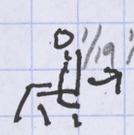
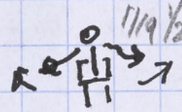
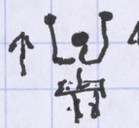
~~DATE~~ ~~REPS~~ DATE - REPS — SETS

1. CURLS  1/19 1/21 1/31 2/3 | 10 10 10 10

2 TRICEP THRUST  1/19 1/21 1/28 1/31 | 10 10 10 10 2/3 10

3. ~~BENCH PRESS~~ PUSH/BENCH PRESS  1/9 1/21 1/28 1/31 | 10 10 10 10 2/3 10

4 FLY -  1/19 1/20 1/28 1/31 | 10 10 10 0 2/3 10

5 ~~PUSH~~ ALT PRESS  1/21 1/31 | 10 10

6 WRIST CURL  1/19 1/21 1/28 1/31 | 10 10 10 10 2/3 10

9

need to warm up:

- ~~run~~ rotate 1 arms in alternate
- point arms, rotating very easily.
- extend up & wing down
- stretch as if ~~not~~ warming up: arms up, just 1. don't bend
- will warm up muscles across chest + shoulders

count morphine 6 doses tsp 57 mg

10 - clear apptmts

e mail Andersen - C Pt over

1 Sep 10 AM morph ?

(next @ 1 ?)

X clear

calendar

cal one

per bottle

regular pills

Andersen -

- lower legs chronic

- sleeping position

- + morphine

Vary X cuss

Dumbbell or barbell
pull w/ bells down between X cuss

6-8 reps 3 sets
- min. of rest

Flies - trapezius

Forearm curls -
dumbbells facing up or down

Flies - alternate arms
up ↑ dorsals

Squeeze
hold behind until peak

Pecs - push ups start out; maybe
resistance or tank

Triceps; alternate; thrust at out

1 workout - 2 sets of each X's
15 min.

1- curl
2 - triceps kickback (add it)
3 - overhead alternate arms
4- fly (no dumbbells) ~~no~~ ground work
5- Push ups - start out from chest, like
pushups, No dumbbells
~~rest & repeat~~
Isometrics
push against desk 2-3 sec.
" Palm under corner of desk
& lift
Shoulder shrug: lift shoulders &
put 'em back
use as warmup?
Bring arms up

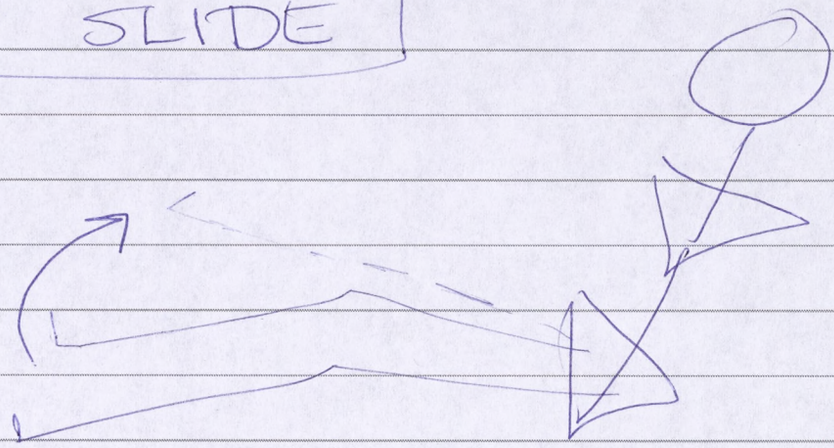
Wait 1½ hr after meal

Time, workout sheet? record of
improvement; less & less need to rest
between sets

Instructions from your Home Health Team
Physical Therapist

GroupHealth.

