

Prepared for post-polio wellness retreat by

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Exercises for Standing Balance

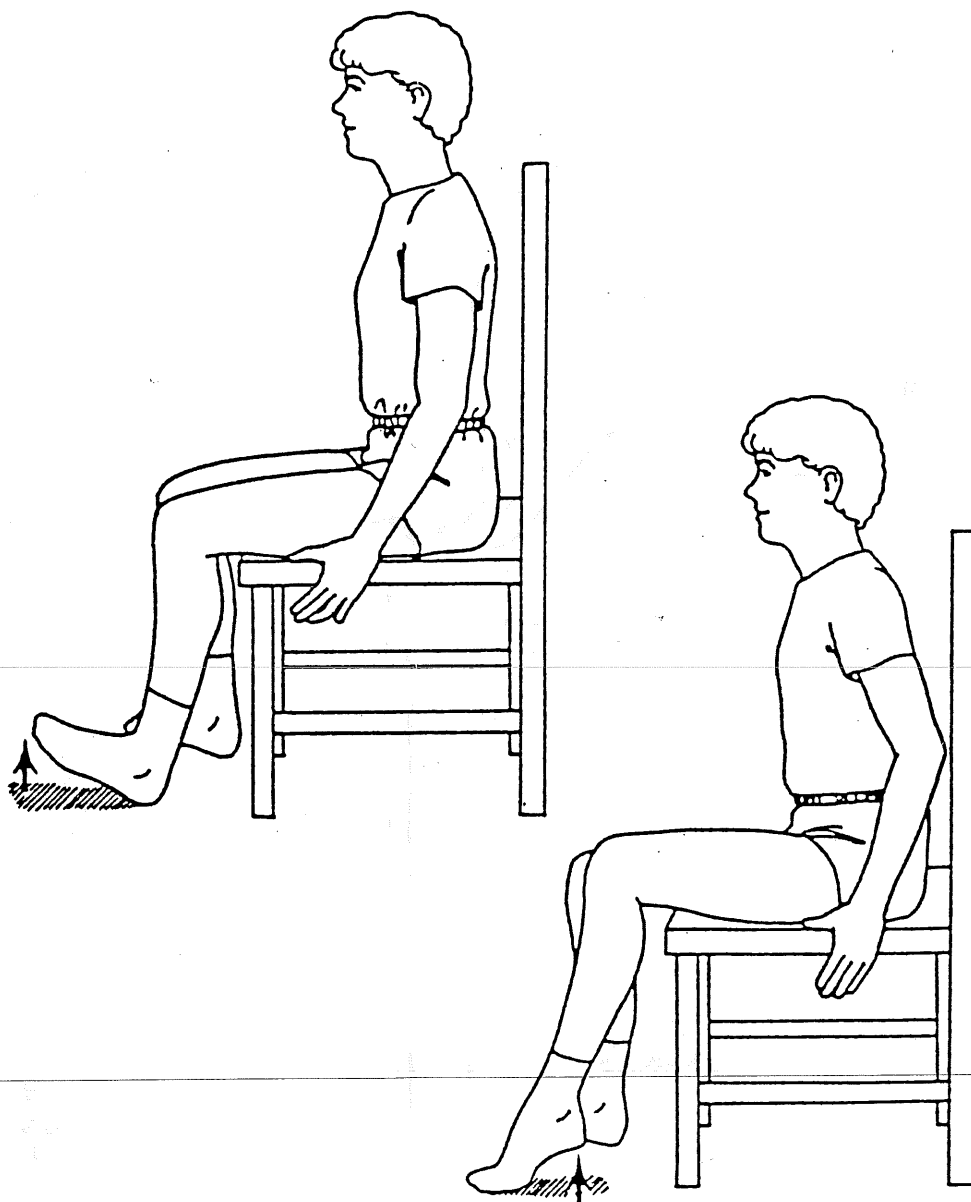
Ankle Dorsiflexion and Plantarflexion — Active

Sit with feet on floor. Raise _____ foot up. Keep heel on floor.

Hold _____ counts.

Raise heel up. Keep toes on floor and hold.

Repeat _____ times.



