<table>
<thead>
<tr>
<th>Exercise</th>
<th>Date</th>
<th>Reps</th>
<th>Sets</th>
</tr>
</thead>
<tbody>
<tr>
<td>Curls</td>
<td>1/4</td>
<td>1/2</td>
<td>7/10</td>
</tr>
<tr>
<td>Tricep Thrust</td>
<td>2/21</td>
<td>3/2</td>
<td>10/10/10</td>
</tr>
<tr>
<td>Push/Bench Press</td>
<td>1/21</td>
<td>1/2</td>
<td>10/10/10 2/3</td>
</tr>
<tr>
<td>Fly</td>
<td>1/20/20/13</td>
<td>10/10/10 2/3</td>
<td></td>
</tr>
<tr>
<td>Alt Press</td>
<td>11/31</td>
<td>10/10</td>
<td></td>
</tr>
<tr>
<td>Wrist Curl</td>
<td>1/21</td>
<td>1/3</td>
<td>10/10/10 2/3</td>
</tr>
</tbody>
</table>
need to warm up:
- rotate hands in alternate
  point, arm up, rotating very easily.
- extend up & very down
- stretch as if just waking up.
  arms up, with bent knee.
  will warm up muscles across:
  chest + shoulders.
count machine 6:10am 5:7 mp
10 - clean appoint
email Andersen - < pl's over
1st up 10 AM - map?
(next @ 13)

x chair

gallon
colgone
per bottle
regular pills

Andersen
- lower legs for chronic
- sleeping position
- morphine
Vary x reps

Trunkle or on lift
front chest or front x-cis

6-8 reps 7 curls
   - mini or rest

Press + squats

Arm curl
   - elbows facing up or down

Press - alternating arms
   up T dot over

Guided
   hold behind until feel

Press - push your chest out
   imagine resistance or talk

Triceps; alt. sit; thrust at out
1 workout - 2 sets of each X:
15 min.
1 - curl
2 - straight behind (hold it)
3 - curved alternating arms
21 - leg (no dumbbells) squat and walk
5 - repeat - start out from exact left
jumps, No dumbbells
rest & repeat
isometrics
push up & deck 2-3 sec.
Parry under cannon & close
& lifting
Shoulder shrugs; left shoulders &
pull 'em back
rose as warming?
Bring arms up

Want 1/2 hr after meal

Time, workout on sheet? record of
improvement; less clear need to rest
between sets
Instructions from your Home Health Team
Physical Therapist

SIDE HIP SLIDE

Moving one foot about a foot and 1/2
try 4-5 reps
2/24/2015

Instructions from your Home Health Team
Physical Therapist

Take one or 2 deep breaths before each exercise

Seated

Scapular movement

1. From the back

5 reps

Pinch blade, shoulder blades

No hold

Relax & exhale gently

2. From the back

Elbows straight

Same as above with arms at side

Relax & exhale

(over)
Gentle

SHOULDER STUG

Breathe deep then

Don't hold 5 sec.

UP

RELAX IN BETWEEN

Do 5 times
SITTING
KNEE STRAIGHTENING

- Do 6 reps
- Hold 5 seconds

Try very gently? (not today)

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 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**

**STANDING EXERCISE**

**WITH COUNTER**

**PARTIAL SQUAT**

- Lower body 12 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

Instructions from your Home Health Team
Physical Therapist

- Hamstring - Isometric

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
Instructions from your Home Health Team
Physical Therapist

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 1st step
Drop heel off edge of stair

Do 4-5 on each side
Instructions from your Home Health Team
Physical Therapist

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

**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

- Green Band
  - Either sitting in locked walker
  - Or standing holding on to walker
- Blue Band
  - Blue Band under forefoot slowly
  - Push down
  - Hold 5 counts
  - Do 6 reps

OUTSIDE EDGE OF FOOT UP AND OUT
INSIDE EDGE OF FOOT UP & IN

Do without using the tape?
Instructions from your Home Health Team
Physical Therapist

1. Either sitting in locked walker, or standing holding on to walker.
2. Inside edge of foot up and in.
3. Hold 5 seconds.
Instructions from your Home Health Team
Physical Therapist

- HIPS APART // KNEES TOGETHER
  - Hold 5 sec
  - Take 5 sec to let knees come back to middle

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

KNEES APART
HIPS

KNEES TOGETHER
HOLD 5 SEC

TAKE 5 SEC

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.

Copyright VHI 1993 R

HAND CARE - 2
Edema Reduction (Elevation - Lying)

Elevate hand above heart level on several pillows.

Hold for ___ minutes every ___ hours.

Copyright VHI 1993 R

HAND CARE - 4
Edema Reduction (Contrast Baths)

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

Fill one with warm water and the other with slightly chilled water.

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

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

Copyright VHI 1993

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.

Copyright VHI 1993

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.

Copyright VHI 1993

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.

Copyright VHI 1993 R
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 hypersensitivity 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
CARPAL TUNNEL STRETCHES

Hold each Stretch 20 Sec.

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.