

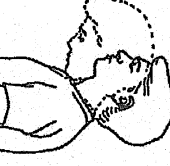

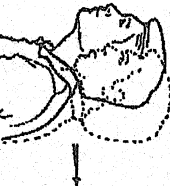
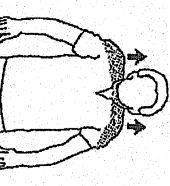
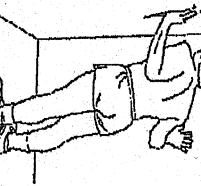

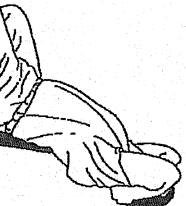
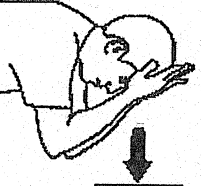
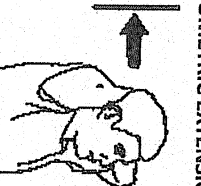
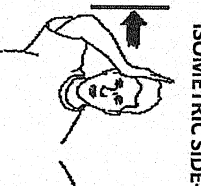
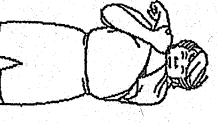
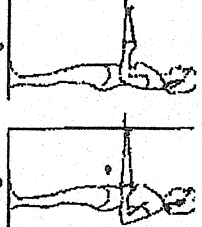
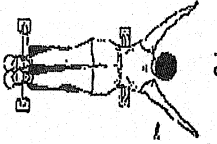
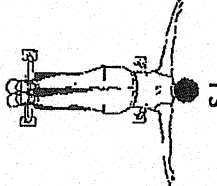
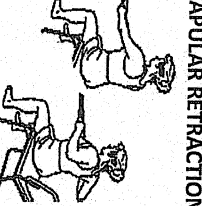
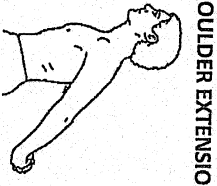
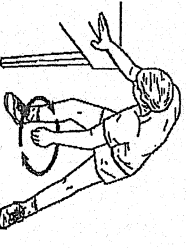


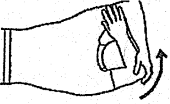
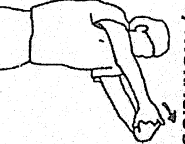
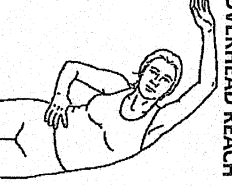
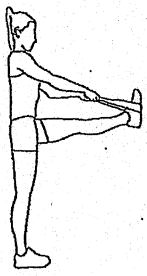




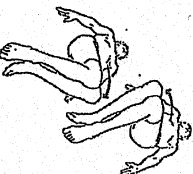

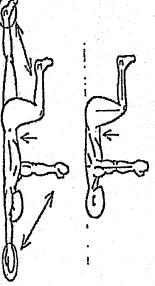









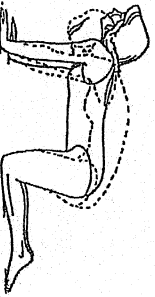
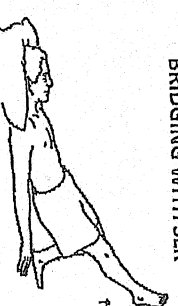



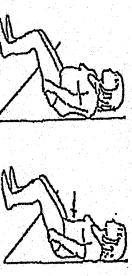
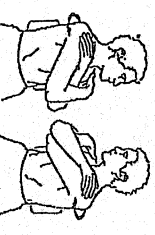
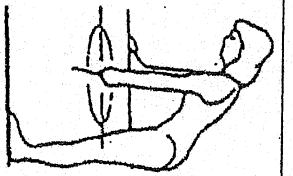


