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Exercise Booklet

Head rotation



Therapist's aim

To improve head rotation.

Client's aim

To improve your head rotation.

Therapist's instructions

Position the patient in sitting or standing. Instruct the patient to sit or stand with a good posture. Instruct the patient to gently turn their head to one side, back to neutral and then to the other side. Instruct the patient to try to rotate a little further each time so that they can see over each shoulder.

Client's instructions

Position yourself in sitting or standing with a good posture. Gently turn your head to one side, back to neutral and then to the other side. Try to rotate a little further each time so that you can see over your shoulder.

Progressions and variations

Less advanced: 1. Decrease the amount of rotation. More advanced: 1. Increase the amount of rotation.

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.

Forearm pronation active range of motion



Therapist's aim

To improve range of motion in the forearm.

Client's aim

To improve range in your forearm muscles.

Therapist's instructions

Position the patient in standing with elbow flexed to 90 degrees and the forearm supinated. Instruct the patient to pronate the forearm.

Client's instructions

Position yourself in standing with your elbow bent to 90 degrees and your palm turned up. Turn your palm down. Ensure that your elbow is kept tucked in to your body.

Forearm supination active range of motion



Therapist's aim

To improve range of motion in the forearm.

Client's aim

To improve range in your forearm muscles.

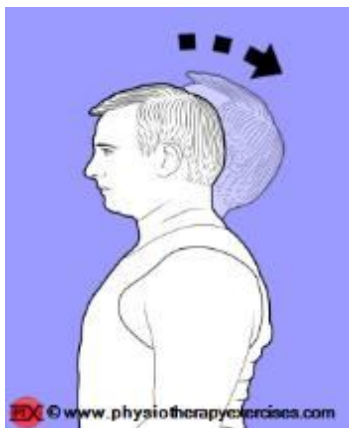
Therapist's instructions

Position the patient in standing with the elbow flexed to 90 degrees and forearm pronated. Instruct the patient to supinate the forearm.

Client's instructions

Position yourself in standing with your elbow bent to 90 degrees and your palm turned down. Turn the palm of your hand up. Ensure that your elbow is kept tucked in to your body.

Neck extension



Therapist's aim

To improve neck extension.

Client's aim

To improve your ability to extend your neck.

Therapist's instructions

Position the patient in sitting or standing. Instruct the patient to sit or stand with a good posture. Instruct the patient to gently look towards the ceiling and return to neutral. Ensure that the patient tucks their chin in prior to carrying out the movement.

Client's instructions

Position yourself in sitting or standing with a good posture. Gently look up towards the sky and return to the upright position. Ensure that your chin is tucked in prior to carrying out the exercise.

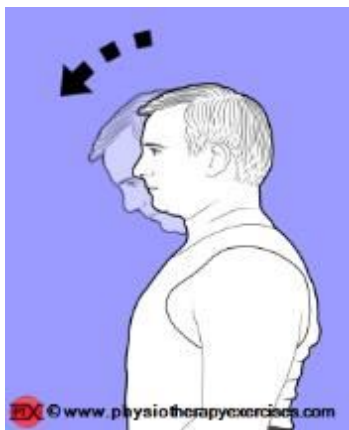
Progressions and variations

Less advanced: 1. Decrease the amount of extension. More advanced: 1. Increase the amount of extension.

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.

Neck flexion



Therapist's aim

To improve neck flexion.

Client's aim

To improve your ability to bend your neck.

Therapist's instructions

Position the patient in sitting or standing. Instruct the patient to sit or stand with a good posture. Instruct the patient to gently flex their neck and then return to the neutral position.

Client's instructions

Position yourself in sitting or standing with a good posture. Gently look down towards your chest and then return to the neutral position.

Progressions and variations

Less advanced: 1. Decrease the amount of flexion. More advanced: 1. Increase the amount of flexion.

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.

Neck flexor/extensor stretch



Therapist's aim

To stretch or maintain range of the neck.

Client's aim

To stretch or maintain range of your neck.

Therapist's instructions

Position the patient with their head facing forwards. Instruct the patient to flex then extend their neck.

