

EXERCISE SHEET FOR CLIENT

This stretching and exercise program has been designed to be done daily with client. The exercises are to help to maintain clients range and strength. This is of vital importance to help prevent any further shortening or weakening of his muscles.

Due to the client strong spasms and general manual handling risks associated with handling spinal cord injury patients the program will be supervised the area manager from the 'spinal home care' agency. Each carer is to make sure they are confident and safe with the program and to seek advice from the area manager as required. The program is specially designed for the client and the stretches used here are not for use on other people unless the relevant training is received for that client.

Whilst doing the exercises the carer must take particular care of their own posture and avoid, twisting, bending and stooping. Particular care must be taken when handling the client's legs due the risks associated with his spasms.



Stretch of gastrocs muscle

Sit/kneel beside the client with your body facing in the direction of his head. Place the hand nearest his leg under his heel. Your forearm will run along the length of his foot. Use your forearm to stretch his ankle to 90 degrees. This will stretch one of the muscles at the back of his leg. Keep his leg on the bed whilst doing this stretch.

Hold for 30 seconds and repeat the stretch 3 times each side



Stretch of Soleus muscle

Place two rolled up towels underneath the client's knee. Sit/kneel beside him with your body facing in the direction of his head. Place the hand nearest his leg under his heel. Your forearm will run along the length of his foot. Use your forearm to stretch his ankle to 90 degrees. This will stretch the other muscle at the back of his leg. Keep his knee bent for this stretch.

Hold for 30 seconds and repeat the stretch 3 times each side



Abduction

Place one hand on top of the client's knee and the other under his heel (as explained before). Taking care to bend your knees and not your back take his leg out to the side. You may need the other carer to assist with positioning his other leg if he spasms. His leg should be straight throughout the movement.

Repeat 5 times each side



Frog stretch

Bend the client's leg and then drop his knee out to the side. His leg will end up with his foot alongside the opposite knee and his knee resting, bent, on the bed (see picture opposite). It may take approx 30 seconds to a minute for his leg to relax into this position.

Once the leg has relaxed move the leg a little way out of this position and then place him in it again and *hold for 30 seconds, repeat 3 times each side*



Internal Rotation

Bend up the client's knee so his hip and knee are at 90 degrees. Support his ankle and knee and rotate the lower part of his leg inwards. Make sure to keep his knee and hip at 90 degrees.

Repeat 5 times each side, this can be combined with 'external rotation'



External Rotation

Bend up the client's knee so his hip and knee are at 90 degrees. Support his ankle and knee and rotate the lower part of his leg outwards. Make sure to keep his knee and hip at 90 degrees.

Repeat 5 times each side, this can be combined with 'internal rotation'



Double knee rotation

Bend up both of the clients knees to stretch out his back. Then rotate his legs to the right and then the left. Once his legs are bent up his spasm's stop. However, be very careful of your back when getting into this position. Keep your body close to his legs and keep your back straight. The purpose of this stretch is to get some rotation through his trunk. In order to get this you need to take his legs to the end of range.

Repeat 3 times each side



Hamstring stretch

This stretch is done in the chair. It is much safer than stretching his hamstrings in the bed by placing his leg on your shoulder: this is a manual handling risk.



This stretch is done once the client is out in the chair. Make sure he is sitting up straight in the chair. Then place your hand on his knee (to help prevent spasms) and the other hand under his heel and straighten his leg. Be careful of any spasms. You could also place your foot on a stool and then

rest his leg on your thigh for added support. Try and maintain a stretch by using your forearm to stretch up his foot.

Hold for 30 seconds and repeat 3 times each side

UPPER LIMB EXERCISES



Finger Extension

Take off the client's wrist splints and straighten out his fingers. You can *gently* push his fingers away from the palm of his hand but *do not push into the end of range*. This is due to the vulnerability of his finger joints.

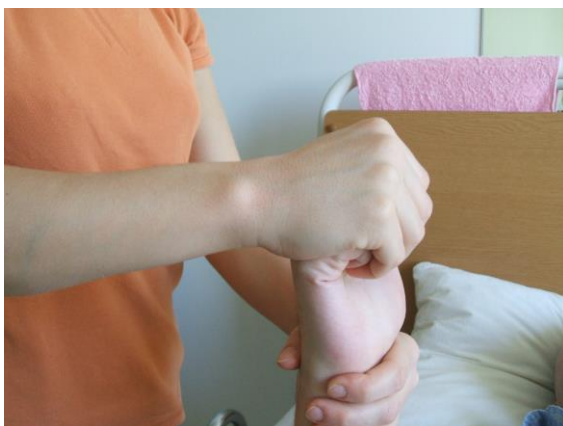
Repeat 5 times each side



Finger flexion

Use your fingers to fold up the top joints of his fingers

Repeat 5 times each side



Finger Flexion

Use your fingers to fold up all the joints of his hand and make 'a fist'

Repeat 5 times each side



Wrist Flexion

Support the client's wrist and use the other hand to bend his wrist down. *Do not push into end of range, just gentle fold his hand down.*

Repeat 5 times each side



Wrist Extension

Support the client's wrist and use the other hand to bend his wrist up. *Do not push into end of range, just gentle fold his hand up.*

Repeat 5 times each side



Thumb movements

Stretch out the client's thumb to the side.

Repeat 5 times each side



Thumb movements

Stretch the client's thumb across the palm of his hand.

Repeat 5 times each side

Supernation



Keep the client's arm flat on the bed and roll the arm out so the palm of the hand is facing the ceiling.

Repeat 5 times each side



Pronation

Keep the client's arm flat on the bed and roll his arm in so the palm of the hand is resting on the bed.