NECK PROGRAM

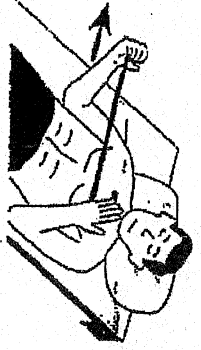
<p>UPPER TRAP STRETCH</p>  <p>Gently grasp side of head while resting other arm. Tilt head away until a gentle stretch is felt</p>	<p>LEVATOR SCAP STRETCH</p>  <p>Gently grasp side of head while resting other arm. Gently stretch head down and away</p>	<p>NECK FLEXION</p>  <p>In sitting, place hands behind head and gently bend head forward. Keep elbows in and relaxed</p>	<p>NECK ROTATION</p>  <p>Turn head slowly to look over left shoulder then turn head over to right shoulder</p>	<p>CHIN TUCKS</p>  <p>Keep chin tucked down and in. Move head slowly backwards as far as possible</p>	<p>SHOULDER SHRUGS</p>  <p>Stand with arms relaxed at sides. Shrug shoulders up and down, forward and backwards</p>
<p>CORNER PEC STRETCH</p>  <p>Standing in corner with hands at shoulder level, lean fwd until a comfortable stretch is felt</p>	<p>SCALENE STRETCH</p>  <p>Tilt your head back toward uninvolvement side, until you feel a comfortable stretch</p>	<p>MID BACK STRETCH</p>  <p>Sitting in a chair, clasp your hands behind your head and arch your upper & middle back over chair</p>	<p>ISOMETRIC FLEXION</p>  <p>Place your hands on your forehead and press your head into your hands</p>	<p>ISOMETRIC EXTENSION</p>  <p>Place your hands behind your head and push the back of your head into your hands</p>	<p>ISOMETRIC SIDE-BENDING</p>  <p>Place your hands against the side of your head and press your head into your hands</p>
<p>POSTERIOR CAPSULE STRETCH</p>  <p>Gently pull on elbow with opposite hand until a stretch is felt in shoulder</p>	<p>SAWS</p>  <p>Using tubing, start with arm extended then pull arm back, bending elbow</p>	<p>Y'S</p>  <p>Lying face down, raise both arms up forming a Y</p>	<p>T'S</p>  <p>Lying face down, raise both arms up forming a T</p>	<p>SCAPULAR RETRACTION</p>  <p>Wrap tubing around both fists. Pull arms back while bringing shoulder blades together as if rowing a boat</p>	<p>SHOULDER EXTENSION</p>  <p>Lace fingers behind back and squeeze shoulder blades together. Slowly raise & straighten arm</p>
<p>CODMAN'S PENDULUM</p>  <p>Let arm move in a clockwise then counterclockwise circle by rocking body weight in a circular pattern</p>	<p>CHILD'S POSE</p>  <p>Pull chest toward floor, reaching forward as far as you can until you feel a stretch.</p>	<p>FLEXIBILITY NECK STRETCH</p>  <p>Grasp arm above wrist and pull downward and across body while gently tilting head</p>	<p>INFERIOR CAPSULE STRETCH</p>  <p>Gently pull on elbow with opposite hand until a stretch is felt</p>	<p>CERVICAL/THORACIC STRETCH</p>  <p>Clasp hands together in front with arms extended, gently pull shoulder blades apart & bend head fwd</p>	<p>OVERHEAD REACH</p>  <p>Lift arm overhead. Reach to side, then to other side</p>