SIDE HIP SLIDE



- moving out to the side
- moving foot about a foot and 1/2
- try 4-5 reps

2/24/2015

TAKE ONE OR 2 DEEP BREATHS BEFORE EACH EXERCISES

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Physical Therapist

GroupHealth

SEATED

SCAPULAR MOVEMENT

from the back

5 REPS Pinch Shoulder Blades

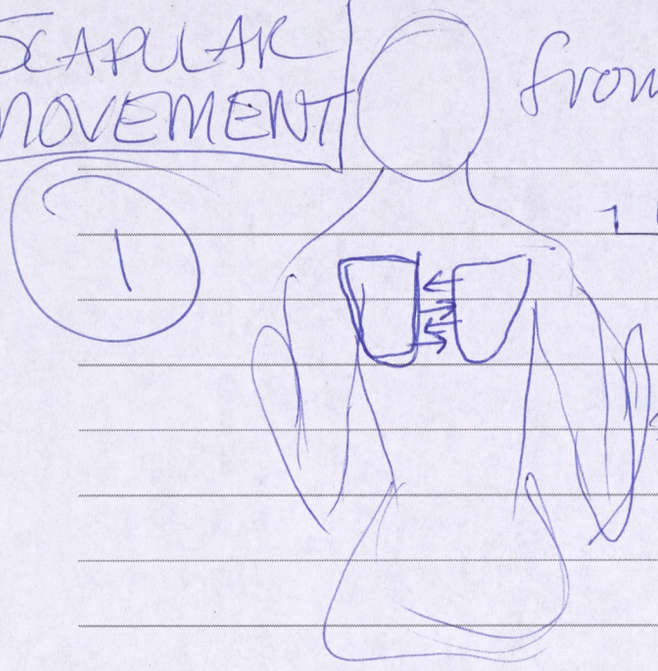
1 ELBOWS BENT

PINCH SHOULDER BLADES TOGETHER

NO HOLD

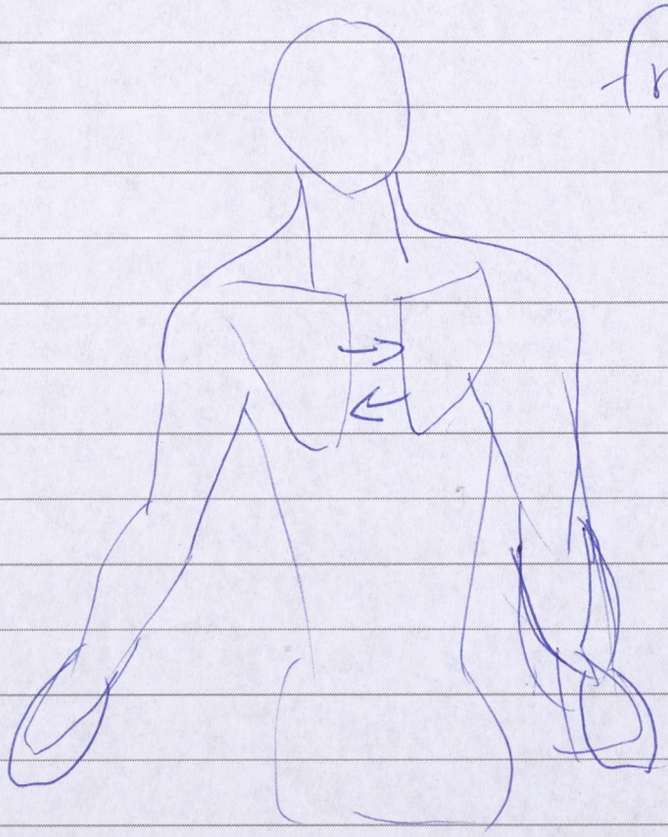
RELAX → EXHALE

Gentle



from the back

Elbows straight

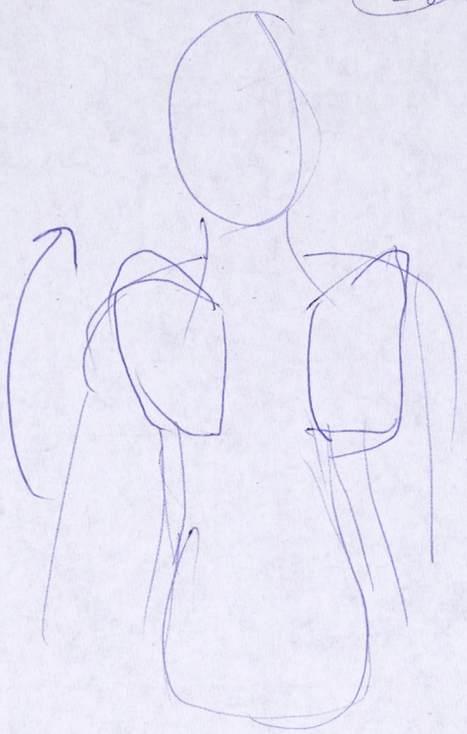


SAME AS ABOVE WITH ARMS AT SIDE

RELAX → EXHALE

(OVER)

Gentle



SHOULDER SHRUG

Breath deep - Shrug

Down

HOLD 5 SEC.

UP

DO 5 TIMES

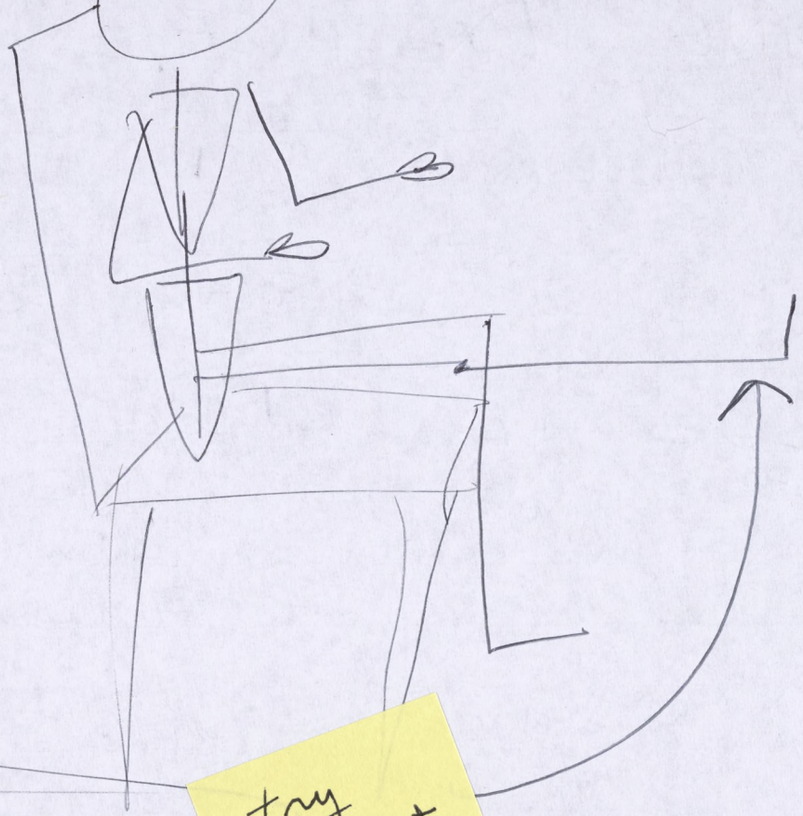
RELAX IN BETWEEN

SITTING

KNEE STRAIGHTENING

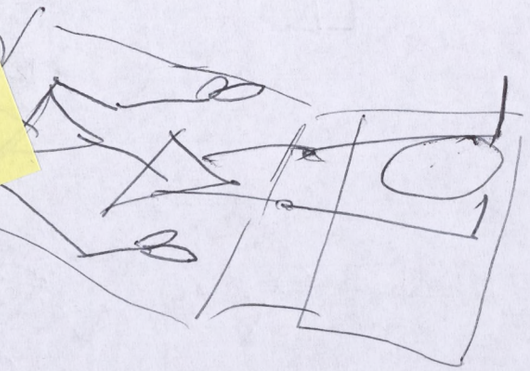
- DO 6 reps
- HOLD 5 ~~reps~~ seconds

try very gently (not today)



try without lifting feet?

FOOT
ANKLE
DRAW
ALPHABET

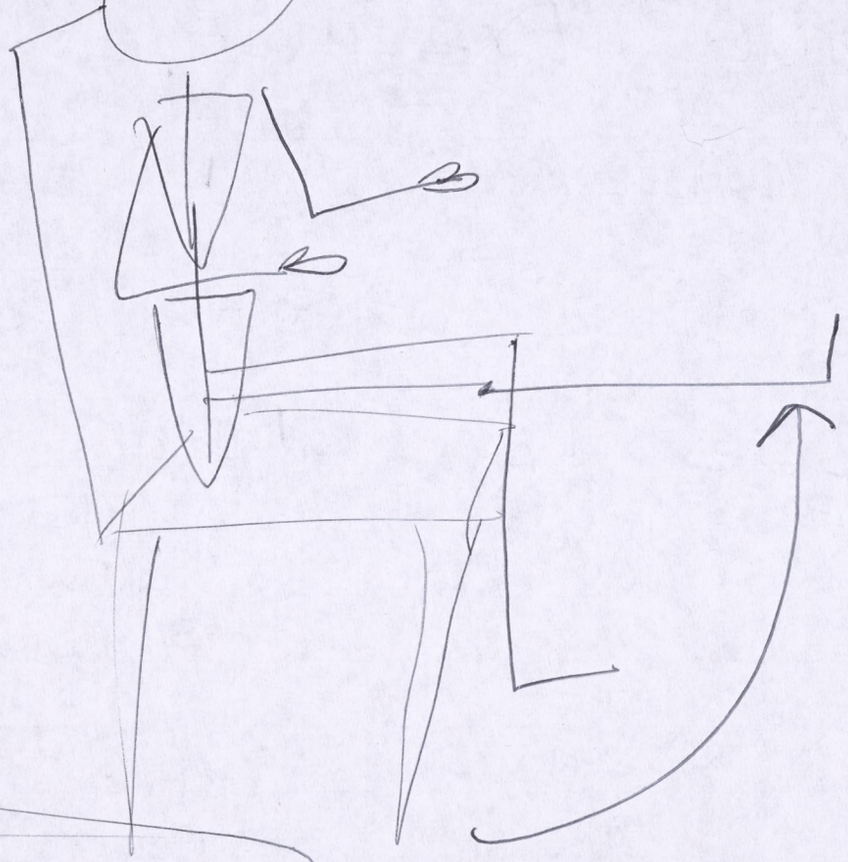


- Pillow under feet
- Use forefoot and toes to draw alphabet
- Start with 1/2 to whole alphabet

