



# North Coast Therapy Center

1234 Main Street Point Arena, CA 95468 (888) 123-4567

Patient: Leslie Ann Johnson

Prescribed by: Chris Dahlhoff, PT 07/31/2003

Protocol: Ankle Sprain

General Instructions: These exercises will help your sprained ankle to heal. Perform them for 1 week and then call our office.

### Instruction #1

Position one leg behind the other, point the toes slightly outward and keep the knee straight. Gently lean into the wall until a stretch is felt in calf.



Hold 20 seconds, then return to starting position.  
Repeat 3 time(s) on each side.  
Do 5 session(s) per day.

### Instruction #2

Position one leg behind the other, point the toes slightly outward and keep the knee bent. Gently lean into the wall until a stretch is felt in lower calf.



Hold 30 seconds, then return to starting position.  
Repeat 3 time(s) on each side.  
Do 5 session(s) per day.

### Instruction #3

Place top of foot on chair as shown, then gently stretch your foot and toes as far down as possible.



Hold 20 seconds. Relax.  
Repeat 2 time(s).  
Do 3 session(s) per day.

### Instruction #4

With heel of foot fixed in position, 'grab' towel with toes and drag it inward as shown.



Repeat 5 time(s) on each side.  
Do 3 session(s) per day.

### Instruction #5

With heel of foot fixed in position, 'grab' towel with toes and drag it outward as shown.



Repeat 3 time(s) on each side.  
Do 3 session(s) per day.

### Instruction #6

Rock back and forth from heels to toes as shown.



Repeat 10 time(s).  
Do 2 session(s) per day.

Thu Jul 31	Fri Aug 01	Sat Aug 02	Sun Aug 03	Mon Aug 04	Tue Aug 05	Wed Aug 06	Thu Aug 07	Fri Aug 08	Sat Aug 09	Sun Aug 10	Mon Aug 11	Tue Aug 12	Wed Aug 13



## Elbow Flexion

Stand or sit with the arm at your side, the elbow straight and the palm forward. Bend at the elbow, lifting your forearm up. Return to the start position.



Repeat \_\_\_ repetition(s) per set.  
Rest \_\_\_ minute(s) between sets.  
Do \_\_\_ set(s) per session.  
Do \_\_\_ session(s) per day.

## Straight Leg Raise in Supine

Lie on your back with one knee bent as shown. Now raise the straight leg up to the level of the thigh of the bent leg while keeping the toes pointed up, towards your face. Return to the start position.



Repeat \_\_\_ repetition(s) per set.  
Rest \_\_\_ minute(s) between sets.  
Do \_\_\_ set(s) per session.  
Do \_\_\_ session(s) per day.

## Rhomboid / Upper Back Stretch

Sit in a chair and cross your arms over your stomach. Bend your neck down slowly. Then slowly lean forward, keep your elbows straight and reach towards the floor. Hold, then return to start position.



Hold \_\_\_ seconds.  
Repeat \_\_\_ time(s).  
Do \_\_\_ session(s) per day.



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1234 Main Street Point Arena, CA 95468 (888) 123-4567

Patient: Andrea Papastathis

Prescribed by: Chris Dahlhoff, PT

Protocol: Maternity Exercises

### Instruction #1

Lie on your back with your shoulder blades flat on the floor, your feet together and your knees raised. Rotate your knees to one side until a stretch is felt in your back.



Hold each stretch \_\_ seconds.  
Repeat \_\_ time(s) on each side.  
Do \_\_ session(s) per day.

### Instruction #2

Support yourself on your hands and knees, with your back relaxed but not overly swayed, and your head level with your back. Breathe regularly as you tuck your chin in and contract your abdominal muscles to flatten your lower back. Relax and repeat.



Repeat \_\_ repetition(s) per set.  
Rest \_\_ minute(s) between sets.  
Do \_\_ set(s) per session.  
Do \_\_ session(s) per day.

### Instruction #3

Sit with the soles of your feet together, as shown. Pull your heels inward and place your palms under your knees. Push downward with your knees while applying resistance by pulling up with your hands.



Hold \_\_ seconds.  
Repeat \_\_ time(s).  
Do \_\_ session(s) per day.

### Instruction #4

Lie on your back with knees bent, feet flat, and arms crossed over your abdomen, holding your sides. Inhale, bring your chin to your chest. Exhale, lift your shoulder blades off the floor. Then inhale as you lower back down. Relax and repeat.



Repeat \_\_ repetition(s) per set.  
Rest \_\_ minute(s) between sets.  
Do \_\_ set(s) per session.  
Do \_\_ session(s) per day.

### Instruction #5

Sit with knees bent, as shown. Contract abdominal muscles to flatten your lower back. With your arms behind you to catch yourself, slowly lower your trunk down towards the floor only as far as you can with your back still flat. Relax and repeat.



Repeat \_\_ repetition(s) per set.  
Rest \_\_ minute(s) between sets.  
Do \_\_ set(s) per session.  
Do \_\_ session(s) per day.

### Instruction #6

To get out of bed, tighten your abdominal muscles to stabilize your spine, then bend your knees to 45 degrees and roll (without rotating your spine) over on your side to the edge of the bed. Use both arms to push yourself up to sitting.