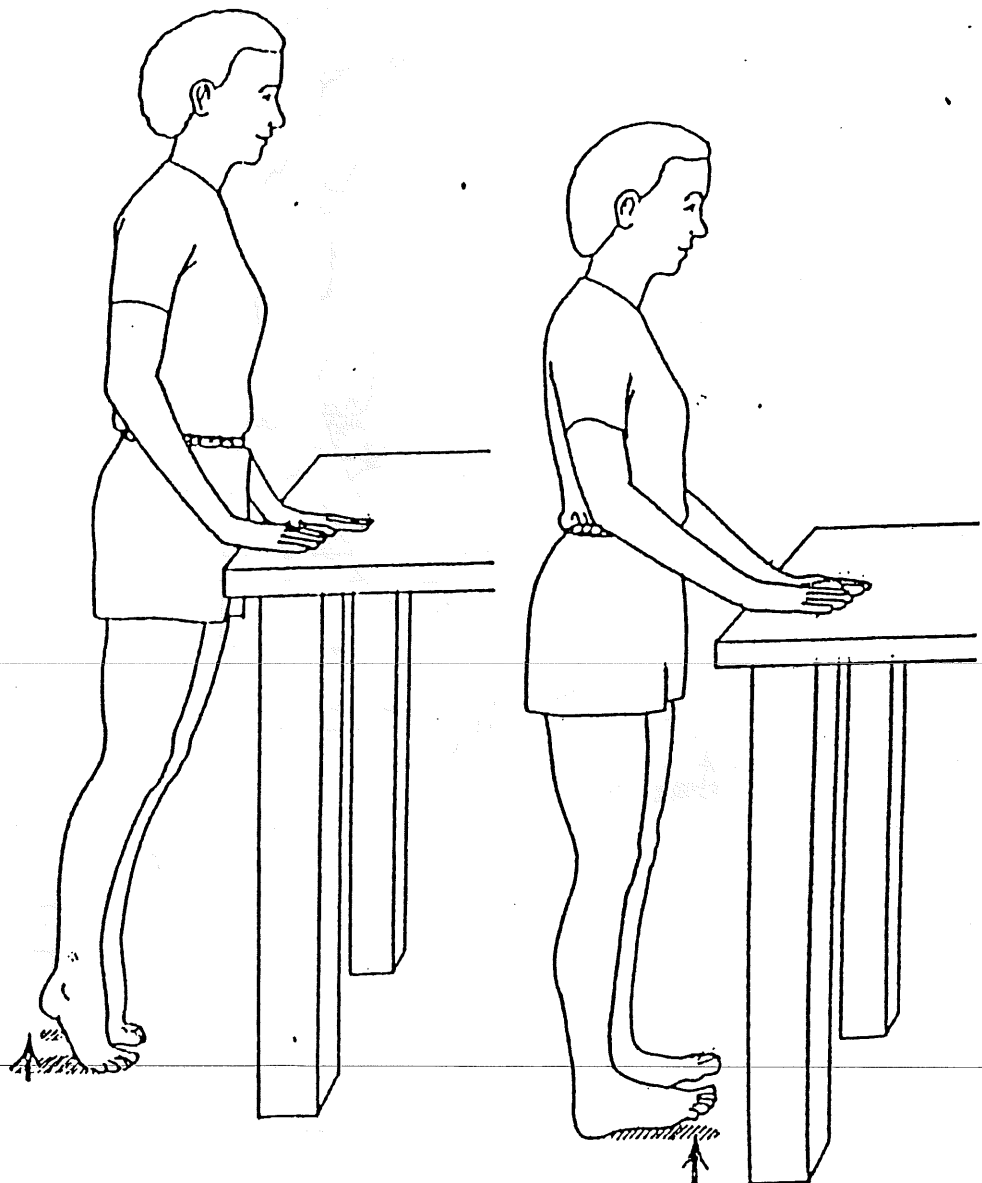
Ankle Dorsiflexion and Plantarflexion — Active

Standing, hold onto table. Raise up on toes.

Hold _____ counts.

Rock back on heels and hold.

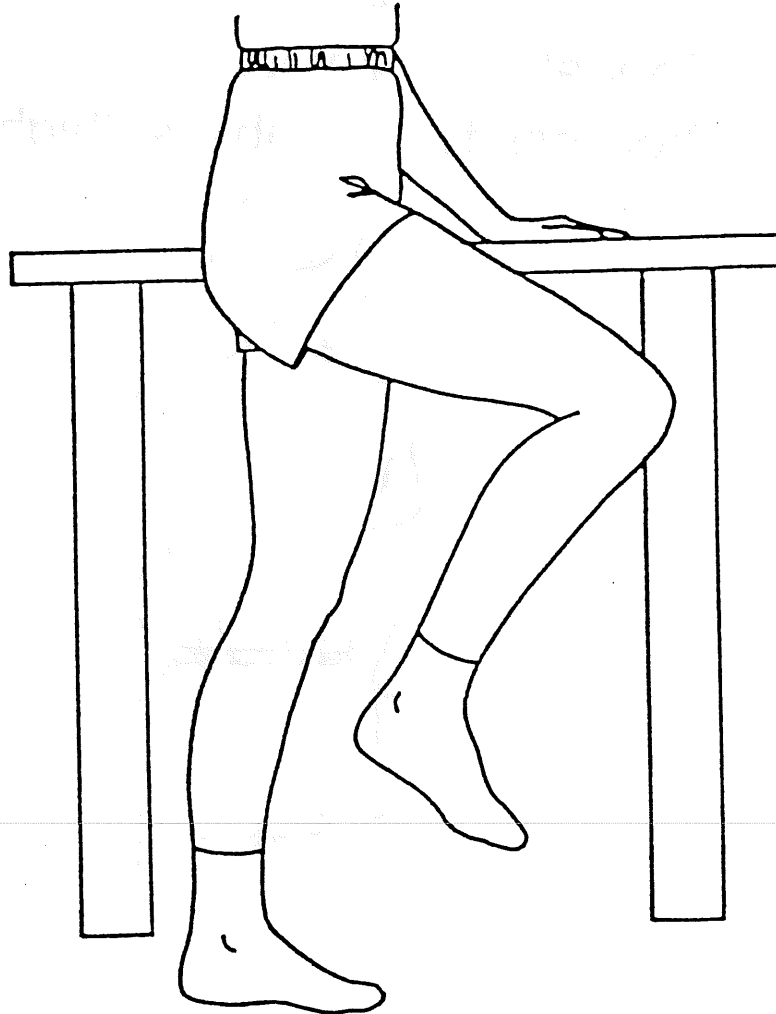
Repeat _____ times.



