

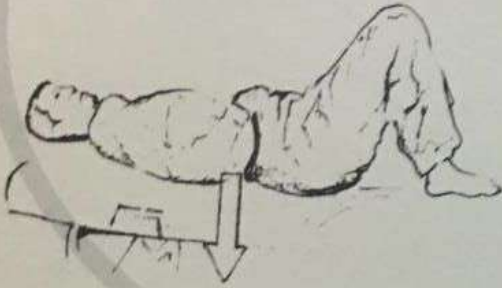
اپنا سر، گردن اور کندھے اوپر اٹھا کر پانچ سیکنڈ کیلئے روکیں۔

Lie your head neck and shoulders.
Hold for 5 seconds.



اپنے دونوں گھٹنے چھاتی کے قریب لے جائیں اور پانچ سیکنڈ کیلئے روکیں۔

Pull both knees into the chest.
Hold for 5 seconds.



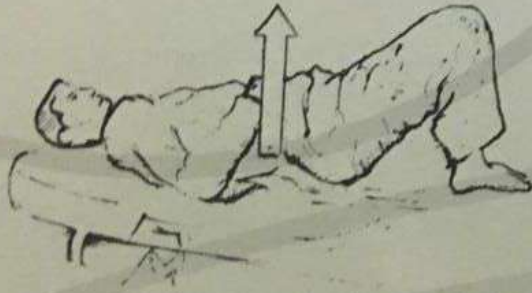
گھٹنوں کو اوپر کی جانب اٹھاتے ہوئے کمر کو نیچے کی جانب پانچ سیکنڈ کیلئے دبا کر رکھیں۔

With the knees bent, press the lower
back down. Hold for 5 seconds.



الثالیٹ کر بائیں ٹانگ کو بغیر موڑے پانچ سیکنڈ تک اٹھا کر رکھیں۔

Lie prone and lift the right leg with the
knee extended. Hold for 5 seconds.



گھٹنوں کو اوپر اٹھاتے ہوئے اپنی کمر اور کہلوں کو اوپر کی طرف پانچ سیکنڈ تک اٹھا کر رکھیں۔

With the knees bent arch and lift the lower
back and hips. Hold for 5 seconds.



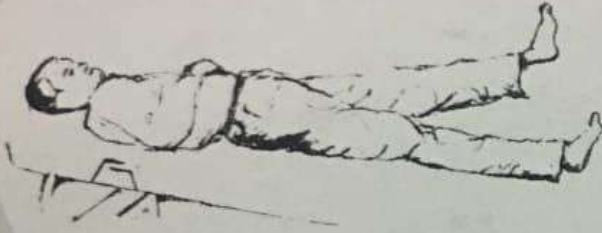
الثالیٹ کر دائیں ٹانگ کو بغیر موڑے پانچ سیکنڈ تک اٹھا کر رکھیں۔

Lie prone and lift the left leg with the
knee extended. Hold for 5 seconds.

**ISOMETRIC ABDOMINAL
AND BACK EXERCISES**

ORTHOPAEDIC

Name: _____ **Date:** _____



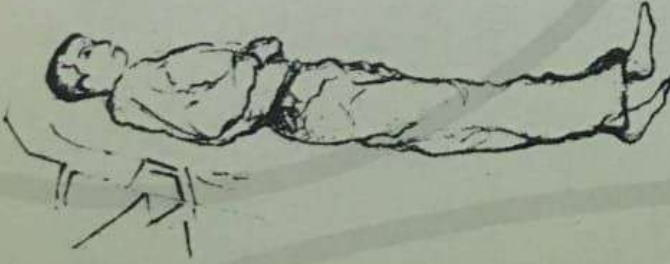
گھٹنا سیدھا رکھیں اور بائیں ٹانگ اوپر اٹھا کر پانچ سیکنڈ کیلئے روکیں۔

Extend the knee and lift the left leg.
Hold for 5 seconds.