Client's instructions

Position yourself with your head facing forwards. Bend your neck forwards then straighten your neck upwards.

Precautions

1. Only administer after attaining medical approval.
2. Stop with first signs of pain.
3. Impaired or absent sensation of stretch.

Neck lateral flexion



Therapist's aim

To improve neck lateral flexion.

Client's aim

To improve side bending of your neck.

Therapist's instructions

Position the patient in sitting or standing. Instruct the patient to sit or stand with a good posture and their head centred. Instruct the patient to gently laterally flex their neck to one side. Instruct the patient to return to the centre and then gently laterally flex their neck to the other side. Inform the patient that they may feel a gentle neck stretch.

Client's instructions

Position yourself in sitting or standing with a good posture. Centre your neck. Gently bring your ear down towards your shoulder. Return to the centre. You should feel a gentle stretch in the side of your neck.

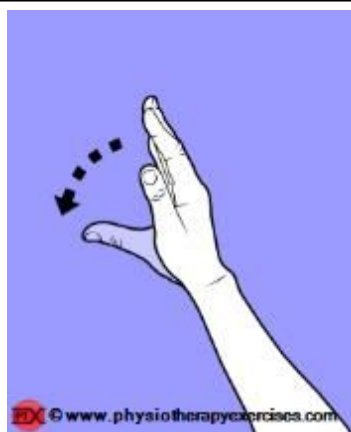
Progressions and variations

Less advanced: 1. Decrease the amount of lateral flexion. 2. Perform this exercise in sitting. More advanced: 1. Perform this exercise in standing. 2. Increase the amount of lateral flexion.

Precautions

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

Palmar abduction



Therapist's aim

To improve the ability to abduct the thumb.

Client's aim

To improve your ability to stretch your webspace.

Therapist's instructions

Position the patient with their hand resting in front of them. Instruct the patient to abduct the thumb. Ensure that the thumb moves perpendicular to the palm.

Client's instructions

Position yourself with your hand resting in front of you. Position your thumb so that it moves perpendicular to your palm.

Progressions and variations

Less advanced: 1. Decrease palmar abduction. More advanced: 1. Increase palmar abduction.

Stand and shift weight forwards and backwards



Therapist`s aim

To improve the ability to stand and balance.

Client`s aim

To improve your ability to stand and balance.

Therapist`s instructions

Position the patient in standing with their feet slightly apart. Instruct the patient to lean forwards and then lean backwards. Ensure that the movement occurs at the ankles, the hips remain extended and the feet do not change position.

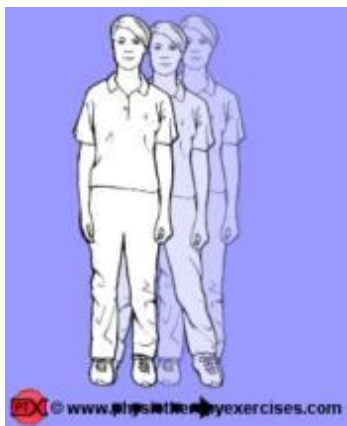
Client`s instructions

Position yourself standing with your feet slightly apart. Practice leaning forwards and backwards. Ensure that the movement occurs at your ankles, your hips stay straight and your feet do not move. Feel your weight through the balls of your feet as you lean forwards and through your heels as you lean backwards. Go as far as you can without moving your feet or stepping.

Progressions and variations

Less advanced: 1. Decrease forwards and backwards lean. 2. Provide hand support for balance. More advanced: 1. Increase forwards and backwards lean. 2. Lean in a different direction, e.g., left to right or diagonally. 3. Lean forwards, then left, then backwards, then right and back to the start (i.e., shift weight to limits of stability in a circular motion, reverse direction).

Stepping sideways



Therapist`s aim

To improve the ability to walk.

Client`s aim

To improve your ability to walk.

Therapist`s instructions

Position the patient in standing. Instruct the patient to step sideways. Ensure that the knees remain extended and the feet point forwards.