BACK PROGRAM

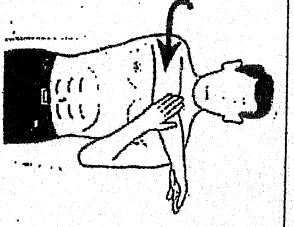
<p>HAMSTRING STRETCH</p>  <p>Lay on your back & raise one leg up with a belt or towel. Keep the knee straight</p>	<p>SINGLE KNEE TO CHEST</p>  <p>Pull one knee to chest until a comfortable stretch is felt in the lower back and buttocks.</p>	<p>DOUBLE KNEE TO CHEST</p>  <p>Pull both knees to chest until a comfortable stretch is felt in the lower back. Keep back relaxed</p>	<p>PIRIFORMIS</p>  <p>Lie on back. Slowly bring knee across body until a stretch is felt in the lower back/hip area.</p>	<p>PELVIC TILT</p>  <p>Flatten back by tightening stomach muscles & buttocks.</p>	<p>LUMBAR ROTATIONS</p>  <p>Keeping your back flat and feet together, rotate knees to one side in a pain free range of motion</p>
<p>BRIDGING</p>  <p>Slowly raise buttocks from floor keeping stomach tight</p>	<p>DIVING BUG</p>  <p>Tighten stomach muscles as you slowly raise one leg and lower opposite arm over head</p>	<p>PRONE-ON ELBOWS</p>  <p>Raise up on elbows as high as possible, keeping hips on floor</p>	<p>PRESS UPS</p>  <p>Press upper body upward keeping hips in contact with floor. Keep low back & buttocks relaxed</p>	<p>PRONE HIP EXTENSION</p>  <p>Keep knee locked and lift leg 8-10 inches from floor</p>	<p>PRONE BACK EXTENSION</p>  <p>Lift upper body and legs off floor. Do not arch neck</p>
<p>QUAD ALTERNATING LE/UE</p>  <p>Raise opposite arm and leg. Do not arch neck</p>	<p>CURL UPS</p>  <p>Keep hands clasped & supporting neck, tilt pelvis to flatten back. Raise head & shld from floor</p>	<p>DIAGONAL SIT-UPS</p>  <p>With arms at sides, raise head and shoulders rotating to one side as shoulder blades clear floor.</p>	<p>CHILD'S POSE</p>  <p>Pull chest toward floor, reaching forward as far as you can until you feel a stretch.</p>	<p>CHILD'S POSE RT/LT</p>  <p>In child's pose, reach to each side as far as you can, keeping your chest as low to the floor as possible</p>	<p>CAT STRETCH</p>  <p>Tuck chin and tighten stomach. Arch your back as high as you can until you feel a stretch.</p>
<p>BRIDGING WITH SLR</p>  <p>Lie on back. Extend leg and slowly lift hips off ground, pause, & slowly lower</p>	<p>BENT LEG LIFT</p>  <p>Tighten stomach & slowly raise leg from floor, hold, & slowly lower.</p>	<p>PRONE ALT ARM/LEG LIFT</p>  <p>Lift one arm and the opposite leg off the floor, by arching your back. Hold and repeat with opposite</p>	<p>GLUTEAL STRETCH</p>  <p>Lie on back Rest one ankle on top of opposite knee. Gently pull bottom thigh towards chest and hold.</p>	<p>WALL SLIDE W/ PELVIC TILT</p>  <p>Keep upper body against wall with knees in front & wider than shld. Push low back against wall, slide down and hold</p>	<p>LUMBAR ROTATION SITTING</p>  <p>Sit on chair. Rotate to one side as far as you can comfortably & then rotate to the other side.</p>