اپنا دایاں گھٹنا چھاتی کے قریب لے جائیں اور پانچ سیکنڈ کیلئے روکیں۔

Pull the right knee into the chest.
Hold for 5 seconds.



گھٹنا سیدھا رکھیں اور دائیں ٹانگ اوپر اٹھا کر پانچ سیکنڈ کیلئے روکیں۔

Extend the knee and lift the right leg.
Hold for 5 seconds.



اپنا بائیں گھٹنا چھاتی کے قریب لے جائیں اور پانچ سیکنڈ کیلئے روکیں۔

Pull the left knee into the chest.
Hold for 5 seconds.

Simple exercises



Leg stretch

Sit on the floor with your legs stretched out in front. Keeping your foot to the floor, slowly bend one knee until you feel it being comfortably stretched. Hold for 5 seconds. Straighten your leg as far as you can and hold for 5 seconds. Repeat 10 times with each leg.



Leg cross

Sit on the edge of a table or bed. Cross your ankles over. Push your front leg backwards and back leg forwards against each other until the thigh muscles become tense. Hold for 10 seconds, then relax. Switch legs and repeat. Do 4 sets with each leg.



Sit/stands

Sit on a chair. Without using your hands for support, stand up and then sit back down. Make sure each movement is slow and controlled. Repeat for 1 minute. As you improve, try to increase the number of sit/stands you can do in 1 minute and try the exercise from lower chairs or the bottom two steps of a staircase.



Step ups

Step onto the bottom step of stairs with the right foot. Bring up the left foot, then step down with the right foot, followed by the left foot. Repeat with each leg until you get short of breath. Hold on to the bannister if necessary. As you improve, try to increase the number of steps you can do in 1 minute and the height of the step.



Knee squats

Hold onto a chair or work surface for support. Squat down until your kneecap covers your big toe. Return to standing. Repeat at least 10 times. As you improve, try to squat a little further. Don't bend your knees beyond a right angle.

Summary

- Knee pain can be caused by a number of different things. Whatever the cause, exercise and keeping to a healthy weight can reduce symptoms.
- You can take painkillers to ease pain. Taking them before exercise can help you stay active without causing extra pain.
- Try the exercises suggested here to help ease pain and prevent future symptoms.

Exercises

1. Achilles tendon and plantar fascia stretch

First thing in the morning, loop a towel, a piece of elastic or a Tubigrip™ around the ball of your foot and, keeping your knee straight, pull your toes towards your nose, holding for 30 seconds. Repeat 3 times for each foot.



2. Wall push-ups or stretches for Achilles tendon

The Achilles tendon comes from the muscles at the back of your thigh and your calf muscles. These exercises need to be performed first with the knee straight and then with the knee bent in order to stretch both parts of the Achilles tendon. Twice a day do the following wall push-ups or stretches: (a) Face the wall, put both hands on the wall at shoulder height, and stagger the feet (one foot in front of the other). The front foot should be approximately 30 cm (12 inches) from the wall. With the front knee bent and the back knee straight, lean into the stretch (i.e. towards the wall) until a tightening is felt in the calf of the back leg, and then ease off. Repeat 10 times. (b) Now repeat this exercise but bring the back foot forward a little so that the back knee is slightly bent. Repeat the push-ups 10 times.



3. Stair stretches for Achilles tendon and plantar fascia

Holding the stair-rail for support, with legs slightly apart, position the feet so that both heels are off the end of the step. Lower the heels, keeping the knees straight, until a tightening is felt in the calf. Hold this position for 20–60 seconds and then raise the heels back to neutral. Repeat 6 times, at least twice a day.



4. Dynamic stretches for plantar fascia

This involves rolling the arch of the foot over a rolling pin, a drinks can or a tennis ball etc, while either standing (holding the back of a chair for support) or sitting. Allow the foot and ankle to move in all directions over the object. This can be done for a few minutes until there is some discomfort. Repeat this exercise at least twice a day. The discomfort can be relieved by rolling the foot on a cool drinks can from the fridge.

