Prepared for post-polio wellness retreat by

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Exercises for Standing Balance

Ankle Dorsiflexion and Plantarflexion — Active

Sit with feet on floor. Raise ______ foot up. Keep heel on floor.

Hold ____ counts.

Raise heel up. Keep toes on floor and hold.

Repeat ____ times.
Ankle Dorsiflexion and Plantarflexion — Active
Standing, hold onto table. Raise up on toes.
Hold ____ counts.
Rock back on heels and hold.
Repeat ____ times.
Hip Flexion — Active
March in place.
Repeat ____ times/minutes.
Sway side to side in standing "dance"

Hip Abduction — Active
Standing, hold onto chair. Raise ________ leg out to side. Keep toes pointed straight ahead.
Hold ____ counts.
Repeat ____ times.
Progress to ____ lbs. at thigh/ankle.
Hip Extension — Active
Standing, hold onto mat. Lift
________ leg backward with knee
straight.
Hold ____ counts.
Repeat ____ times.
Progress to ____ lbs. at thigh/ankle.
POSTURE - 10 Isolated Buttocks Squeeze

Tighten buttocks muscles by counting to three, thinking "TIGHT, TIGHTER, TIGHTEST."
Relax muscles.
Breathe normally throughout exercise.

REPEAT _____ times.
Do _____ times per day.
POSTURE - 3  Head Moves

Bend head forward.
Return.
Now bend head
to right, then left.
Back to center
and relax.
Turn to look over
your right shoulder,
then your left shoulder.

REPEAT _____ times.
Do _____ times per day.

POSTURE - 7  Shoulder Blade Squeeze

Rotate shoulders back,
then squeeze shoulder
blades together.

REPEAT _____ times.
Do _____ times per day.
Warm Up

POSTURE - 3 Head Moves

Bend head forward.
Return.
Now bend head to right, then left.
Back to center and relax.

REPEAT _____ times.
Do _____ times per day.

ELBOW FLEXION/EXTENSION
With your palm facing forward, bend your elbow up, then lower down. Continue each motion to the point of tightness, gently stretching the elbow.

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5. **SUPINATION/PRONATION**
Hold a pencil in your hand as an indicator of your motion. With your elbow bent to 90°, held at your side, follow the motions illustrated. Continue until you feel a stretch at the end of each motion.

6. **WRIST FLEXION/EXTENSION**
Support forearm and wrist on a table. Lower your hand over the edge, palm down, then raise it up.

7. **FIST**
Make a tight fist. Try to bend all of your finger joints as much as possible.

**HOLD EACH STRETCH FOR _____ SECONDS. DO EACH ONE _____ TIMES.**
POSTURE - 5 Shoulder Circles Forward

Slowly circle shoulders forward. Relax.

REPEAT _____ times.
Do _____ times per day.

POSTURE - 6 Shoulder Circles Back

Slowly circle shoulders backward. Relax.

REPEAT _____ times.
Do _____ times per day.
Range of Motion
(without using muscles)

Do only those exercises checked for you. They should be done slowly and deliberately, allowing for complete relaxation after each repetition. Do each exercise for ___ repetitions, ___ times daily. Hold position for ___ seconds.

1. CODMAN EXERCISE
Lean over until arm hangs parallel to your legs. Support yourself on a table or chair with the unaffected arm. Start swinging arm in small circles and progress to larger circles as tolerated.

Using the same position as above only swing arm in a straight line from left to right. Repeat swinging arm in a straight line forward and back.

Above exercises may be done with ___ lb weight in your hand as tolerated.
1. Flexion

a. SHOULDER - 29 Strengthening Activities
   Isometric Flexion

   Using a wall to provide resistance, press fist into wall as shown, using light moderate maximal resistance.

   Hold____ seconds.
   Repeat____ times.
   Do____ sessions per day.

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- or -

SHOULDER - 30 Strengthening Activities
   Isometric Flexion

   Using opposite hand, apply light moderate maximal resistance to forward motion.

   Hold____ seconds.
   Repeat____ times.
   Do____ sessions per day.

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b. Shoulder Flexion

Bring wand directly overhead, leading with uninvolved side. Reach back until you feel a stretch.

Hold ______ seconds
Repeat ______ times
Do ______ sessions per day

Shoulder Flexion — Active

Lift ______ arm over head with thumb up and elbow straight.
Hold ____ counts.
Repeat ____ times.
Progress to ____ lbs. at wrist/hand.

d. with theraband or weight
2. Extension

SHOULDER - 31 Strengthening Activities
Isometric Extension

Press back of arm into wall using light moderate maximal resistance.

Hold____seconds.
Repeat____times.
Do____sessions per day.

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3. Abduction

SHOULDER - 32 Strengthening Activities
Isometric Abduction

Using a wall to provide resistance, press into wall with elbow. Use light moderate maximal resistance.

Hold____ seconds.
Repeat____ times.
Do____ sessions per day.

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- or -

SHOULDER - 33 Strengthening Activities
Isometric Abduction

Place opposite hand around elbow. Apply light moderate maximal resistance to outward motion.

Hold____ seconds.
Repeat____ times.
Do____ sessions per day.

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b. Shoulder Abduction

Holding wand with involved side palm up, push wand directly out from your side with uninvolved side (palm down).

Repeat _____ times
Do _____ sessions per day

Shoulder Abduction — Active

Lift ______ arm out to side with palm up. Keep elbow straight. Do not lean to opposite side.

Hold ___ counts.
Repeat ____ times.
Progress to ____ lbs. at wrist/hand.

d. With theraband or weight
4. Adduction

SHOULDER - 34 Strengthening Activities
Isometric Adduction

Gently squeeze pillow using light moderate maximal resistance.

Hold____ seconds.
Repeat____ times.
Do____ sessions per day.

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5/6. Rotation

1. Stand with elbows bent to 90 degrees, holding stick in front of you.
2. Using stick for assistance, rotate your _____ hand and forearm out away from your body.
3. Do not allow your upper arm to move away from your body.
4. Hold _____ seconds.
5. _____ repetitions, _____ times per day.

SHOULDER - 36 Strengthening Activities
Isometric External Rotation

Keeping arm tucked in at side, press back of hand into wall.

Hold____seconds.
Repeat____times.
Do____sessions per day.

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SHOULDER - 37 Strengthening Activities
Isometric Internal Rotation

Using door frame to provide resistance, press palm of hand into door frame as shown using light moderate maximal resistance. Be sure to keep elbow in at your side.

Hold____seconds.
Repeat____times.
Do____sessions per day.

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Scapula too...

THORACIC - 3 Spine Extension (A)

Place both hands on shoulders and gently pull elbows back. Hold _____ seconds.

REPEAT: _____ Times
______ Times a Day.

POSTURE - 7 Shoulder Blade Squeeze

Rotate shoulders back, then squeeze shoulder blades together.

REPEAT _____ times.
/ Do _____ times per day.
GSH1 Shoulder 'Chug Chug'

Sit in a chair with your elbows bent as shown. Move your shoulders in circles, "pumping" with your arms.

Repeat 30 repetition(s) per set.
Rest ___ minute(s) between sets.
Do 1 set(s) per session.
Do 1 session(s) per day.

GSH15 Shoulder Ladder Exercise

Sit in a chair. First touch your knees with your hands, then your hips, then your shoulders and finally the top of your head. Then lift your arms above your head. Repeat in the reverse order to return to the start position.

Repeat 10 repetition(s) per set.
Rest ___ minute(s) between sets.
Do 1 set(s) per session.
Do 1 session(s) per day.