods for arm muscles, leg muscles, back and shoulder muscles, foot, and hand.

1. Massage glove.



2. Roller tools.



3. Massage puddy.



4. Tennis or Pressure Point balls.



5. Small electric ladybug massager.



6. Loofahs and / or sponges.