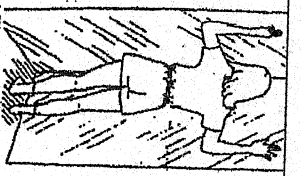
Pendulum Exercise



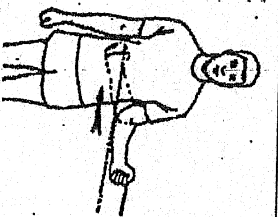
Supine External Rotation



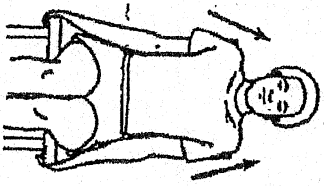
Supine Cross-Chest Stretch



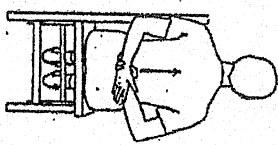
Corner Stretch



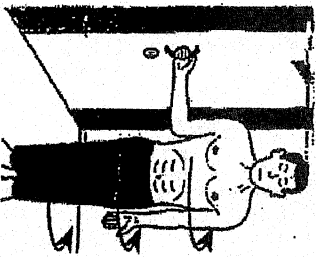
Internal Rotation



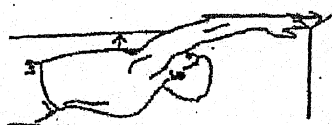
Shoulder Shrug



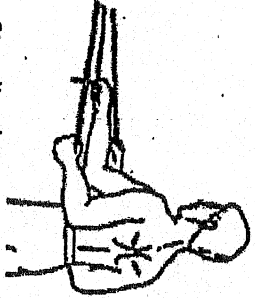
Behind the Back Internal Rotation



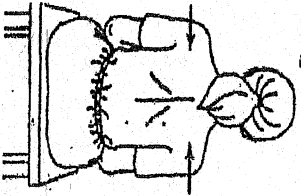
Standing External Rotation



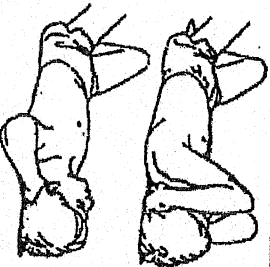
Wall Climb



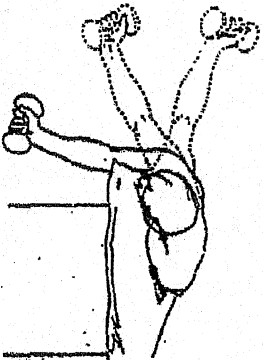
Standing/Seated Row



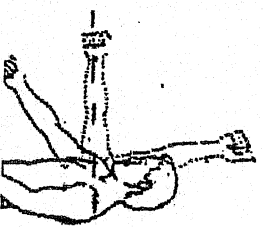
Shoulder Blade Pinch



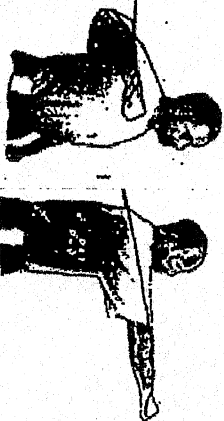
Supine External Rotation with Abduction



Bend Over Horizontal Arm Raise



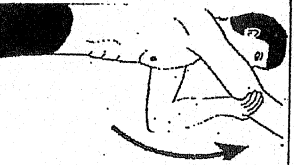
Standing Forward Flexion



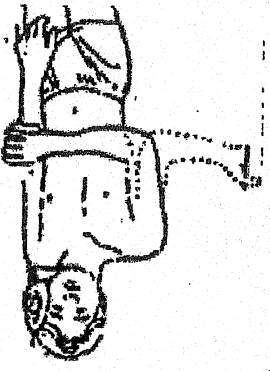
Standing Forward Punch



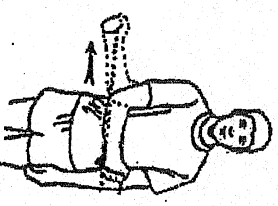
Passive Arm Lift



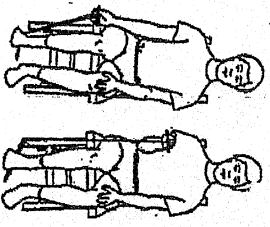
Overhead Elbow Lift



Side Lying External Rotation

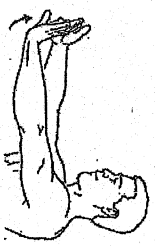
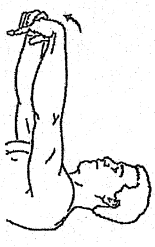
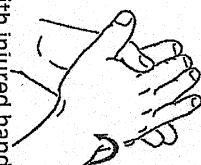
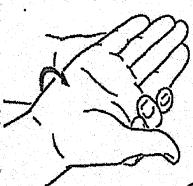
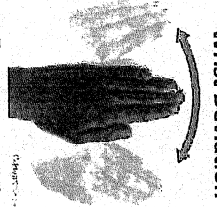


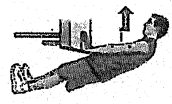
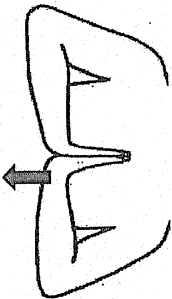
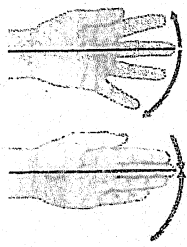
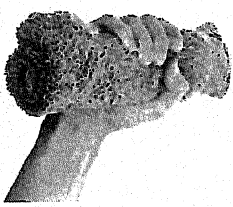