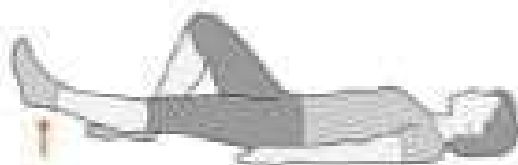


Thigh muscle (quadriceps) exercises



Straight-leg raise (sitting)

Sit well back in the chair with good posture. Straighten and raise one leg. Hold for a slow count to 10, then slowly lower your leg. Repeat this at least 10 times with each leg. If you can do this easily, try it with light weights on your ankles and with your toes pointing towards you. Try doing this every time you sit down.



Straight-leg raise (lying)

Bend one leg at the knee. Hold the other leg straight and lift the foot just off the bed. Hold for a slow count of 5, then lower. Repeat 5 times with each leg. Try doing it in the morning and at night while lying in bed.

Simple exercises



NB: Upper knee should be directly above lower knee.



Back stretch

Lie on your back, hands above your head. Bend your knees and roll them slowly to one side, keeping your feet on the floor. Hold for 10 seconds. Repeat 3 times on each side.



Knees to chest

Lie on your back, knees bent. Bring one knee up and pull it gently into your chest for 5 seconds. Repeat up to 5 times on each side.



Deep Lunge

Kneel on one knee, the other foot in front. Facing forwards, lift the back knee up. Hold for 5 seconds. Repeat 3 times on each side.



One-leg stand (front)

Holding onto something for support if needed, bend one leg up behind you. Hold for 5 seconds. Repeat 3 times on each side.



Pelvic tilt

Lie down with your knees bent. Tighten your stomach muscles, flattening your back against the floor. Hold for 5 seconds. Repeat 5 times.

Summary

- Back pain is common but most cases aren't caused by a serious problem.
- Most cases of back pain get better on their own within a few weeks.
- Stay active. Bed rest for more than a couple of days makes it harder to get going. Gradually increase your normal activities and do regular exercise.
- Take painkillers if needed so you can stay active.

Your pain should ease within 2 weeks and you should recover over approximately a 4–6 week period.

You should carry on with the exercises for at least 6–8 weeks to help prevent another injury.

If the pain is severe or not improving after a week or so, contact your doctor.

Simple exercises



Pendulum exercise

Stand with your good hand resting on a chair. Let your other arm hang down and try to swing it gently backwards and forwards and in a circular motion. Repeat about 5 times. Try this 2–3 times a day.



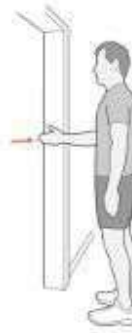
Shoulder stretch

Stand and raise your shoulders. Hold for 5 seconds. Squeeze your shoulder blades back and together and hold for 5 seconds. Pull your shoulder blades downward and hold for 5 seconds. Relax and repeat 10 times.



Door lean

Stand in a doorway with both arms on the wall slightly above your head. Slowly lean forward until you feel a stretch in the front of your shoulders. Hold for 15–30 seconds. Repeat 3 times. This exercise isn't suitable if you have a shoulder impingement.



Door press

a) Stand in a doorway with your elbow bent at a right angle and the back of your wrist against the door frame. Try to push your arm outwards against the door frame. Hold for 5 seconds. Do 3 sets of 10 repetitions on each side.

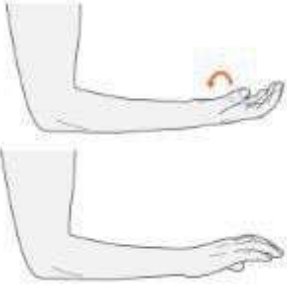


b) Use your other arm and, still with your elbow at a right angle, push your palm towards the door frame. Hold for 5 seconds. Do 3 sets of 10 repetitions on each side.