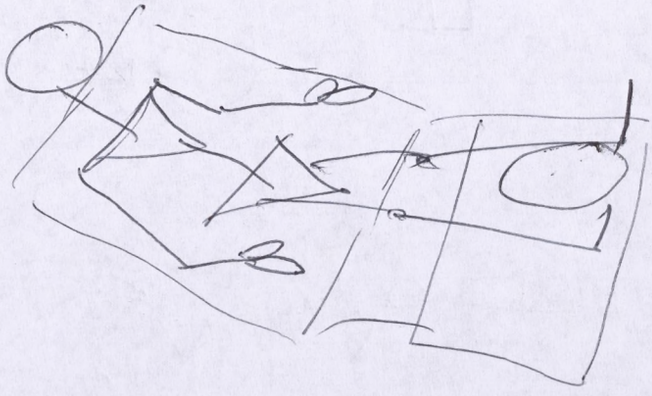
SITTING

KNEE STRAIGHTENING

- DO 6 reps
- HOLD 5 ~~reps~~ seconds



FOOT
ANKLE
DRAW
ALPHABET



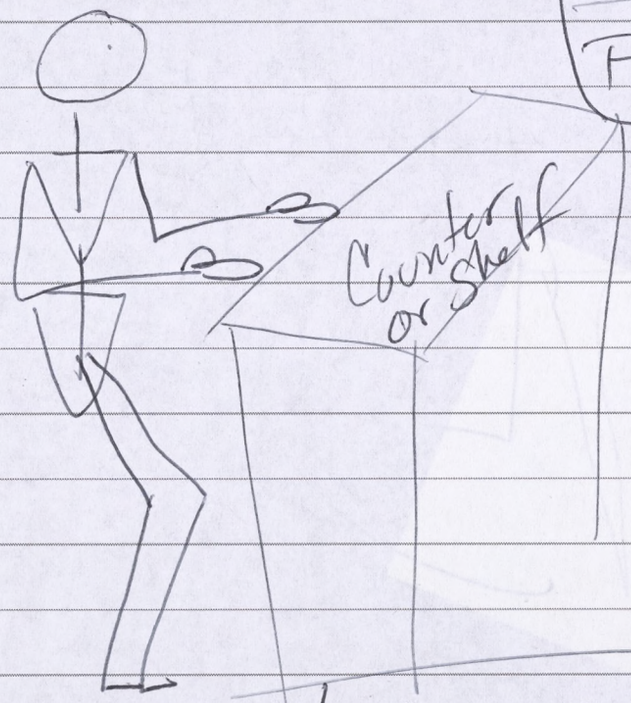
- Pillow under feet
- Use forefoot and toes to draw alphabet
- Start with 1/2 to whole alphabet

Instructions from your Home Health Team
Physical Therapist TWICE DAILY

GroupHealth.

STANDING EXERCISE

WITH COUNTER –

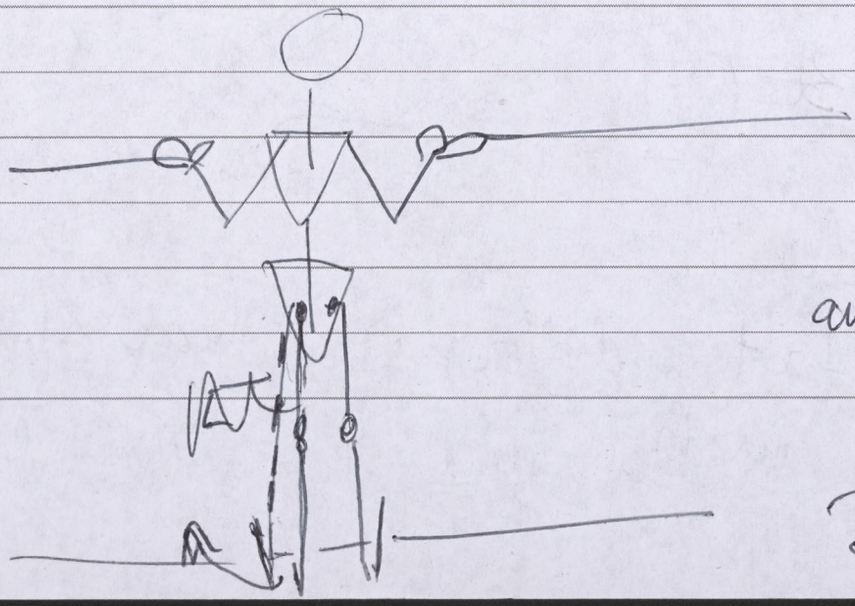


PARTIAL SQUAT

- LOWER BODY 1-2 INCHES BY BENDING – KNEES
- SHOULD

- DO 6 TIMES
- HOLD 5 SEC.

SIDE LEG LIFT



- Shoulders
- over hips
- lift leg up and out with straight knee
. Hold 1-3 sec

DO 5 reps

Amazon.com for long handled shoe horn

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Physical Therapist

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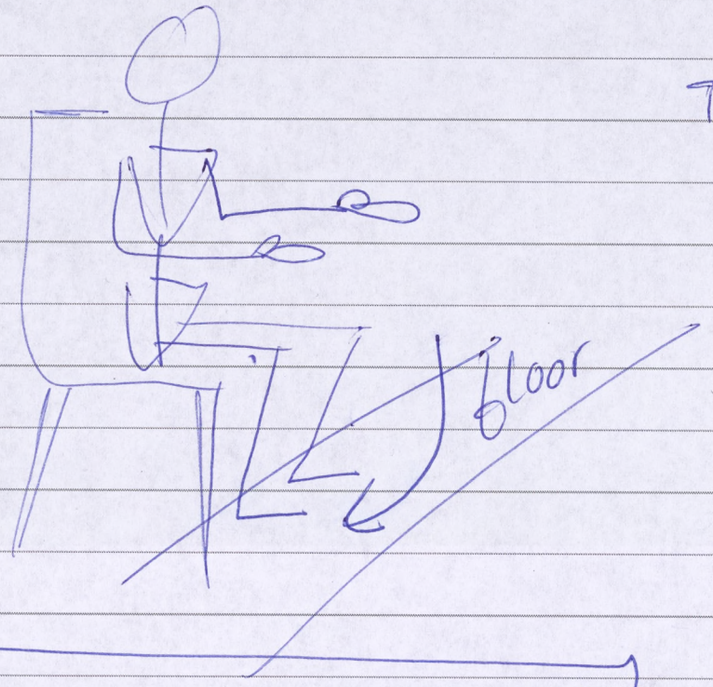
HAMSTRING ISOMETRIC — "MUSCLE TIGHT WITHOUT JOINT MOVE



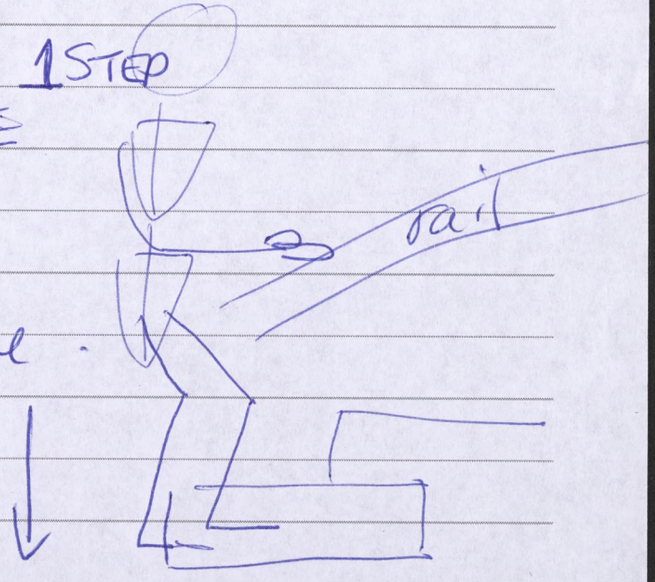
TENSE THIGH & CALF AS IF BENDING KNEE AND PULLING IN - OR THROUGH FLOOR

HOLD 3-5 sec

DO 3-5 times

HEEL CORD STRETCH

STAND BOTH FEET ON 1 STEP
DROP HEEL OFF EDGE OF STAIR.



