

Prima CARE

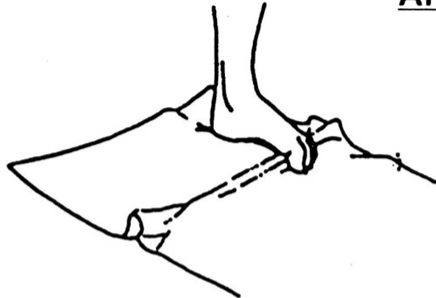
Orthopedics

508-646-7645
www.prima-care.com

Durfee-Union Mills Complex
289 Pleasant St, Suite 202
Fall River, MA 02721

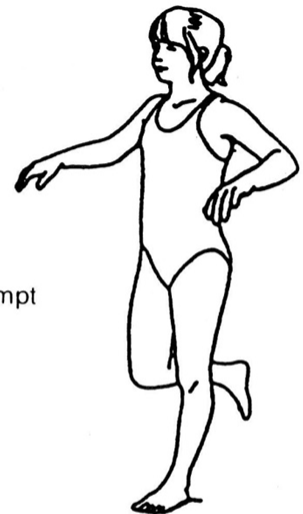
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ANKLE STRENGTHENING

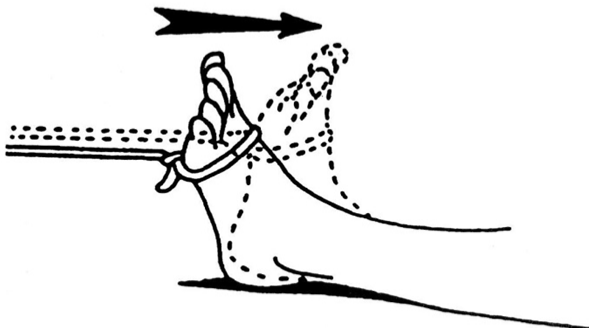


With foot resting on towel, slowly bunch up as you curl toes.

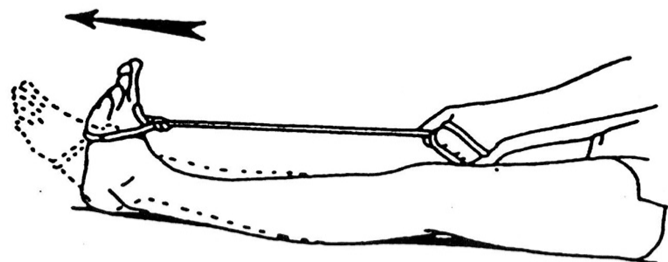
Repeat ____ times Do ____ sessions per day



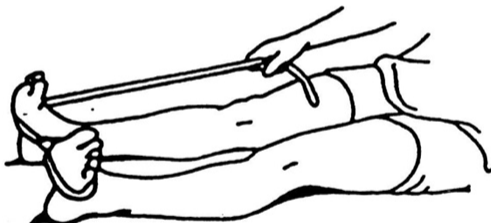
Attempt to balance on involved leg. Begin with eyes open and then attempt to perform exercise with eyes closed.



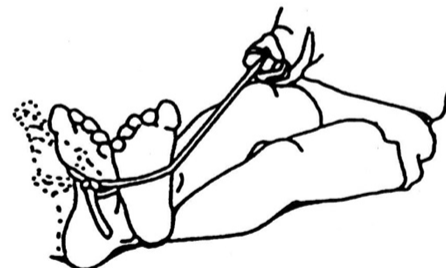
With tubing anchored in doorjam, pull foot toward face. Return slowly to starting position. Relax



With tubing around foot, press foot down.



With tubing anchored around uninvolved foot, slowly turn foot outward



Cross legs with involved ankle underneath. With tubing anchored around uninvolved foot, slowly turn involved foot inward

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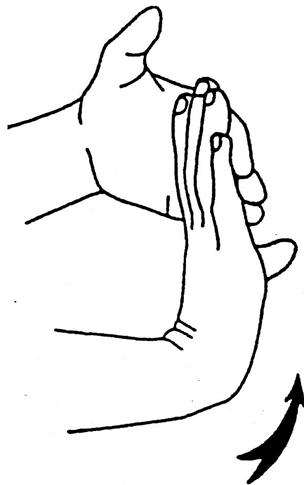
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WRIST ROM

WRIST FLEXOR STRETCH

Keeping elbow straight, grasp involved hand and slowly bend wrist until a stretch is felt

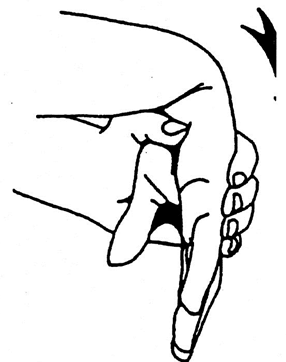
Hold ____ seconds. Relax
Repeat ____ times.
Do ____ sessions per day.