Hip Flexion — Active

March in place.

Repeat _____ times/minutes.



Sway side to side in standing "dance"

then...

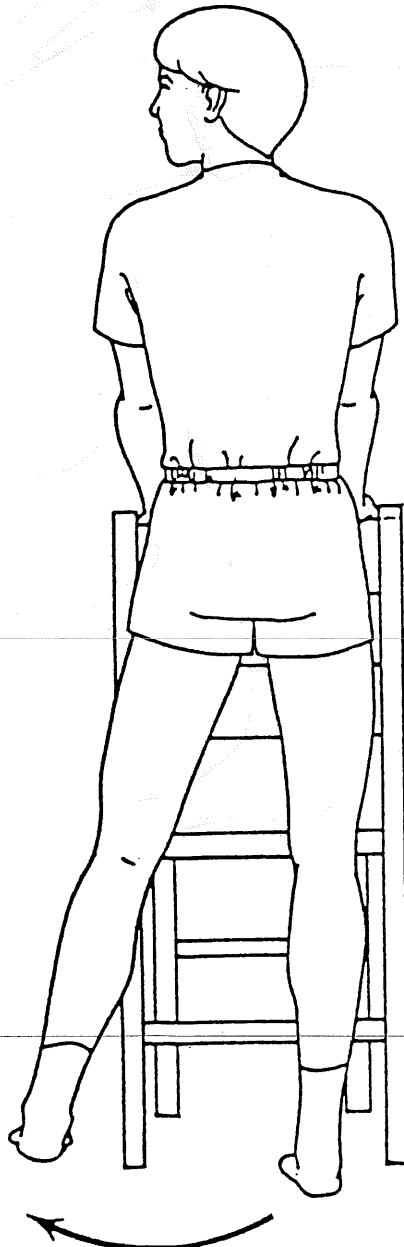
Hip Abduction — Active

Standing, hold onto chair. Raise _____ leg out to side. Keep toes pointed straight ahead.

Hold _____ counts.

Repeat _____ times.

Progress to _____ lbs. at thigh/ankle.



Hip Extension — Active

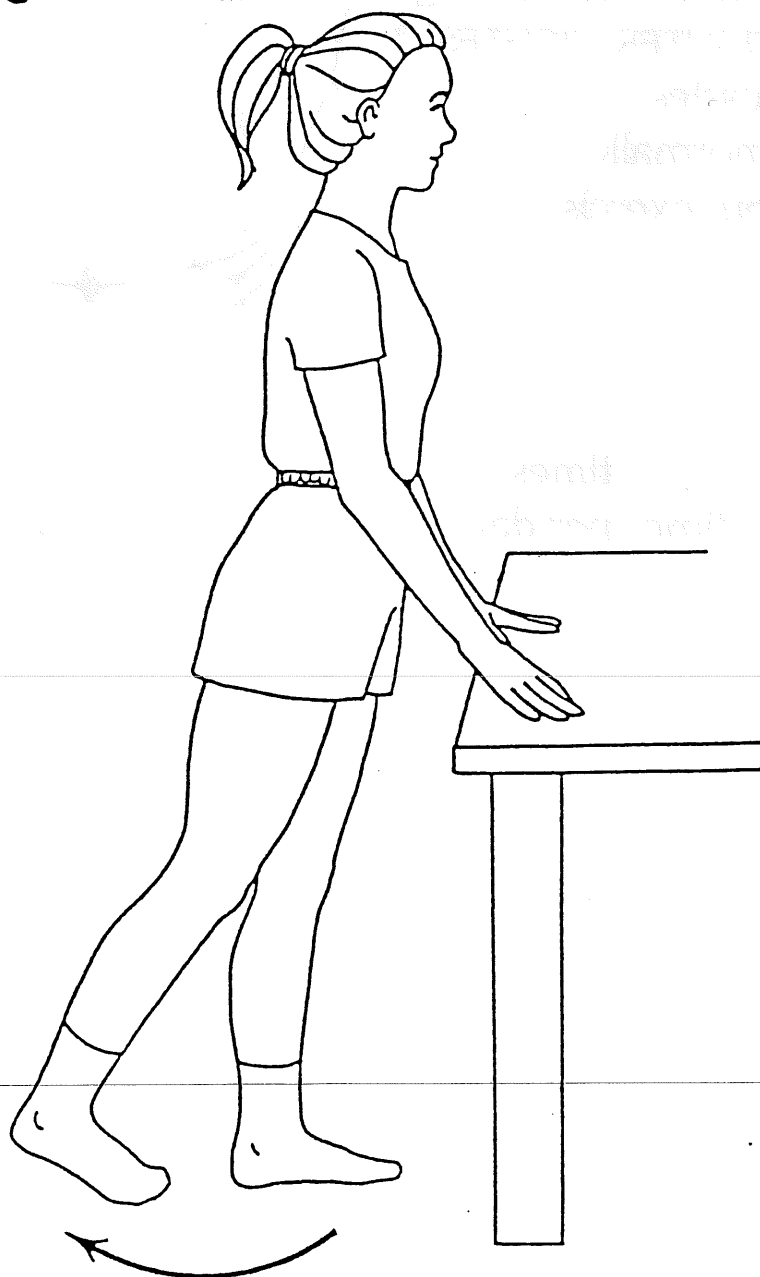
Standing, hold onto mat. Lift

_____ leg backward with knee straight.

Hold _____ counts.