External Rotation








Biceps Curl

WRIST PROGRAM

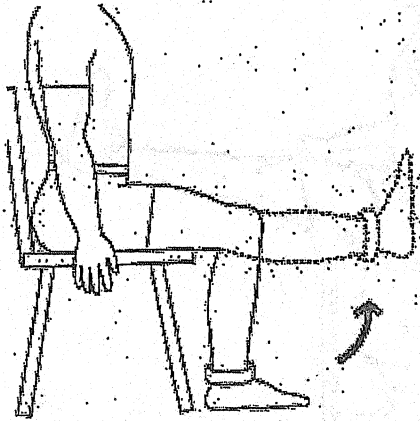
<p>Wrist Flexion Stretch W1</p>  <p>Keeping Elbow straight, grasp involved hand and slowly bend wrist until a stretch is felt</p>	<p>Wrist Extension Stretch W2</p>  <p>Keeping elbow straight, grasp involved hand and slowly bend wrist down until a stretch is felt</p>	<p>Wrist Pronation Stretch W3</p>  <p>With injured hand in handshake position, grasp and slowly turn to palm down position until stretch is felt</p>	<p>Forearm Supination Stretch W4</p>  <p>With injured hand in handshake position, grasp and slowly turn to palm up until stretch is felt</p>	<p>Wrist Deviation W5</p>  <p>Rest forearm on a table. Move hand to little finger side then to thumb side. Keep forearm steady</p>
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<p>Wrist Flexor Stretch W6</p>  <p>With palms resting on table, slowly move body over hands until a gentle stretch is felt</p>	<p>Wrist Extension Stretch W7</p>  <p>Sitting with elbows on table and palms together, slowly lower wrists together until a stretch is felt. Be sure to keep palms together</p>	<p>Finger Abduction/Adduction W8</p>  <p>Flare fingers apart as far as possible. Bring fingers back together</p>	<p>Grip Squeeze W9</p>  <p>Obtain a small soft object (tennis ball, putty, towel, resistance grip) and squeeze repeatedly</p>	<p>Wrist Twist W10</p>  <p>Hold a towel or Therabar in hands and perform the "Wring Out" motion in both directions</p>
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<p>Wrist Flexion Resisted W11</p>  <p>With injured palm up, bend wrist up and return slowly to neutral position</p>	<p>Wrist Extension Resisted W12</p>  <p>With injured palm down, bend wrist up and return slowly to neutral position</p>	<p>Wrist Deviation Resisted W13</p>  <p>With injured thumb up, bend wrist up and return to neutral position</p>	<p>Wrist Supination and Pronation W14</p>  <p>With injured forearm supported, grasp object and gently rotate palm up, then down, as far as possible without pain.</p>	<p>Self-Ball Massage W15</p>  <p>With Small Hard Ball (Golf, Lacrosse Ball) roll back and forth on forearm, wrist, and hand</p>
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HOME KNEE PROGRAM

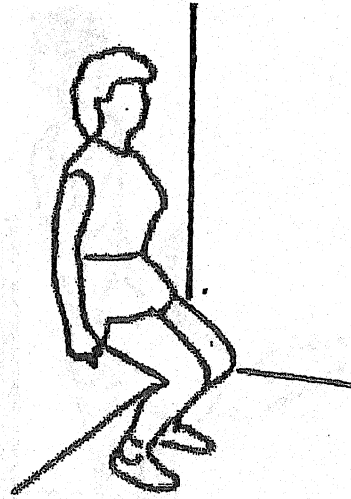
Knee Extension Hold 直膝伸腿



In sitting position, raise leg to extended position.
Hold 10 seconds, do 10 repetitions.

向上抬伸直。停10秒，做10次

Wall Squat 马步

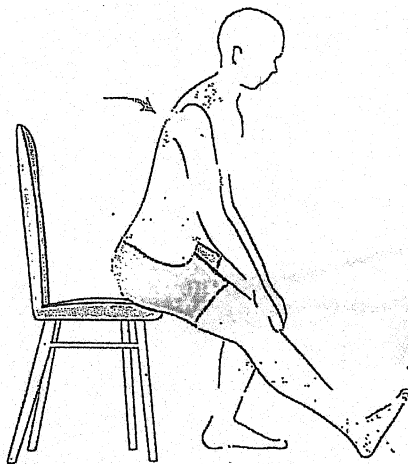


With back leaning against door, lower down to partial squat.

Hold 1 minute, do 3 repetitions.

靠门做半蹲。停1分钟，做3次。

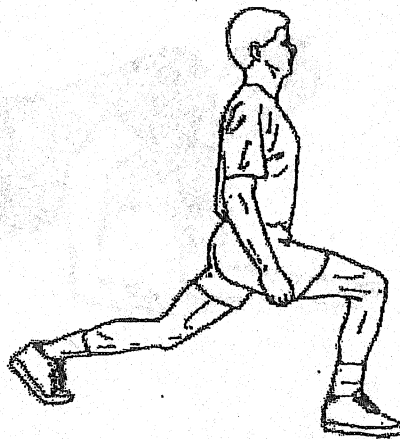
Sitting Hamstring Stretch 伸手构脚尖



In sitting position, reach for foot.
Hold 10 seconds, do 10 repetitions.