DO 4-5 on each side.

DA-3808-1 Rev. Date 2013232

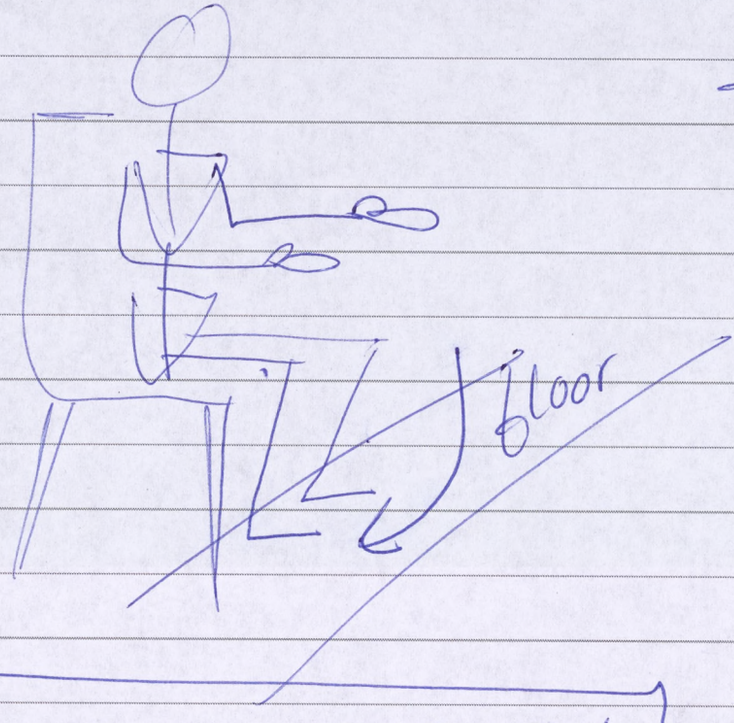
Amazon.com for long handled shoe horn

Instructions from your Home Health Team
Physical Therapist

GroupHealth.

HAMSTRING ISOMETRIC

"MUSCLE TIGHTENING WITHOUT JOINT MOVEMENT"



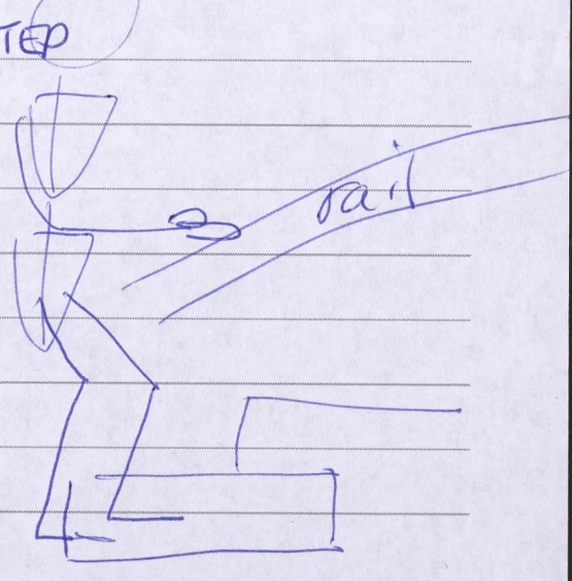
TENSE THIGH & CALF AS IF BENDING IN KNEE AND PULLING IN - OR THROUGH FLOOR

HOLD 3-5 sec

DO 3-5 times

HEEL CORD STRETCH

STAND BOTH FEET ON 1 STEP
DROP HEEL OFF EDGE OF STAIR.



DO 4-5 on each side.

DA-3808-1 Rev. Date 2013232

Instructions from your Home Health Team
Physical Therapist

GroupHealth.

do without using the tape?

TOES UP AGAINST TAPE

Hold 5 sec

DO 6 rep

- USE 1 foot in loop

Stretch

- ~~USE~~ PUT OPPOSITE TOE AND FORE FOOT
  - PULL FORE FOOT AGAINST TAPE

DO BOTH FEET (CHANGE DIRECTION/POSITION OF WALKER TO DO OPPOSITE SIDE)

Instructions from your Home Health Team
Physical Therapist

GroupHealth

TOES UP
AGAINST TAPE
Hold 5 sec
DO 6 rep

- USE 1 foot in loop
  Stretch
- ~~USE~~ PUT OPPOSITE TOE AND FORE FOOT
  - PULL FORE FOOT AGAINST TAPE

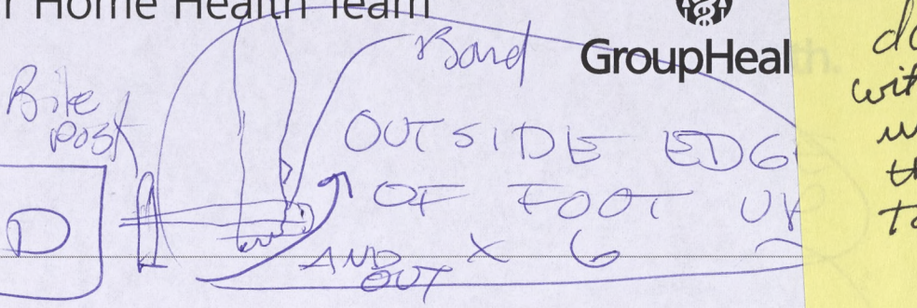
DO BOTH FEET (CHANGE DIRECTION/POSITION OF WALKER TO DO OPPOSITE SIDE)

Instructions from your Home Health Team
Physical Therapist

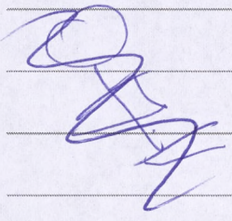
GroupHeal

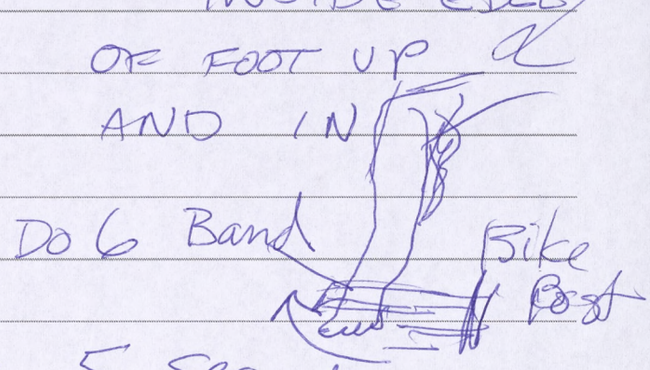
do without moving the tape?