Repeat _____ times.

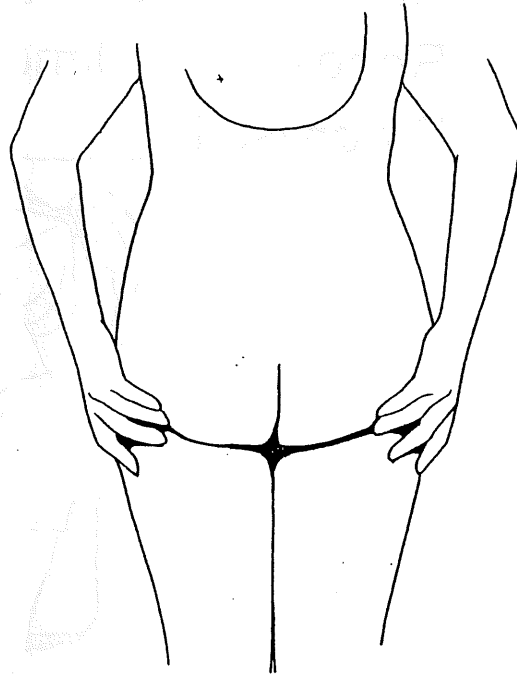
Progress to _____ lbs. at thigh/ankle.



-or...

POSTURE - 10 Isolated Buttocks Squeeze

Tighten buttocks muscles by counting to three, thinking "TIGHT, TIGHTER, TIGHTEST."
Relax muscles.
Breathe normally throughout exercise.



REPEAT _____ times.
Do _____ times per day.

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POSTURE - 3 Head Moves

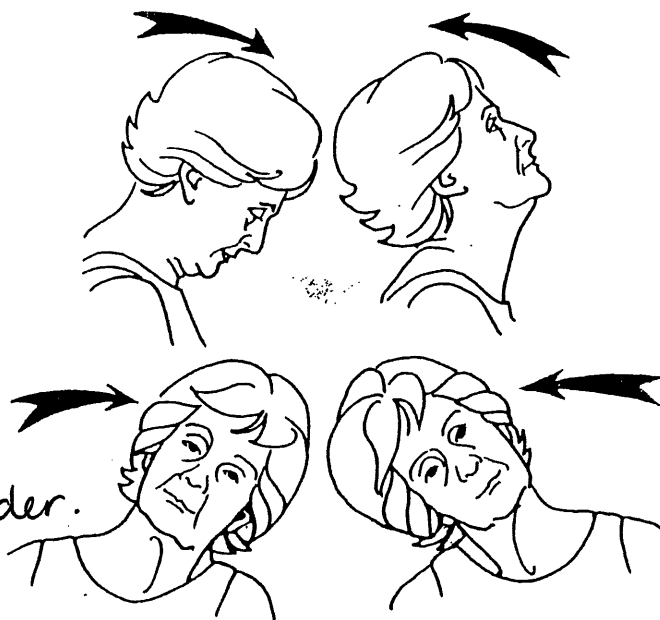
Bend head forward.

Return.

Now bend head
to right, then left.

Back to center
and relax.

Turn to look over
your right shoulder,
then your left shoulder.



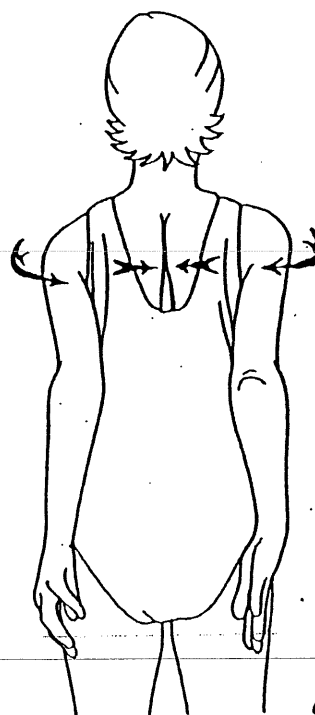
REPEAT _____ times.

Do _____ times per day.

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POSTURE - 7 Shoulder Blade Squeeze

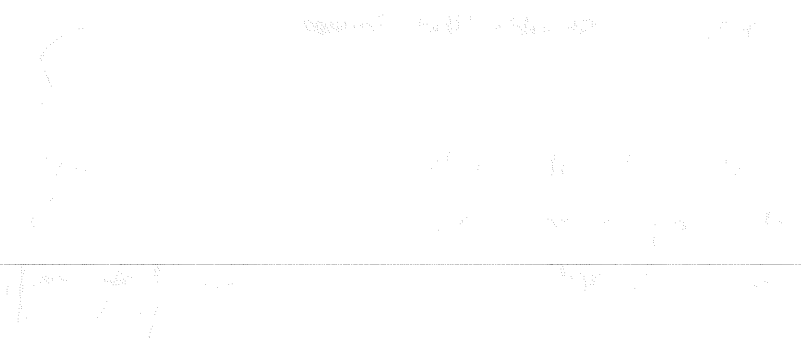
Rotate shoulders back,
then squeeze shoulder
blades together.



