

Physical Therapy Exercises

Exercising daily plays a main role in the process of healing and recovering from injury or disease. This is the goal of physical therapy exercises. Stretching and strengthening activities are only a few types of physical therapy exercises. Balance, joint control, and muscle re-training are other types of important physical therapy exercises.

TASK:

Read the following instructions how to perform certain exercises. The instructions are mixed up. Put them into a chronological and logical order:

Triceps Extension

Strengthens muscles in back of upper arm.

Summary:

1. Bend raised arm at elbow, bringing hand weight toward same shoulder.
2. Raise one arm straight toward ceiling.
3. Feet flat on floor; keep feet even with shoulders.
4. Support this arm, below elbow, with other hand.
5. Hold position.
6. Slowly re-straighten arm toward ceiling.
7. Slowly bend arm toward shoulder again
8. Sit in chair, near front edge.

Hamstrings

Stretches muscles in back of thigh.

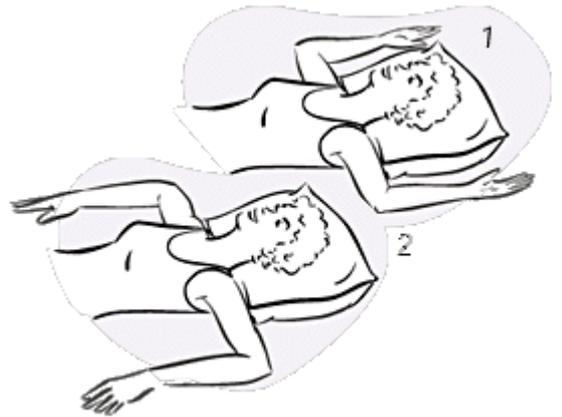
Summary:

1. Lean forward from hips (not waist) till you feel stretching in leg on bench, keeping back and shoulders straight. Hold position.
2. Repeat with other leg.
3. Straighten back
4. Keep other leg off of bench, with foot flat on floor.
5. Sit sideways on bench.
6. Keep one leg stretched out on bench, straight.

Shoulder Rotation

Summary:

1. Hold position.
2. Stretch arms out to side.
3. Keep shoulders flat on floor.
4. Bend elbows to crook lower arms downward, at right angle.
5. Lie flat on floor, pillow under head.
6. Bend elbows to crook lower arms upward, at right angle.
7. Hold position.



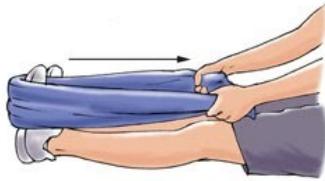
TASK: Look at the pictures and find Czech equivalents to the described movements:



TASK:

Here are some pictures of various physiotherapy exercises. First study the pictures properly, then choose 4 pictures and describe how to perform the exercises:

Broken Ankle Rehabilitation Exercises



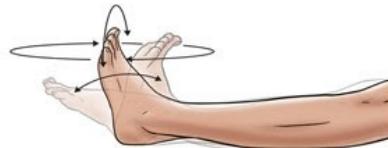
Towel stretch



Standing calf stretch



Standing soleus stretch



Ankle active range of motion



Resisted ankle dorsiflexion

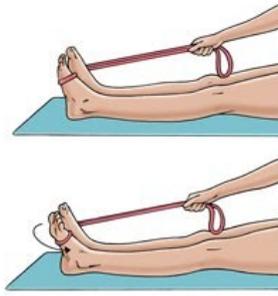


Resisted ankle plantar flexion

Broken Ankle Rehabilitation Exercises



Resisted ankle inversion



Resisted ankle eversion



Heel raise



Step-up

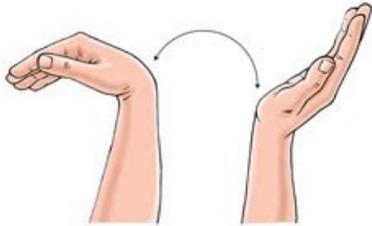


Balance and reach exercise A



Balance and reach exercise B

Medial Epicondylitis (Golfer's Elbow) Rehabilitation Exercises



Wrist active range of motion: Flexion and extension



Wrist stretch



Forearm pronation and supination



Wrist flexion



Wrist extension



Grip strengthening



Forearm pronation and supination strengthening



Resisted elbow flexion and extension

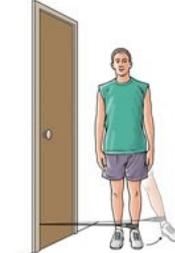
Patellofemoral Pain Syndrome (Runner's Knee) Rehabilitation Exercises



Wall squat with a ball



Knee stabilization: A



Knee stabilization: B



Knee stabilization: C



Knee stabilization: D



Resisted terminal knee extension



Standing calf stretch



Clam exercise



Iliotibial band stretch (side-bending)

Quadriceps Contusion (Thigh Bruise) and Strain Rehabilitation Exercises



Quadriceps stretch



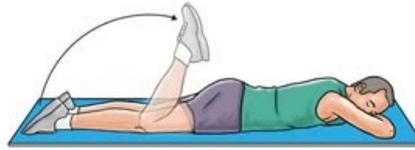
Quad sets



Straight leg raise



Heel slide



Prone knee bend



Wall squat



Step-up

© 2007 RelayHealth and/or its affiliates. All rights reserved.

TASK: Choose some of your classmates to perform the exercises as you describe them.

TASK: Here is a list of exercises. Classify them into two groups:

moderate (=using lower degree of energy) and vigorous (=full of energy)

- Swimming
- Hiking
- Digging holes
- Cross-country skiing
- Gardening
- Walking quickly on a level surface
- Mopping floor
- Cycling on a stationary bicycle
- Swimming laps
- Fast bicycling up hills
- Dancing
- Downhill skiing
- Volleyball
- Rowing
- Jogging
- Climbing stairs or hills
- Bicycling

Adapted from:

<http://www.orthohyd.com/exercises-yoga>

<http://physicaltherapy.about.com>

http://physicaltherapy.about.com/gi/o.htm?zi=1/XJ&zTi=1&sdn=physicaltherapy&cdn=health&tm=20&gps=255_334_1276_882&f=11&tt=14&bt=0&bts=0&zu=http%3A//weboflife.ksc.nasa.gov/exerciseandaging/chapter4_balance.html