GREEN BAND



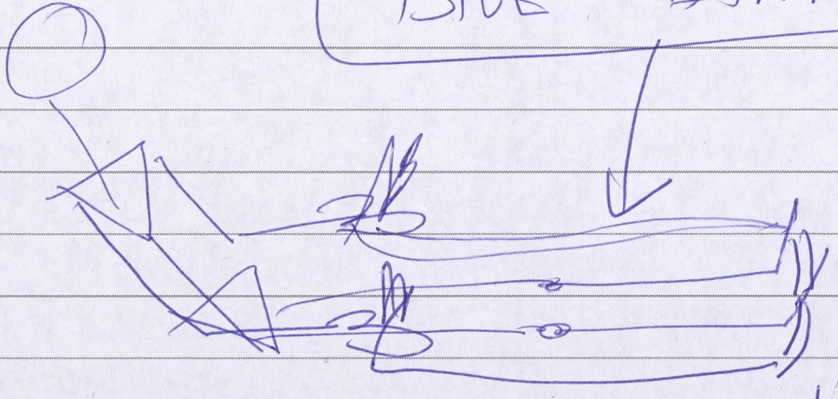
- EITHER SITTING IN LOCKED WALKER
- OR STANDING HOLDING ON TO WALKER





HOLD 5 Second

BLUE BAND



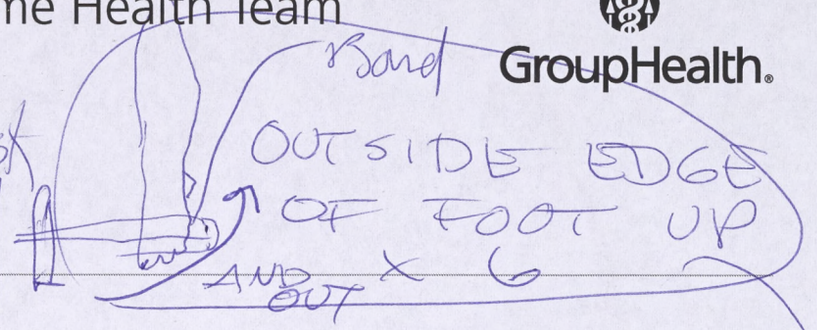
Blue Band under forefoot slowly Push down Hold 5 counts

DO 6 REPS

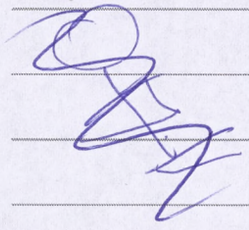
Instructions from your Home Health Team
Physical Therapist

GroupHealth

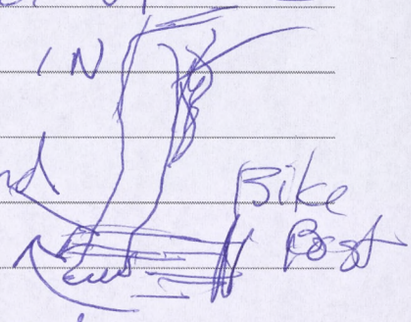
GREEN BAND



- EITHER SITTING IN LOCKED WALKER
- OR STANDING HOLDING ON TO WALKER



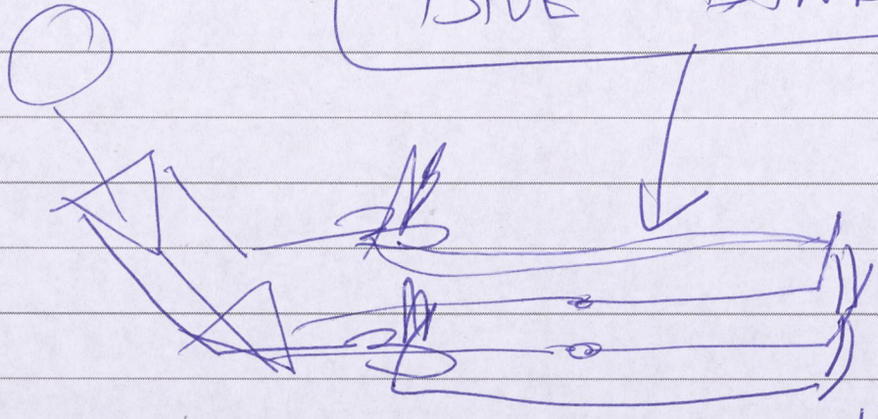
INSIDE EDGE OF FOOT UP AND IN



Do 6 Band

HOLD 5 second

BLUE BAND



Blue Band under forefoot
slowly Push down
Hold 5 counts

Do 6 REPS

Instructions from your Home Health Team
Physical Therapist

GroupHe

try very gently? (not today)

Hips

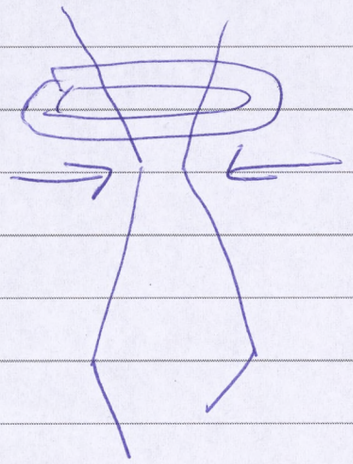
KNEES APART // KNEES TOGETHER

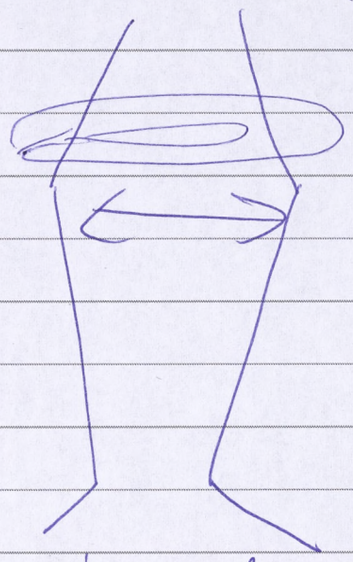
HOLD 5 SEC

TAKE 5sec to let knees come Back to middle

1

5





OK to anchor band with arms on arm rest or next to hips on seat.

DO 6 reps

Instructions from your Home Health Team
Physical Therapist

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Hips

KNEES APART // KNEES TOGETHER

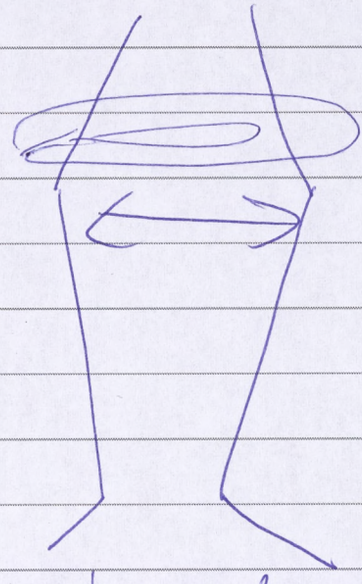
HOLD 5 SEC

TAKE 5sec to let knees come Back to middle

1



5



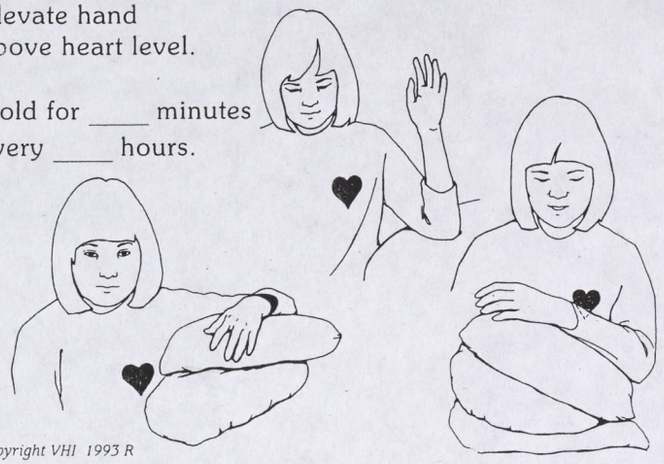
OK to anchor band with arms on arm rest or next to hips on seat.

DO 6 reps

HAND CARE - 1
Edema Reduction (Elevation - Sitting)

Elevate hand
above heart level.

Hold for ____ minutes
every ____ hours.