REPEAT _____ times.

Do _____ times per day.

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unlike the other
the

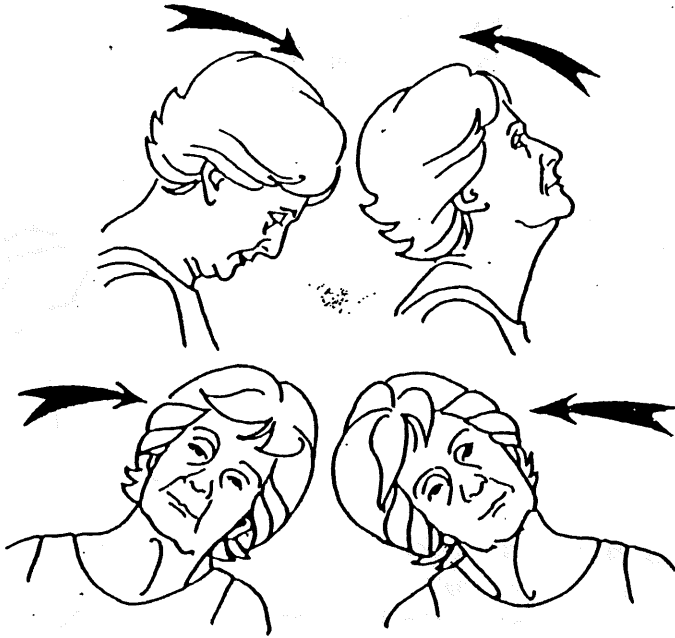
Warm Up

Shoulders 2009
2010
2011.

POSTURE - 3 Head Moves

Bend head forward.
Return.

Now bend head
to right, then left.
Back to center
and relax.



REPEAT _____ times.
Do _____ times per day.

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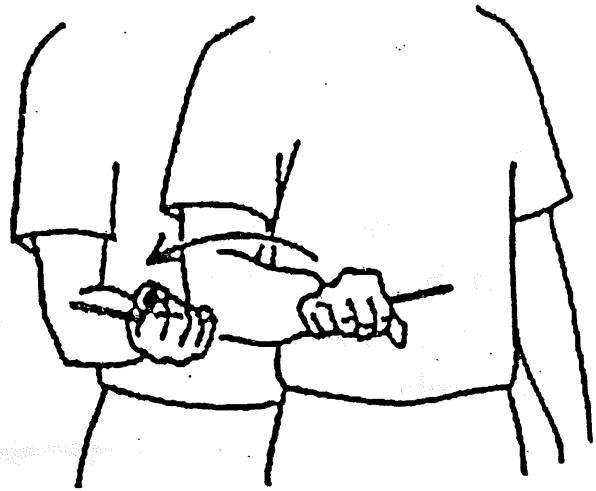
ELBOW FLEXION/EXTENSION

With your palm facing forward, bend your elbow up, then lower down. Continue each motion to the point of tightness, gently stretching the elbow.



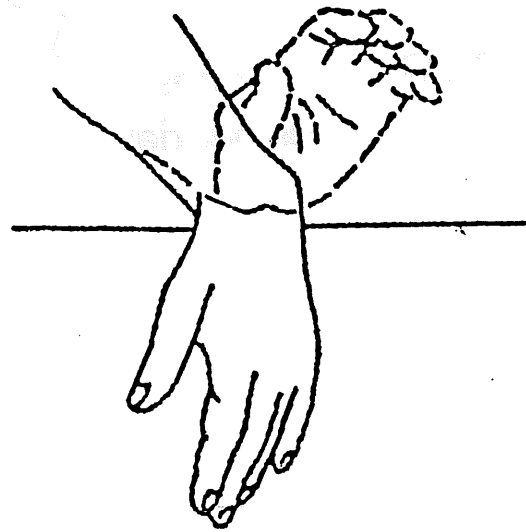
5. SUPINATION/PRONATION

Hold a pencil in your hand as an indicator of your motion. With your elbow bent to 90°, held at your side, follow the motions illustrated. Continue until you feel a stretch at the end of each motion.



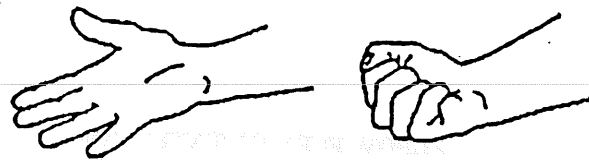
6. WRIST FLEXION/EXTENSION

Support forearm and wrist on a table. Lower your hand over the edge, palm down, then raise it up.



7. FLST

Make a tight fist. Try to bend all of your finger joints as much as possible.

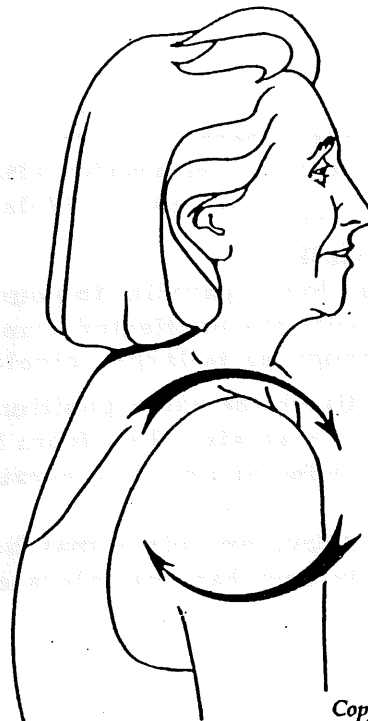


HOLD EACH STRETCH FOR _____ SECONDS. DO EACH ONE _____ TIMES.