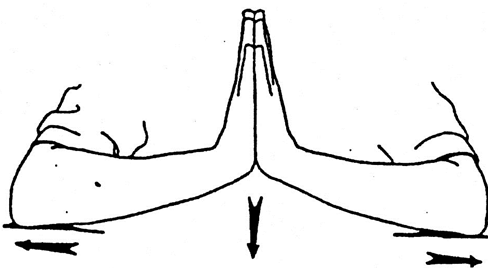
WRIST EXTENSOR STRETCH

Keeping elbow straight, grasp involved hand and slowly bend wrist down until a stretch is felt

Hold ____ seconds. Relax
Repeat ____ times.
Do ____ sessions per day.



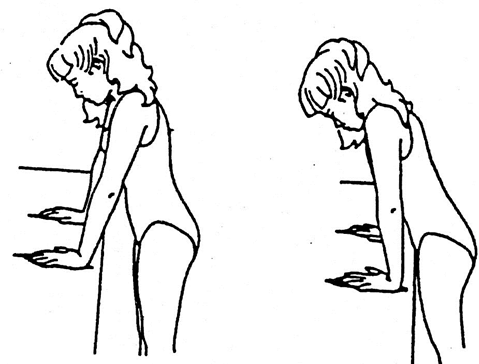
WRIST EXTENSION STRETCH



Sitting with elbows on table and palms together, slowly lower wrists to table until a stretch is felt. Be sure to keep palms together throughout the stretch.

Hold ____ seconds. Relax
Repeat ____ times.
Do ____ sessions per day.

WRIST FLEXOR STRETCH



With palms comfortably resting on table, slowly move body over hands until a gentle stretch is felt in forearms.

Hold ____ seconds. Relax
Repeat ____ times.
Do ____ sessions per day.

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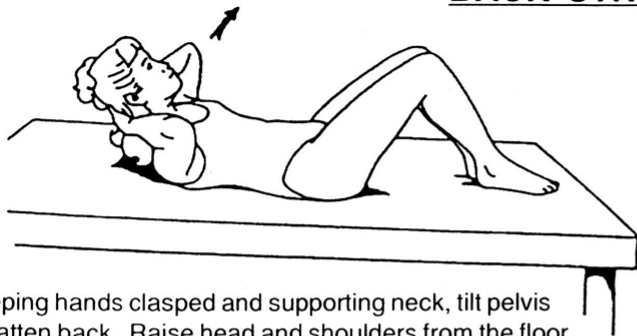
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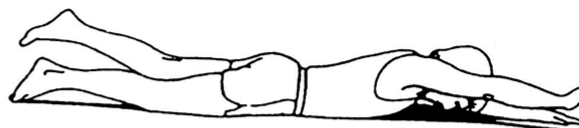
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BACK STRENGTHENING



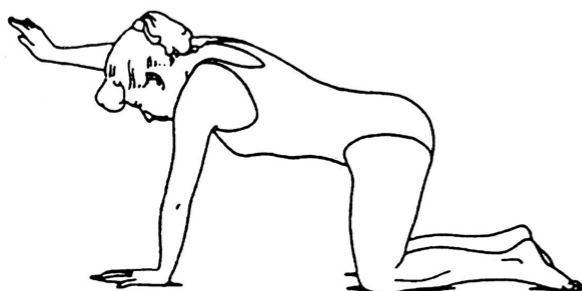
Keeping hands clasped and supporting neck, tilt pelvis to flatten back. Raise head and shoulders from the floor.

Hold ____ seconds Repeat ____ times.
Do ____ sessions per day



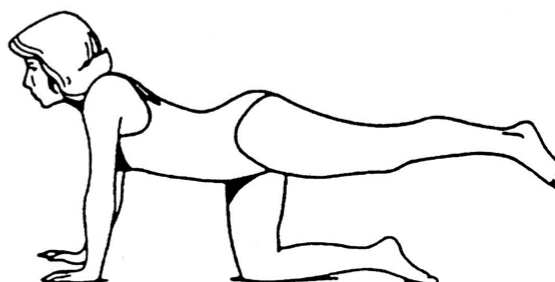
Keep knee locked and lift leg 8-10 inches from floor, along with opposite arm.

Hold ____ seconds Repeat ____ times.
Do ____ sessions per day



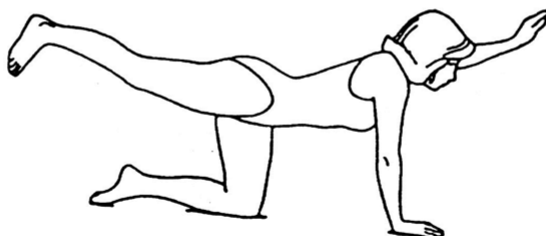
Raise arm in front. Do not arch neck.
Be sure to keep back flat.