Summary

- Most cases of shoulder pain aren't caused by anything serious and will ease within 2 weeks.
- You can take painkillers to ease pain. Taking them before exercise can help you stay active without causing extra pain.
- Using an ice pack, learning how to protect your joints and being aware of your posture will help cases of shoulder pain.
- Try the exercises suggested here to help ease pain and prevent future symptoms.

Simple exercises



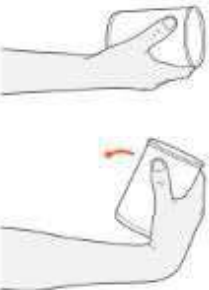
Wrist turn

Bend your elbow at a right angle and hold out your hand, palm up. Turn your wrist slowly so that your palm is now facing down. Hold for 5 seconds, and then slowly release. Do 3 sets of 10 repetitions.



Wrist turn with weight

Repeat the exercise while holding a light weight (e.g. a tin of beans).



Wrist lift (palm up)

Bend your elbow at a right angle. Hold a light weight (e.g. a tin of beans), palm up. Bend your wrist slowly towards you. Hold for 5 seconds, and then slowly release. Do 3 sets of 10 repetitions.



Elbow bend

Stand up straight and lower your arm to one side. Bend your arm slowly upwards so your hand is touching your shoulder. Hold for 15–30 seconds. Repeat 10 times.

Wrist flex

Keeping your arm straight in front with your palm facing down, gently bend your wrist down. Use the opposite hand to press the stretching hand back towards your body and hold for 15–30 seconds. Straighten your wrist. Gently bend the stretching hand backwards and use the opposite hand to pull the fingers back. Hold for 15–30 seconds. Do 3 sets with each wrist.



Summary

- Tennis elbow is caused by a strain to the tendons in your forearm. You may feel pain in your arm and tenderness in your elbow.
- It can often be easily treated and your pain should ease within 2 weeks.
- If you can, avoid repetitive movements of the elbow and hand.
- You can take painkillers to ease pain. Taking them before exercise can help you stay active without causing extra pain.
- Using an ice pack or hot-water bottle and learning how to protect your joints will help.
- Try the exercises suggested here to help ease pain and prevent future symptoms.

Neck Stretches

Trapezius Stretch

Take your left ear to your left shoulder. Hold gently for 10 seconds. Repeat both sides.



Trapezius stretch 2

Take your left ear to your left shoulder. Apply some extra pressure with your hand. Hold gently for 10 seconds. Repeat both sides.



Posterior Neck Stretch

Take your chin down towards your chest. Hold gently for 10 seconds.



Neck Rotation

Turn your head to look over your shoulder until you feel a gentle stretch. Hold for 10 seconds



Isometric Strengthening

Push your head forwards against the resistance of your own hand. Hold 10seconds, Repeat 3 times



Isometric Strengthening

Push your head sideways against the resistance of your own hand. Hold 10 seconds, repeat 3 times



Combination Stretch

Pull on your left arm with your right hand. Tilt your head back and away from left shoulder. Hold 10 seconds, repeat other side.



Deep neck muscle strengthening

Lying on your back, gently tuck your chin down towards your chest, hold for 7 seconds. Repeat 3 times

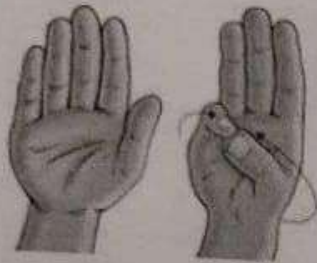




Tennis Elbow Exercises and Stretches



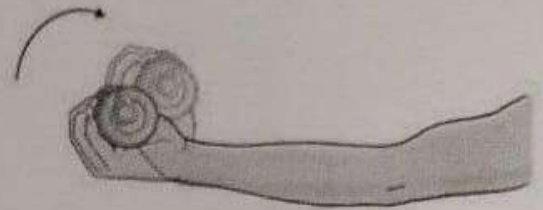
De Quervain's Tenosynovitis Rehabilitation Exercises