停10秒，做10次

Lunge 弓步

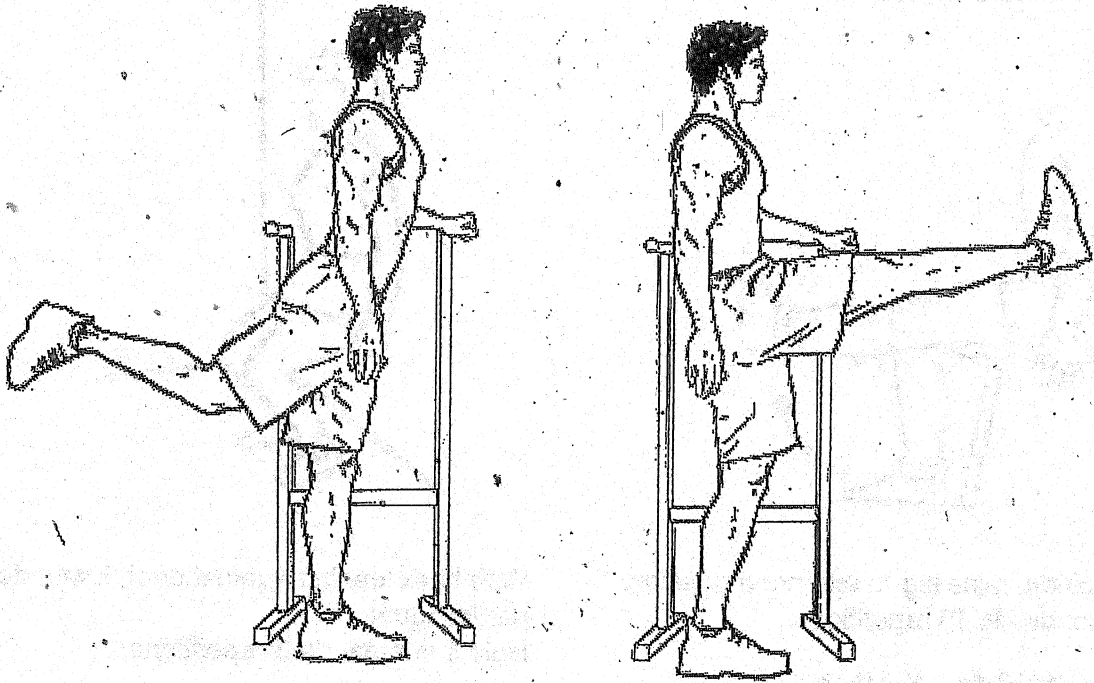


Keeping the back straight, lunge forward.
Hold 10 seconds, do 10 repetitions.

停10秒，做10次

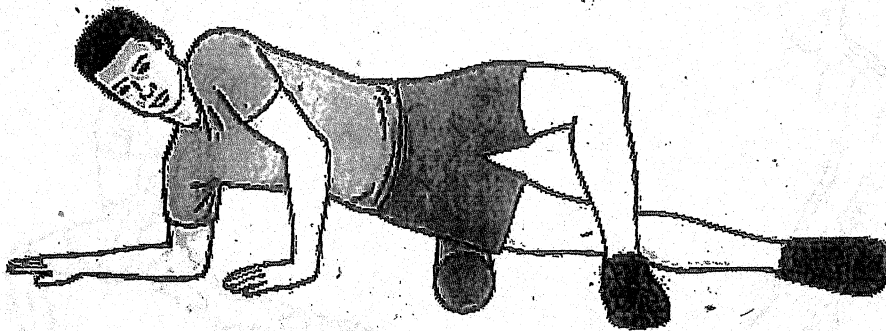
Forward Leg Hip Swings

前后甩腿



While standing on a stool, keeping leg straight, swing leg forward and backward, do 50 repetitions per leg