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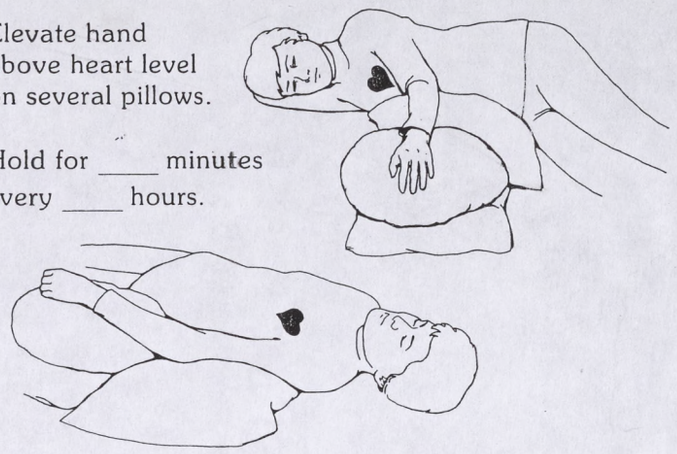
HAND CARE - 2
Edema Reduction (Elevation - Lying)

Elevate hand
above heart level
on several pillows.

Hold for ____ minutes
every ____ hours.



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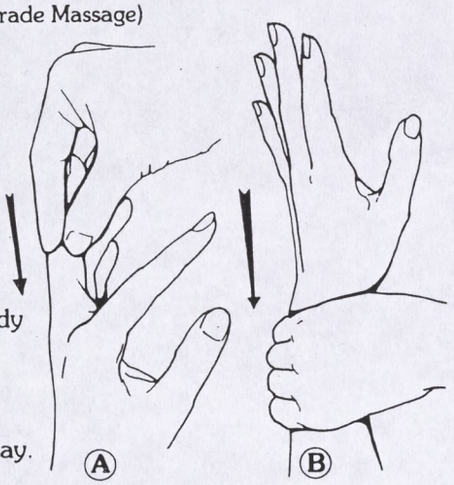
HAND CARE - 7
Edema Reduction (Retrograde Massage)

A.
Enclose tip of finger
with other hand and
slide toward wrist.

B.
For larger areas,
massage toward the body
in one direction only.

Repeat ____ times.
Do ____ sessions per day.



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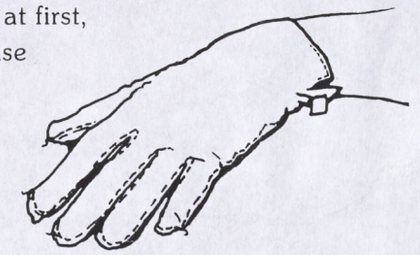
HAND CARE - 5
Edema Reduction (Isotoner™ Glove)

Wear glove inside-out
to eliminate seam lines.

Wear for ____ hours at first,
then gradually increase
by ____ hours daily
until wear time
totals ____ hours.



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HAND CARE - 4
Edema Reduction (Contrast Baths)

Have 2 containers
deep enough
for body part
to be immersed.

Fill one with warm water 90°
and the other with
slightly chilled water. 50°

Soak in warm
for 1 to 2 minutes,
cold for ½ to 1 minute.

Alternate and continue
for 10 minutes.
End in warm water.



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HAND CARE - 6
Edema Reduction (Pumping Exercises)

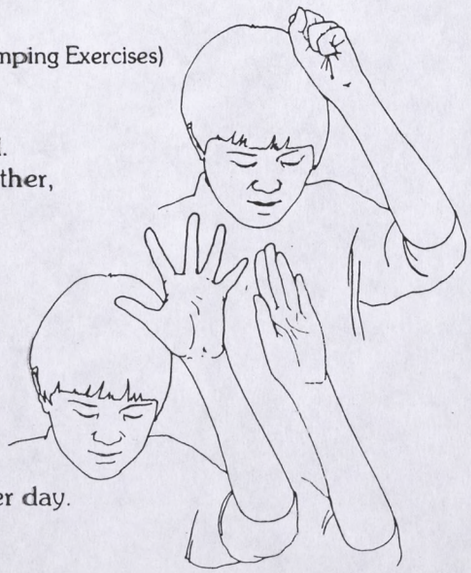
Hold hand overhead.
Squeeze fingers together,
making a fist.

Repeat ____ times.

Spread fingers apart
then press together.

Repeat ____ times.

Do ____ sessions per day.



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Physical and Occupational Therapy Department

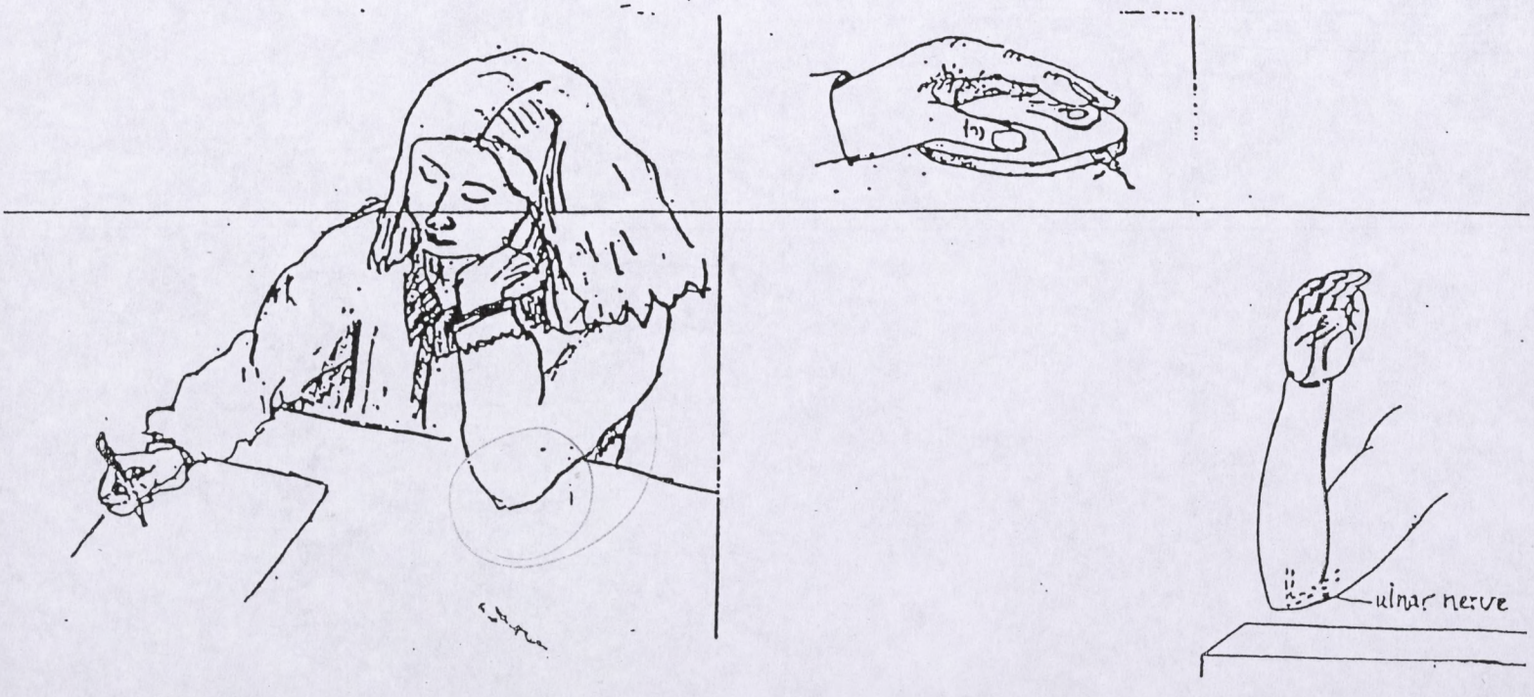
Get a headset for your phone

Ulnar Nerve Irritation

Ulnar nerve irritation can happen gradually over time from compression or occasionally it can occur acutely because of traumatic injury. It can be irritated at the elbow and/or wrist. Commonly experienced symptoms may include aching at the elbow, pain or hyper-sensitivity in the forearm, tingling in the ring and/or little fingers, numbness, and weakened grip.