Opposition stretch



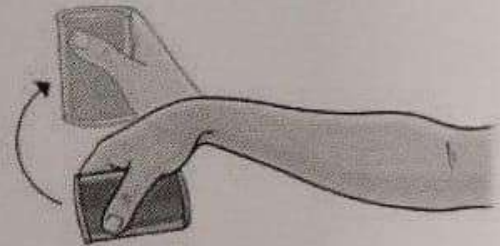
Wrist stretch



Wrist flexion



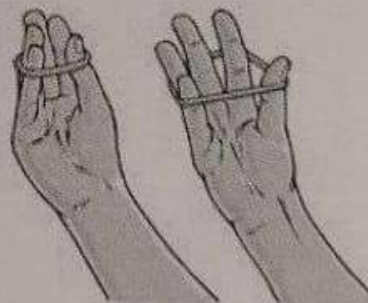
Wrist radial deviation strengthening



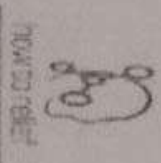
Wrist extension



Grip strengthening



Finger spring



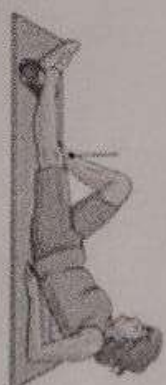
Anterior Cruciate Ligament (ACL) Injury Rehabilitation Exercises



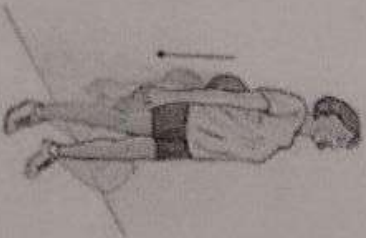
Heel slide



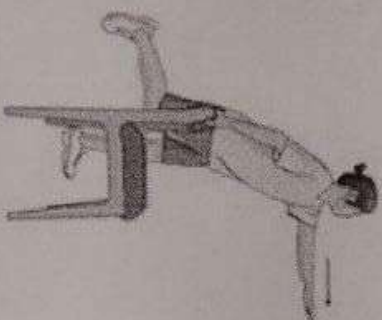
Quad Sets



Passive knee extension



Wall squat with a ball



Balance and reach exercise A



Balance and reach exercise B

Simple exercises

Wrist bend (forward and back)



Rest your elbow on a table, arm pointing up, wrist straight. Gently bend your wrist forward at a right angle and hold for 5 seconds. Straighten your wrist. Gently bend it backwards and hold for 5 seconds. Do 3 sets of 10 repetitions.

Wrist lift



Place your palm on the table and lift the fingers up. Place your other hand across the knuckles at 90° and push down as the bottom hand tries to pull up. You should feel the muscles of your forearms contracting. Swap hands and repeat.

Wrist flex



Keeping your arm straight in front with your palm facing down, gently bend your wrist down. Use the opposite hand to press the stretching hand back towards your body and hold for 15–30 seconds. Straighten your wrist. Gently bend the stretching hand backwards and use the opposite hand to pull the fingers back. Hold for 15–30 seconds. Do 3 sets with each wrist.



Finger bend

Start with your fingers held out straight. Gently bend the middle joints of your fingers down toward your upper palm and hold for 5 seconds. Do 3 sets of 10 repetitions.



Wrist stretch with weight

Holding a light weight (e.g. a tin of beans), stretch your arm out in front with your palm down. Slowly bend your wrist upward, and then return to the starting position. Do 3 sets of 10 repetitions. Gradually increase the weight you hold.



Hand squeeze

Squeeze a rubber ball and hold for 5 seconds. Do 3 sets of 10 repetitions.

Summary

- Carpal tunnel syndrome can usually be easily treated.
- Symptoms tend to be worse at night – hang your hand out of bed or shake it around to ease pain.
- Certain activities can bring on symptoms. Wearing a working wrist splint may be helpful.
- Try the exercises suggested here to help ease pain and prevent future injuries.