Repeat 5 times each side



Triceps stretch

Put his wrist splints back on at this point

Put on the client's wrist splints and then bend his elbow up and gently push his forearm towards his upper arm. This will stretch his triceps.

Hold for 30 seconds and repeat three times each side



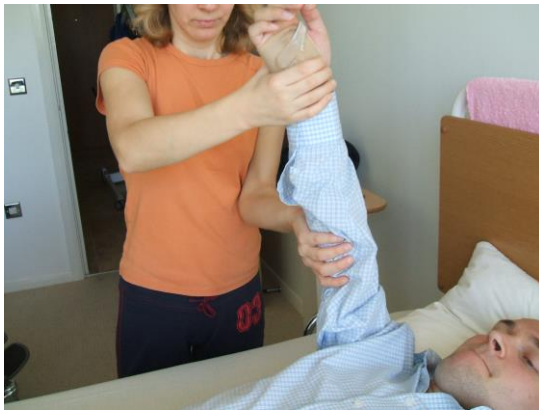
Horizontal Flexion

Bring the client's arm across his body and support it for him.

Hold for 30 seconds repeat 3 times

ACTIVE ASSISTED EXERCISES

These are active exercises that Peter can join in with. The exercises need to be done slow enough to allow Peter enough time to use his muscles during the exercise.



Shoulder Flexion

Support his arm under the wrist and elbow and assist him to lift his arm up and down (keeping his arm straight).

Repeat 20 times each side

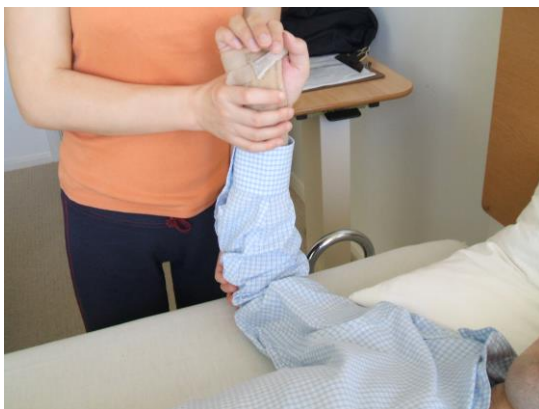


Shoulder Abduction – the next two pictures

Support the client's elbow and wrist and assist him whilst he lifts his arm up and down to the side.

He can only go to about 90 degrees due to pain, do not push into the pain but stop just before it is painful.

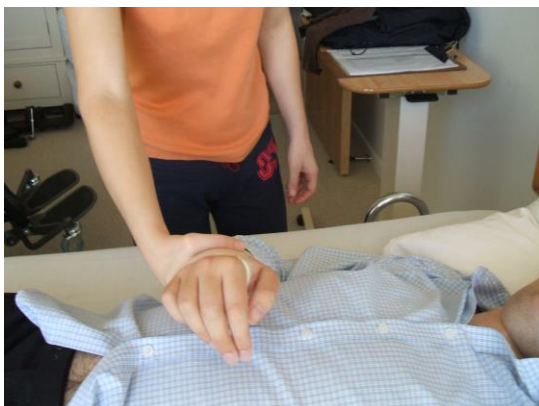
Repeat 20 times each side



Internal and External rotation – the next two pictures

Support the client's wrist whilst he actively moves his forearm across his body and then back out away from the body. His elbow is kept in at his side throughout the exercise.

Repeat 20 times each side





Elbow Flexion – the next two pictures
Support the client's arm whilst he bend
and straightens his elbow.

Repeat 20 times each side

EXERCISES TO BE DONE WITH CLIENT TURNED ONTO HIS SIDE



Hold for 30 seconds and repeat 3 times each side

Hip Extension

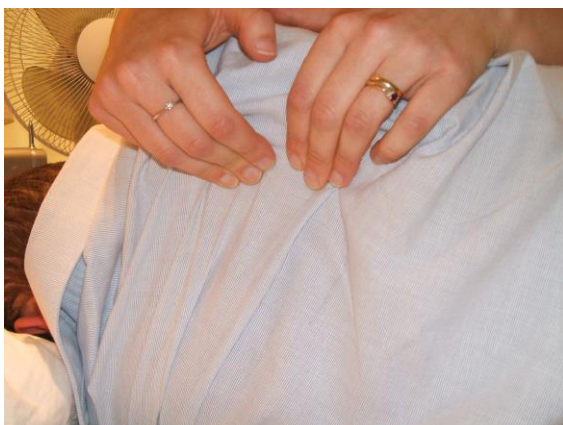
Turn client onto his side and bend up his top leg. The underneath leg can remain straight but often spasms and becomes bent. Place your hand underneath his lower leg and support under his knee. Keep his leg close to your body and then place the other hand on his hip. Push against his hip from behind and bring his leg backwards. This will stretch the muscle at the front of his hip. Make sure not to bend your back or twist and keep client's leg close to your body. Also take care of his hands during this exercise.



Scapular protraction- the next two pictures

Place your fingers on the far side of client's scapular (the large triangular bone that sits on the rib cage and is attached to the shoulder). Use your fingers to move the scapular around the rib cage towards you.

Repeat 5 times each side





Scapular depression

Use your fingers to work around the scapular and find the top edge (see picture). Once you have found the top edge use your fingers to push the scapular downwards (in the direction of client's feet)

Repeat 5 times each side



Pec stretch

The stretch is to be done in the evening (or whenever client requires) as he finds that is when he needs it. When he is sitting in the chair support his elbow with one hand and turn his hand up towards the ceiling. The arm can then be taken back gently to stretch the muscle at the front of his shoulder.

Hold for 30 seconds and repeat 3 times