POSTURE - 5 Shoulder Circles Forward

Slowly circle
shoulders forward.
Relax.

REPEAT _____ times.
Do _____ times per day.



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POSTURE - 6 Shoulder Circles Back

Slowly circle
shoulders backward.
Relax.

REPEAT _____ times.
Do _____ times per day.



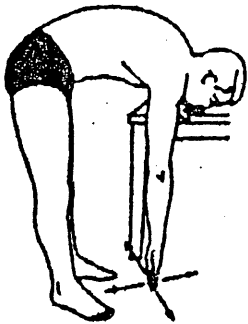
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Range of Motion (without using muscles)

Do only those exercises checked for you. They should be done slowly and deliberately, allowing for complete relaxation after each repetition. Do each exercise for ___ repetitions, ___ times daily. Hold position for ___ seconds.

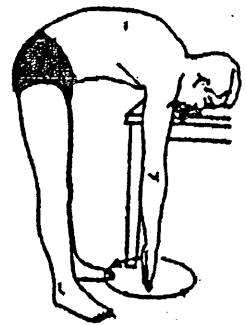
1. CODMAN EXERCISE

Lean over until arm hangs parallel to your legs. Support yourself on a table or chair with the unaffected arm. Start swinging arm in small circles and progress to larger circles as tolerated.



Using the same position as above only swing arm in a straight line from left to right. Repeat swinging arm in a straight line forward and back.

Above exercises may be done with ___ lb weight in your hand as tolerated.



1. Flexion

a.

SHOULDER - 29 Strengthening Activities Isometric Flexion

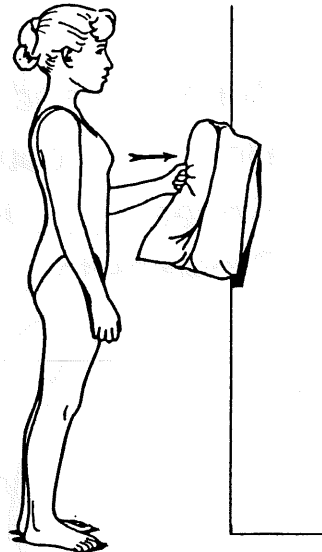
Using a wall to provide resistance, press fist into wall as shown, using light moderate maximal resistance.

Hold _____ seconds.

Repeat _____ times.

Do _____ sessions per day.

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- or -

SHOULDER - 30 Strengthening Activities Isometric Flexion

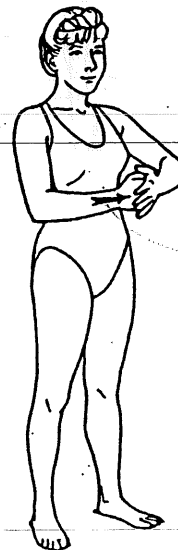
Using opposite hand, apply light moderate maximal resistance to forward motion.

Hold _____ seconds.

Repeat _____ times.

Do _____ sessions per day.

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straight arm

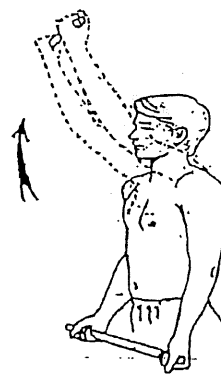
b. Shoulder Flexion

Bring wand directly overhead, leading with uninvolvement side. Reach back until you feel a stretch.

Hold _____ seconds

Repeat _____ times

Do _____ sessions per day



c.

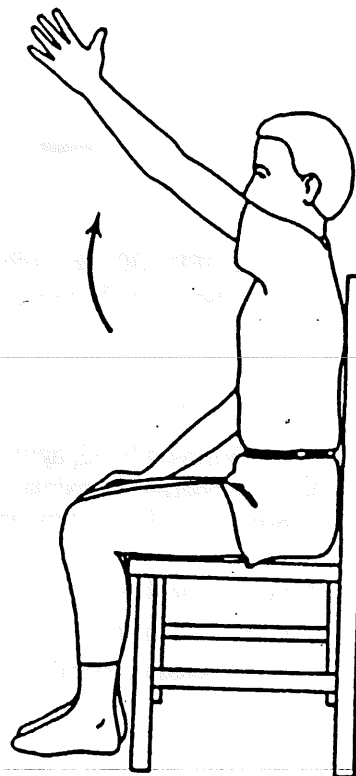
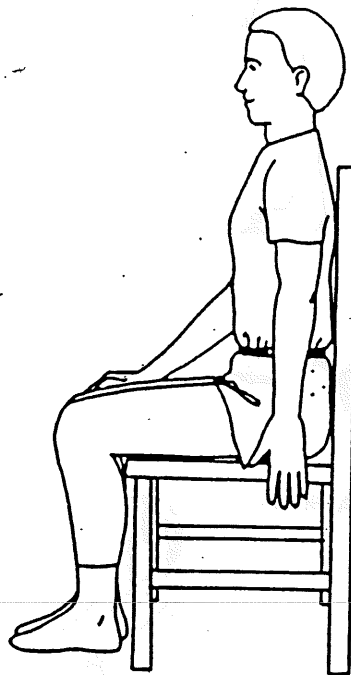
Shoulder Flexion — Active

Lift _____ arm over head with thumb up and elbow straight.