Client`s instructions

Position yourself standing with your feet together. Practice stepping sideways. Ensure that your knees are kept straight and your feet point forwards.

Progressions and variations

Less advanced: 1. Take smaller steps. More advanced: 1. Take larger steps.

Stepping backwards to a line with the affected leg



Therapist's aim

To improve the ability to move the leg back and forth when standing.

Client's aim

To improve your ability to move your leg back and forth when standing.

Therapist's instructions

Position the patient in standing with two lines behind them. Instruct the patient to step backwards to pass the rear line with their affected leg. Ensure that both feet point forwards and the weight is transferred backwards.

Client's instructions

Position yourself standing with two lines behind you. Practice stepping backwards to pass the rear line with your affected leg. Ensure that both feet point forwards.

Progressions and variations

Less advanced: 1. Position the lines closer together to decrease step length. 2. Provide hand support for balance. More advanced: 1. Position the lines further apart to increase step length.

Step forward



Therapist's aim

To improve the ability to walk.

Client's aim

To improve your ability to walk.

Therapist's instructions

Position the patient in standing with a support on their side at hip level. Instruct the patient to step forward. Ensure that both feet point forwards.

Client's instructions

Position yourself in standing with a support on your side at hip level. Step forward with prosthetic limb. Ensure that both feet point forwards.

Progressions and variations

Less advanced: 1. Have hand support nearby. More advanced: 1. Increase step size. 2. Add concurrent cognitive and/or manual task/s.

Stepping



Therapist`s aim

To improve stance or swing phase of gait.

Client`s aim

To improve your ability to step.

Therapist`s instructions

Position the patient in standing with one leg in front of the other. Instruct the patient to step forward.

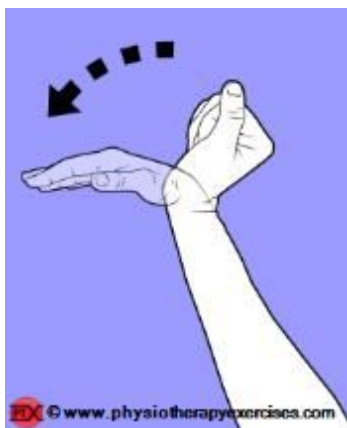
Client`s instructions

Position yourself standing with one leg in front of the other. Practice stepping forward.

Progressions and variations

Less advanced: 1. Take smaller steps. 2. Use tape on the ground to provide cues. 3. Provide hand support for balance. More advanced: 1. Take larger steps.

Wrist flexion and extension



Therapist`s aim

To improve the ability to flex and extend the wrist.

Client`s aim

To improve your ability to bend and straighten your wrist.

Therapist`s instructions

Position the patient with their hand resting in front of them. Instruct the patient to flex the wrist letting the fingers extend and extend their wrist letting the fingers flex.

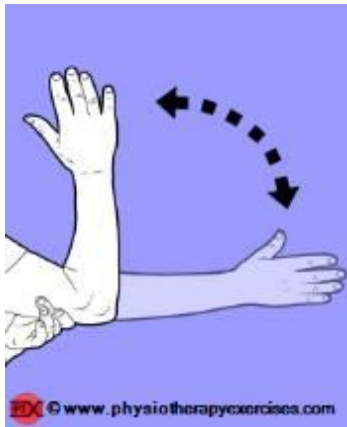
Client`s instructions

Position yourself with your hand resting in front of you. Bend your wrist letting the fingers straighten and straighten your wrist letting the fingers bend.

Progressions and variations

Less advanced: 1. Decrease wrist flexion or extension. More advanced: 1. Increase wrist flexion or extension.

Elbow flexion



Therapist`s aim

To improve the ability to flex the elbow.

Client`s aim

To improve your ability to bend your elbow.

Therapist`s instructions

Position the patient with their elbow extended. Instruct the patient to flex their elbow.

Client`s instructions

Position yourself with your elbow straight. Bend your elbow so that your palm moves towards your shoulder.

Progressions and variations

Less advanced: 1. Decrease elbow flexion. More advanced: 1. Increase elbow flexion.