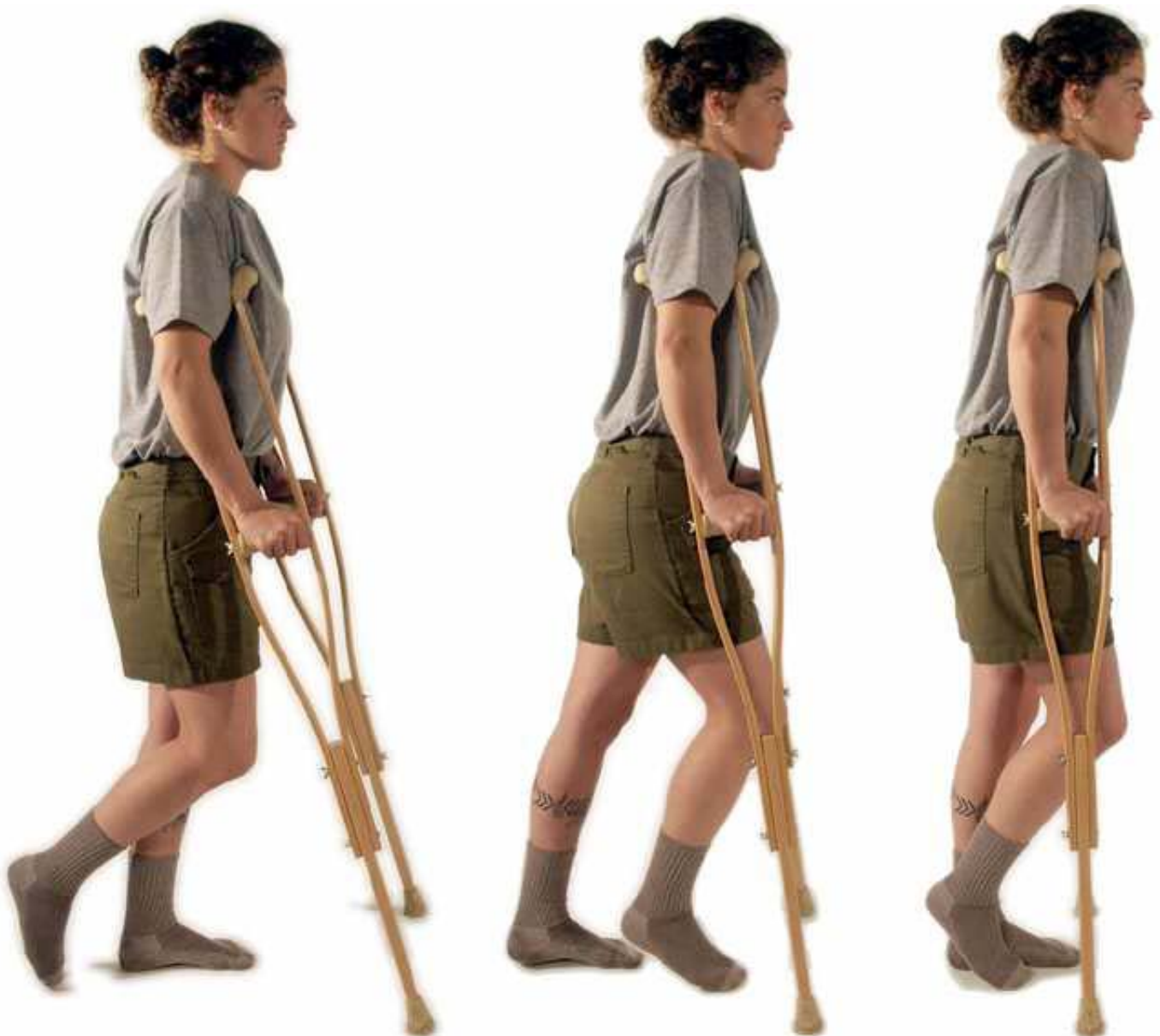




General Instructions: How to walk with crutches.

## Instruction #1

Place weight on your strong leg and move the crutches forward. Move the weak leg up to the crutches. Move the strong leg forward to just short of the crutches. When you are comfortable with this gait you may move past the crutches with the weak leg.





Protocol: Low Back Strain

### L1 Single Knee to Chest Stretch

With both knees bent, pull one knee toward chest until a comfortable stretch is felt in the lower back and buttocks. Hold. Repeat with opposite knee.

Hold \_\_ seconds. Relax.  
Repeat \_\_ time(s) on each side.  
Do \_\_ sessions per day.



### L3 Seated Low Back Stretch

Sit in chair with knees spread apart and lower yourself forward so your hands touch the floor and you feel a comfortable stretch in the lower back. Hold. Push up with arms to return.

Hold each stretch \_\_ seconds.  
Repeat \_\_ time(s).  
Do \_\_ session(s) per day.



### L12 Wall Slides

With head and back against wall and feet positioned in front of and slightly wider than shoulder width apart, slowly bend your knees lowering buttocks toward floor.

Hold \_\_ seconds, then return to starting position.  
Repeat \_\_ time(s).  
Do \_\_ session(s) per day.



### L13 Hip Extension with Support

With upper body supported on table as shown, raise legs alternately from floor.

Repeat \_\_ time(s) on each side.  
Do \_\_ session(s) per day.



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General Instructions: Follow these instructions to transfer from your wheel chair to your walker.

## Instruction #1

Remove footplates and lock the wheels of wheelchair. Position walker in front of chair. Scoot to edge of seat and place feet under your hips. Place weaker leg in front and your strongest arm on armrest of chair. Place other hand on handgrip of walker



## Instruction #2

Push down on the armrest and the handgrip while pushing up to a standing position with your legs. Move your stronger arm to the handgrip of the walker.