Hold _____ counts.

Repeat _____ times.

Progress to _____ lbs. at wrist/hand.



d. with theraband or weight

2. Extension

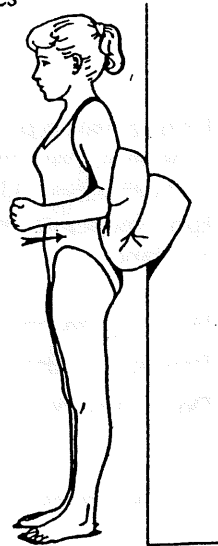
SHOULDER - 31 Strengthening Activities Isometric Extension

Press back of arm
into wall using
light moderate maximal
resistance.

Hold _____ seconds.

Repeat _____ times.

Do _____ sessions per day.



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3. Abduction

a.

SHOULDER - 32 Strengthening Activities Isometric Abduction

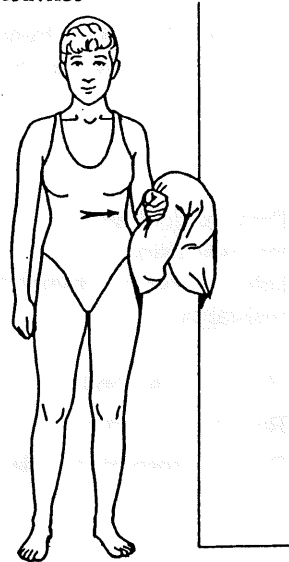
Using a wall to provide resistance, press into wall with elbow. Use light moderate maximal resistance.

Hold _____ seconds.

Repeat _____ times.

Do _____ sessions per day.

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- or -

SHOULDER - 33 Strengthening Activities Isometric Abduction

Place opposite hand around elbow. Apply light moderate maximal resistance to outward motion.

Hold _____ seconds.

Repeat _____ times.

Do _____ sessions per day.

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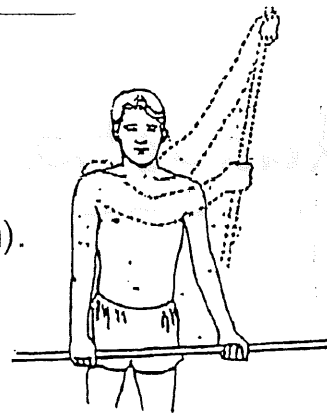


b. Shoulder Abduction

Holding wand with involved side palm up, push wand directly out from your side with uninvolvement side (palm down).

Repeat _____ times

Do _____ sessions per day



c.

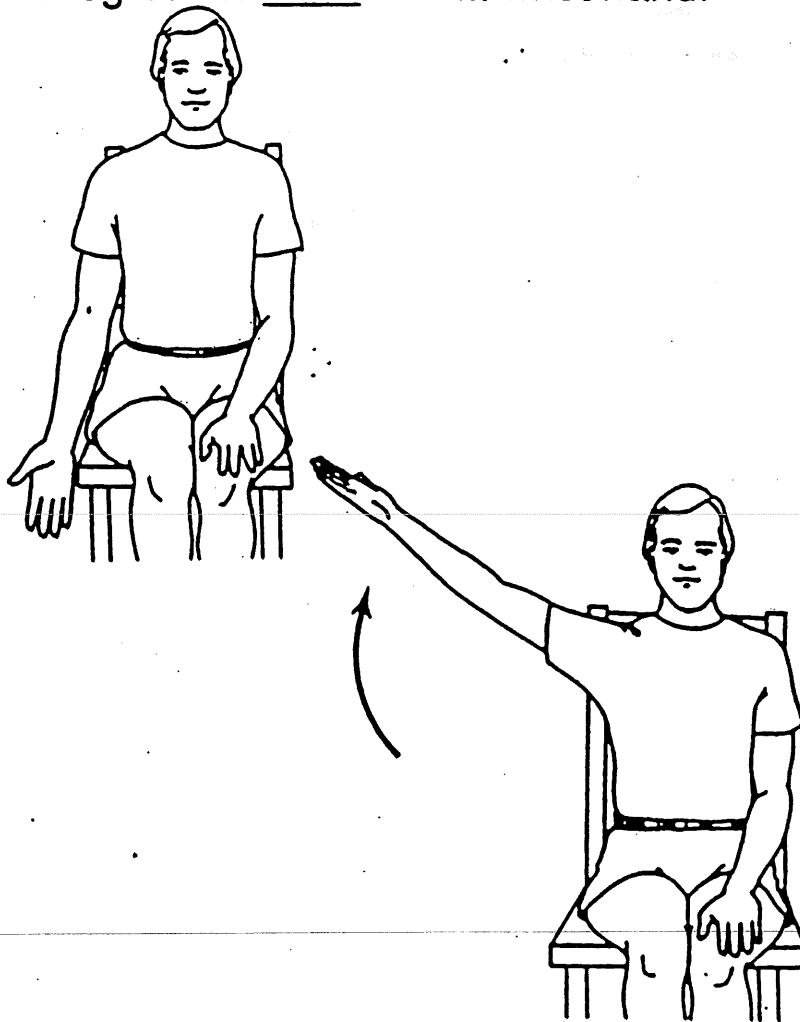
Shoulder Abduction — Active

Lift _____ arm out to side with palm up. Keep elbow straight. Do not lean to opposite side.