Some possible causes:

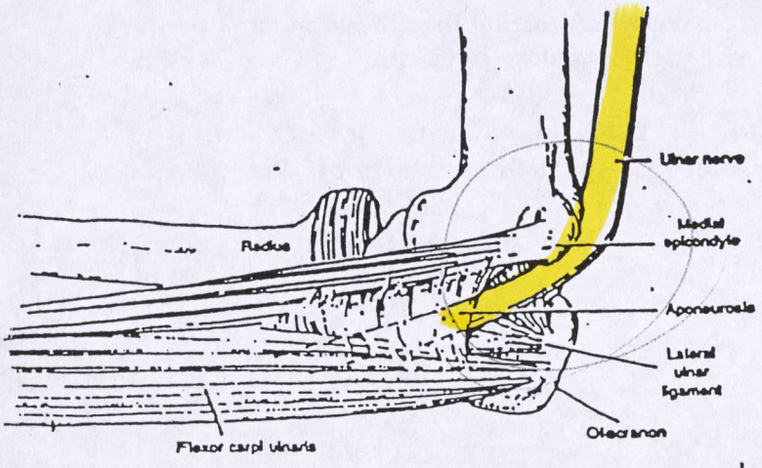
- Maintained elbow flexion as sleeping with elbow acutely bent, sitting at the computer with elbows flexed while keyboarding.
- Recreation/work activities: using a lathe, carving, gardening, sports involving throwing, use of air or vibration tools.
- Direct blunt trauma to the elbow or wrist.
- Gripping followed by elbow flexion: weight lifting or reaching to open a file cabinet drawer.
- Leaning on an elbow or upper forearm: driving and resting the elbow on an open window, leaning on the palm side of wrist such as resting wrist on the edge of a desk while keyboarding on the computer.
- Frequent awkward wrist posturing with wrist in maximum flexion or extension.
- Clothing that constricts around the wrist or forearm such as a shirt or jacket with a tight wrist band.
- Using the wrist as a *hammer* such as putting a hubcap back on a tire rim or repeated use of a stapler.

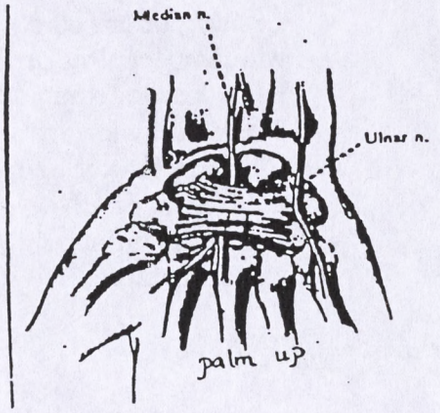


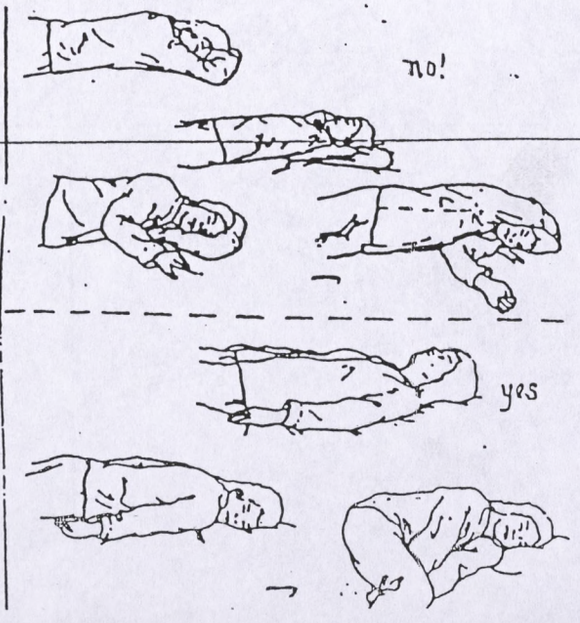
Ulnar Nerve Irritation

What to do:

- Avoid activities which irritate symptoms; change how a task or activity is done.
- At night use pillows or soft supports to avoid a flexed elbow posture or use a rolled towel wrapped around forearm to allow elbow to rest comfortably.
- Consider/talk with your physician about use of oral anti-inflammatory medication.
- Use ice/cold to decrease pain and/or swelling at the elbow.
- Avoid resting elbow on hard surfaces. When mousing at the computer do not rest heel of hand on edge of desk or table.
- Avoid prolonged posturing in elbow flexion, especially more than 90 degrees. Take frequent breaks to rest and/or stretch.
- Consider use of a headset for extended phone use.
- Use an electric stapler.



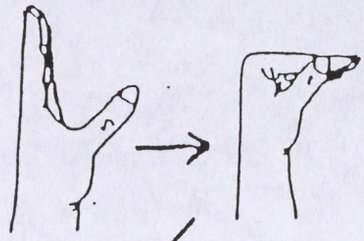




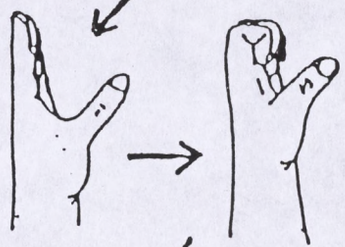
Tendon Gliding Exercises

This is a several step exercise. Begin and end each exercise by placing fingers and wrist straight.

1. Bend large joints, keeping end two joints straight. Straighten fingers.



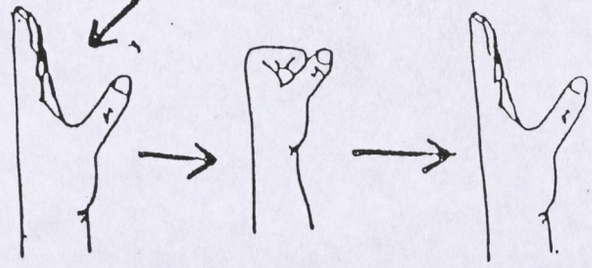
2. Holding large joints straight, bend end two joints into a hook fist position. Straighten fingers.