Hold ____ seconds Repeat ____ times on each side
Do ____ sessions per day



Raise one leg behind with knee slightly flexed. Do not arch neck or back.

Hold ____ seconds Repeat ____ times on each side
Do ____ sessions per day



Raise opposite arm and leg. Do not arch neck.

Hold ____ seconds Repeat ____ times on each side
Do ____ sessions per day

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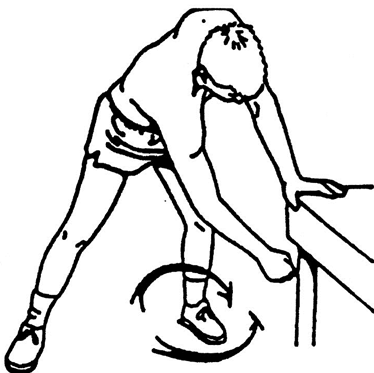
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SHOULDER ROM

Let arm move in a circle clockwise, then counterclockwise by rocking body weight in a circular pattern.

Repeat ____ times.
Do ____ sessions per day.



Slide arm up wall with palm toward you by moving closer to wall.

Hold ____ seconds
Repeat ____ times.
Do ____ sessions per day.



Gently pull on elbow with opposite hand until a stretch is felt in shoulder.

Hold ____ seconds.
Repeat ____ repetitions per set.
Do ____ sets per session.
Do ____ sessions/day.



Gently pull on elbow with opposite hand until a stretch is felt in shoulder.

Hold ____ seconds.
Repeat ____ repetitions per set.
Do ____ sessions per day.



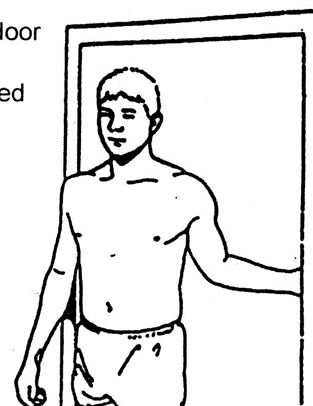
Pull involved arm up behind back by pulling towel upward with uninvolved arm.

Hold ____ seconds.
Repeat ____ repetitions per set.
Do ____ sets/session.
Do ____ sessions per day.



Keep palm of hand against door frame and elbow bent at 90 degrees. Turn body from fixed hand until a stretch is felt.

Hold ____ seconds.
Repeat ____ times.
Do ____ sessions per day.



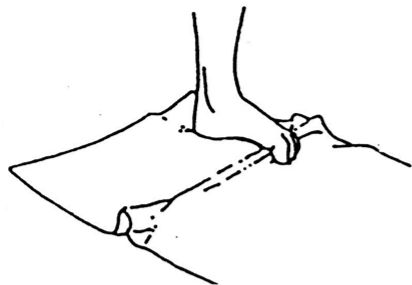
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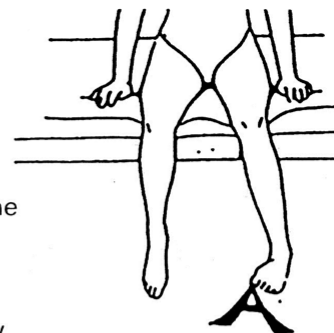
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With foot resting on towel, slowly bunch up as you curl toes.

ANKLE ROM



Using your ankle and foot only, trace the letters of the alphabet. Perform A to Z.

Repeat ____ times.
Do ____ sessions per day.

Attempt to balance on involved leg. Begin with eyes open and then attempt to perform exercise with eyes closed.

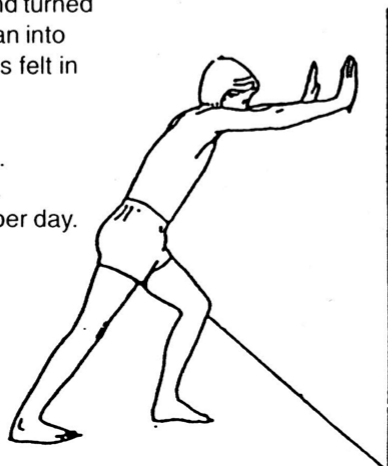
Hold ____ seconds/minutes.
Repeat ____ times.
Do ____ sessions per day



Standing with ball of foot on stair, reach for bottom step with heel until a stretch is felt through the arch of the foot.

Keeping back leg straight, with heel on floor and turned slightly outward, lean into wall until a stretch is felt in calf.

Hold ____ seconds.
Repeat ____ times.
Do ____ sessions per day.



Standing with both knees bent and involved foot back, gently lean into wall until a stretch is felt in lower calf.

Hold ____ seconds.
Repeat ____ times.
Do ____ sessions per day.