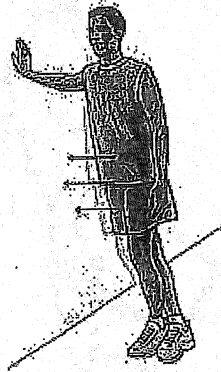
站在凳子上，保持腿挺直，向前和向後擺動腿，每邊各做 50 次，做 2-4 組。



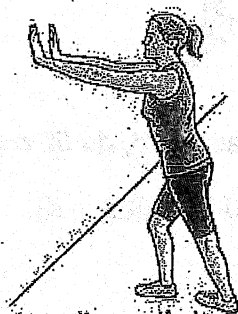
Iliotibial Band Syndrome Rehabilitation Exercises



Iliotibial band stretch (standing)



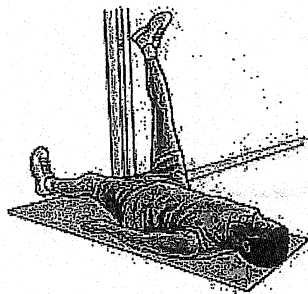
Iliotibial band stretch (side-leaning)



Standing calf stretch



Iliotibial band stretch (side-bending)

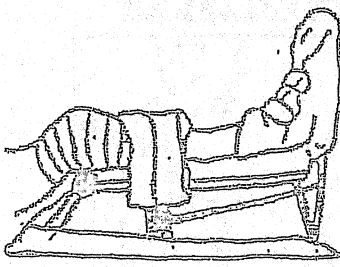
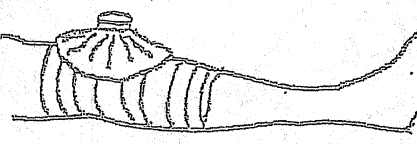
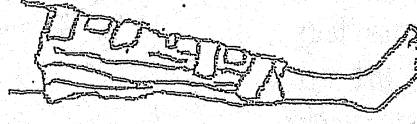


Hamstring stretch on wall

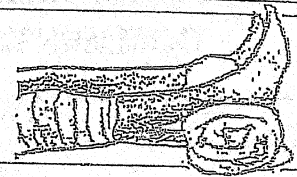


Quadriceps stretch

AFTER YOUR KNEE REPLACEMENT

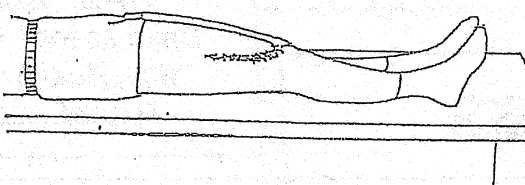
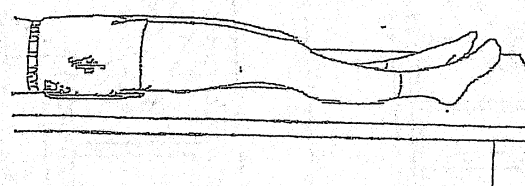
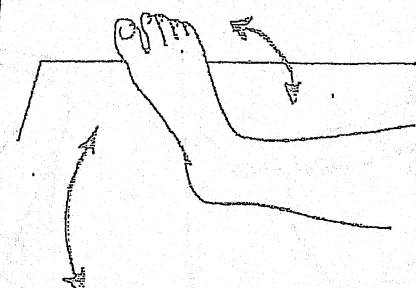
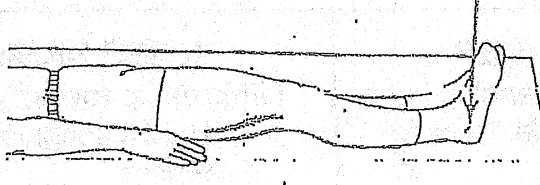
		
<p>The Continuous Passive Motion (CPM) machine may be placed on your leg in the recovery room or shortly thereafter. If it meant to move your knee to keep it flexible. Use it while you are in bed, at least _____ hours per day.</p>	<p>Ice Packs or a Polar Ice machine may be placed on your knee to reduce swelling, pain and stiffness. Continue to use ice at home when you leave the hospital if you need to, 20-30 minutes at a time.</p>	<p>You may have a Knee immobilizer brace applied to your knee. This is meant to be used mainly when walking. It should be removed when your leg is in the CPM machine and when you are doing your exercises. Put it on while laying down.</p>

Do **NOT** put pillows under your knee unless your doctor or physical therapist specifically instructs you to. You may put one under your ankle as shown, to gently stretch your knee straight.