3. Bend large and middle joints, leaving end joints straight. Straighten fingers.



4. Make a full fist. Straighten fingers.



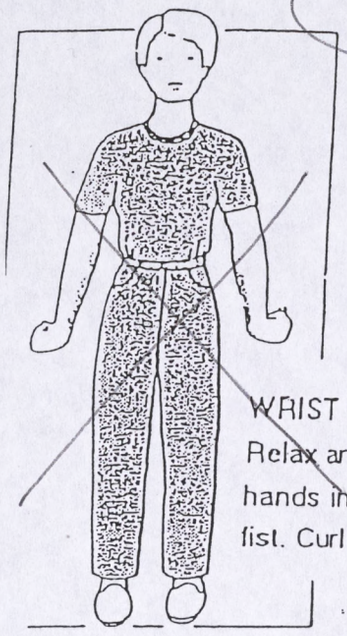
10 Repetitions
3-5 times a day

Physical and Occupational Therapy Department

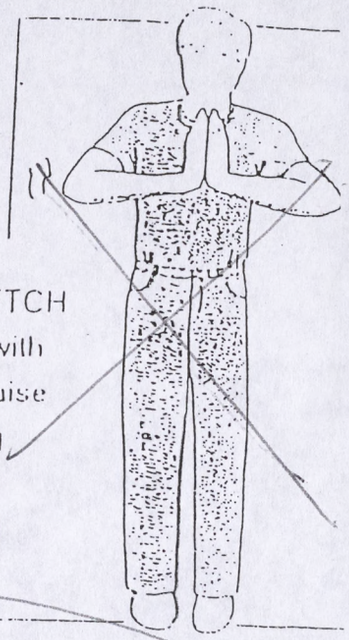
CARPAL TUNNEL STRETCHES

Hold each stretch 20 secs.

~~Do as many times~~ Stretch for 1 minute every 20-30 mins when working.



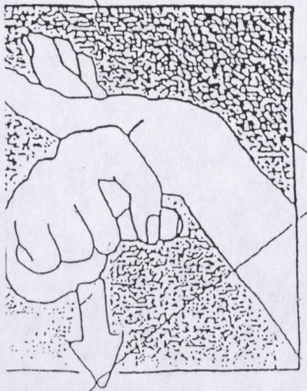
WRIST EXTENSOR STRETCH
Relax arms at sides. Rotate both hands inward and make a loose fist. Curl fist upward.



WRIST FLEXOR STRETCH
Place palms together with fingers at chin level. Raise elbows slowly, keeping palms together.

SELF STRETCH OF CARPAL TUNNEL
Place elbow into stomach. Tip palm up and place fingers against the wall. Pull thumb out and back while adding pressure with the body to push fingers straighter and back.

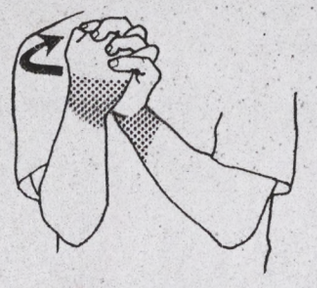




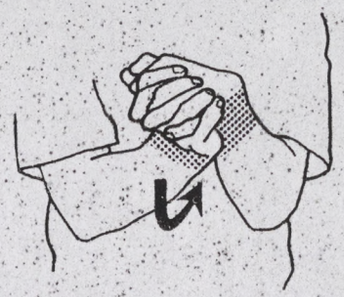
THUMB STRETCH
With right palm up and wrist relaxed, use left hand to pull your right thumb downward until you feel a gentle stretch. Do not pull outward.



A Series of Stretches for Hands, Wrists, and Forearms (Sitting or Standing)



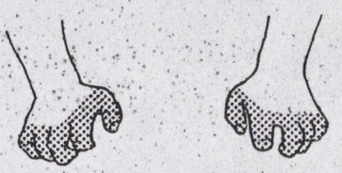
First, interlace your fingers in front of you and rotate your hands and wrists clockwise 10 times.



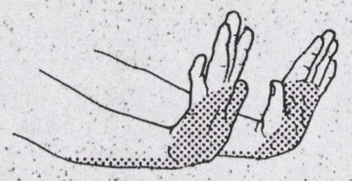
Repeat counterclockwise 10 times. This will improve the flexibility of your hands and wrists and provide a slight warm-up.



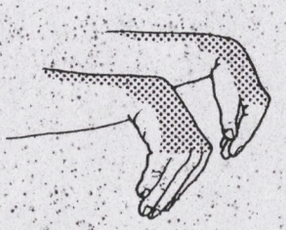
Then separate and straighten your fingers until the tension of a stretch is felt. Hold for 10 seconds, then relax.



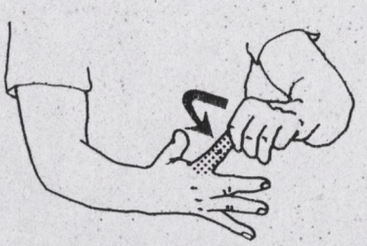
Next, bend your fingers at the knuckles and hold for 10 seconds. Then relax.



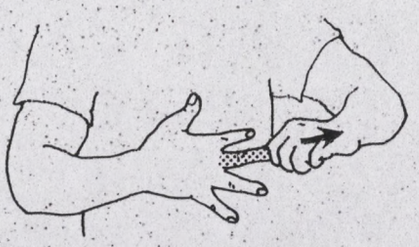
Now, with your arms straight out in front of you, bend your wrists with fingers pointing upwards. This will stretch the back of your forearms. Hold for 10–12 seconds. Do twice.



Then bend your wrist with your fingers pointing downwards to stretch the top of your forearms. Hold for 10–12 seconds. Do twice.

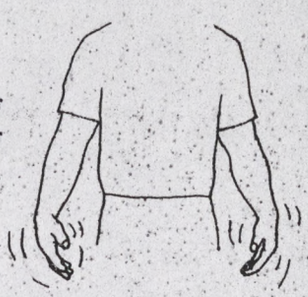


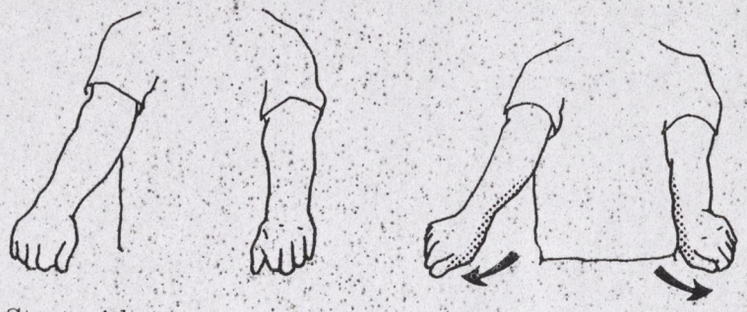
With your index finger and thumb gently hold a finger or the thumb of the opposite hand. Use your index finger and thumb to rotate each finger and thumb 5 times clockwise and counterclockwise.



Next gently pull each finger and thumb straight out and hold for 2–3 seconds.

Now, shake your arms and hands at your sides for 10–12 seconds. Keep your jaw relaxed and let your shoulders hang downward as you shake out tension.

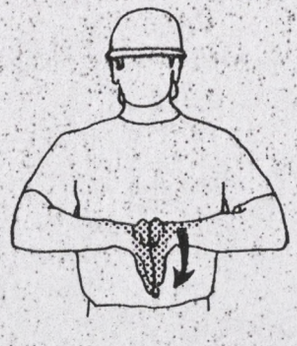




Start with your arms straight out in front of you. Slowly turn your hands to the outside (as you keep your arms straight) until a stretch is felt along the inside forearms and wrists. Hold for 5–10 seconds.

Place your hands palm-to-palm in front of you. Then, move your hands downward, keeping your palms together, until you feel a mild stretch. Keep your elbows up and even. Hold for 5–8 seconds.





From the above stretch, rotate your palms around until they face more or less downward. Go until you feel a mild stretch. Keep your elbows up and even. Hold for 5–8 seconds.

Place your hands palm-to-palm in front of you. Push one hand gently to the side until you feel a mild stretch. Keep your elbows up and even. Hold for 5–8 seconds.



Use some or all of these stretches to counteract the problems that may come from repetitive movements, such as computer work. Use these daily, especially at work.