Hold _____ counts.

Repeat _____ times.

Progress to _____ lbs. at wrist/hand.



U/E 206

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d. with theraband or weight

4. Adduction

SHOULDER - 34 Strengthening Activities Isometric Adduction

Gently squeeze pillow using
light moderate maximal
resistance.

Hold _____ seconds.

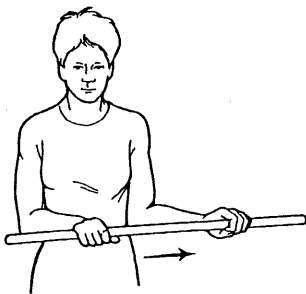
Repeat _____ times.

Do _____ sessions per day.



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5/6. Rotation



1. Stand with elbows bent to 90 degrees, holding stick in front of you
2. Using stick for assistance, rotate your _____ hand and forearm out away from your body
3. Do not allow your upper arm to move away from your body
4. Hold _____ seconds
5. _____ repetitions, _____ times per day

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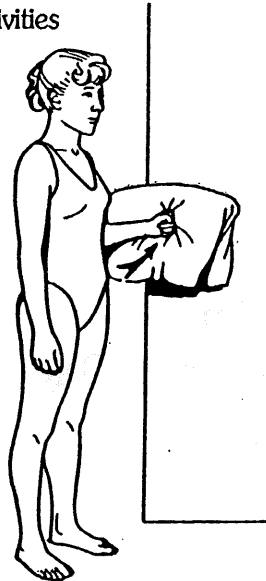
SHOULDER - 36 Strengthening Activities Isometric External Rotation

Keeping arm tucked in at side,
press back of hand into wall.

Hold _____ seconds.

Repeat _____ times

Do _____ sessions per day.



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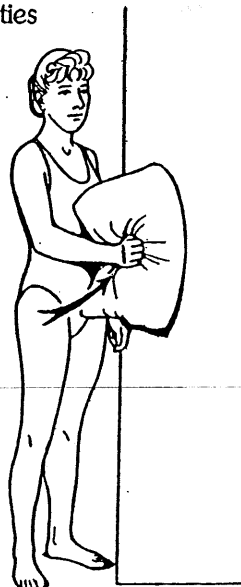
SHOULDER - 37 Strengthening Activities Isometric Internal Rotation

Using door frame to provide
resistance, press palm of hand
into door frame as shown using
light moderate maximal
resistance. Be sure to keep
elbow in at your side.

Hold _____ seconds.

Repeat _____ times.

Do _____ sessions per day.



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Scapula too...

THORACIC - 3 Spine Extension (A)

Place both hands on shoulders
and gently pull elbows back.
Hold _____ seconds.

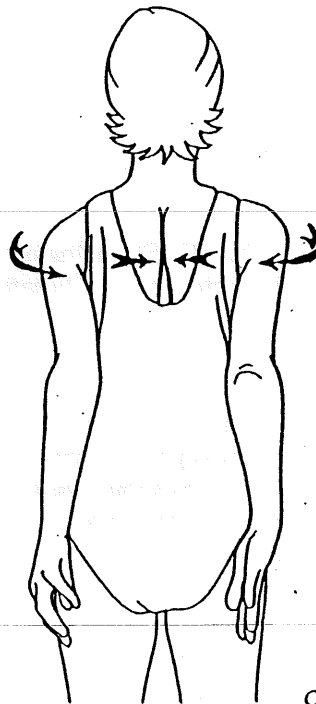


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REPEAT: _____ Times
_____ Times a Day.

POSTURE - 7 Shoulder Blade Squeeze

Rotate shoulders back,
then squeeze shoulder
blades together.



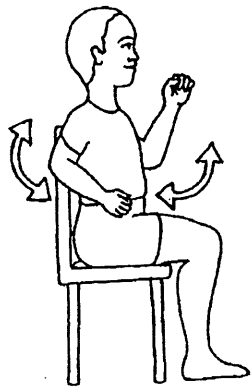
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REPEAT _____ times.
Do _____ times per day.

Cardio or Cool Down

GSH1 Shoulder 'Chug Chug'

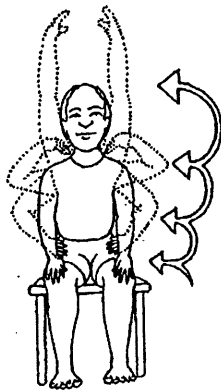
Sit in a chair with your elbows bent as shown. Move your shoulders in circles, "pumping" with your arms.



Repeat 30 repetition(s) per set.
Rest ___ minute(s) between sets.
Do 1 set(s) per session.
Do 1 session(s) per day.

GSH15 Shoulder Ladder Exercise

Sit in a chair. First touch your knees with your hands, then your hips, then your shoulders and finally the top of your head. Then lift your arms above your head. Repeat in the reverse order to return to the start position.



Repeat 10 repetition(s) per set.
Rest ___ minute(s) between sets.
Do 1 set(s) per session.
Do 1 session(s) per day.