BED EXERCISES

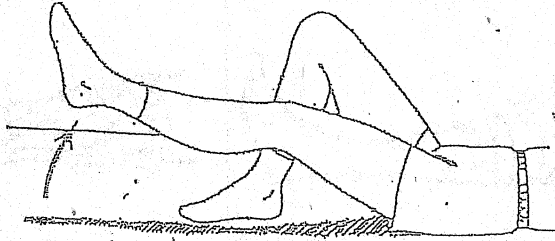
ALL exercises should be done slowly, carefully and controlled. NEVER hold your breath while exercising. These exercises are meant to be done while you're in the hospital as well as when you go home. If you have questions, ask your therapist.

<p>QUADS SET Press knee into bed, tighten front thigh muscles. Hold 5 seconds. Repeat _____ x's</p>		<p>ANKLE PUMPS Move foot up and down, around in circles. Repeat _____ x's</p>
<p>GLUT SET Squeeze bottom together. Hold 5 seconds. Repeat _____ x's</p>		
<p>HAMSTRING SET Bring heel into bed with knee slightly bent. Hold 5 seconds. Repeat _____ x's</p>		<p>COMMENTS</p> <hr/> <hr/> <hr/>

MORE BED EXERCISES

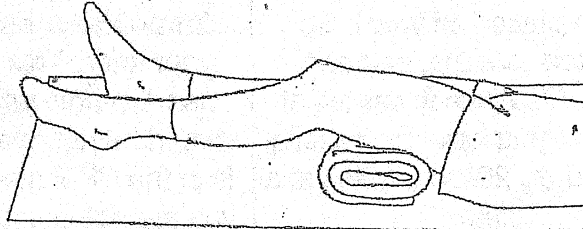
STRAIGHT LEG RAISE

Keep your leg straight, lift up. Hold 5 seconds. Repeat _____ x's



SHORT ARC EXTENSIONS

Place a rolled towel under knee. Lift foot. Hold 5 seconds. Repeat _____ x's



COMMENTS / NOTES

STANDING EXERCISES

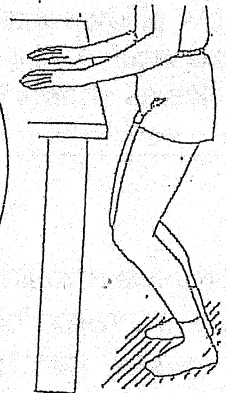
Support yourself, hold on to table or back of a chair



KNEE BENDS

Lift foot to bend knee as far as possible. Hold 5 seconds. Repeat _____ x's

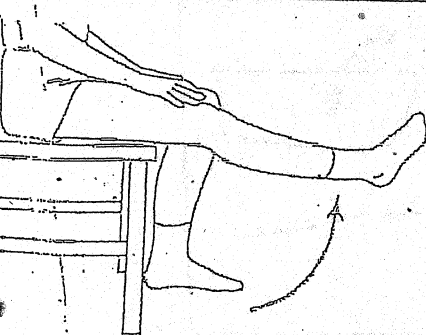
Support yourself, hold on to table or back of a chair



HALF SQUATS

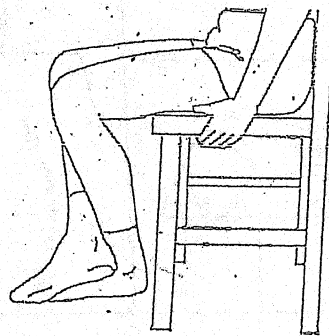
Bend knees to squat 1/2 way. Hold 5 seconds. Repeat _____ x's

SITTING EXERCISES



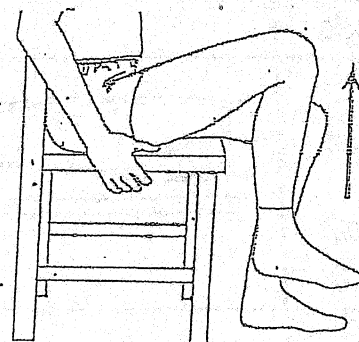
KNEE EXTENSIONS

Place towel under knee, lift foot to straighten knee. Hold 5 seconds. Repeat _____ x's



HEEL SLIDES

Slide heel back, bending knee as far as possible. Hold 15 seconds. Repeat _____ x's



KNEE RAISE

Lift knee up toward ceiling. Hold 5 seconds. Repeat _____ x's