

Euro-Pēds®



HOME EXERCISE PROGRAM

Isis Lynch



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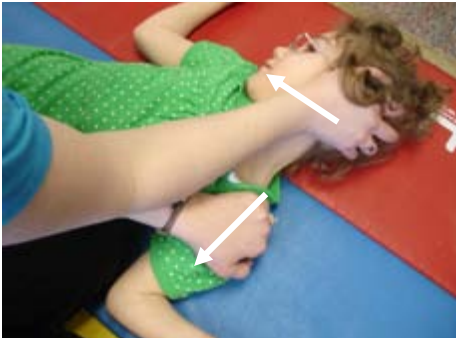
February 2009

SAMPLE

A Few New Stretches

~ Hold 20-30 seconds and repeat 2-3x each ~

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Upper Trap: While Isis is facing away, cross your arms grasping the base of her skull and her shoulder. Gently separate the two, by tucking the chin while dropping the shoulder out and down.



Wrist and Finger extension: Open the hand by FIRST grasping the thumb at the very BASE of the joint (the meaty part of the palm) and opening it away from the center. This relaxes her tone and enables you to open the fingers.



Heel Cord: Use this method to avoid overstretching the forefoot. With the foot in midline, grasp the heel and pull it toward you while also gently guiding the forefoot up. *MOST OF YOUR FORCE SHOULD BE AT THE HEEL!!* If you have difficulty grading your forces, just pull at the heel and do not touch the forefoot at all. This still provides a great stretch.



Toe Flexors: While keeping the foot in midline, place the side of your first finger behind the toes and your thumb as a counter force on the top of the foot. Gently extend the toes, while stabilizing with your thumb. This will address Isis' need to claw her toes.

Important Stretching/Handling Tips:

- Always move slowly and gently through stretches. NEVER overpower or force a joint or muscle into a position because this could cause serious injury.
- Stop motion when you feel resistance. It may not be the full stretch, but it is safer and more effective to stop there and WAIT. The muscle will relax and only then can you safely increase the stretch.
- When performing stretches avoid putting force through an extra joint, ESPECIALLY the left knee where her fracture was. For example, when stretching the hip rotators or ab/adductors, your grasp AND force should always be above the knee since these are HIP stretches.

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Proper Grip Techniques

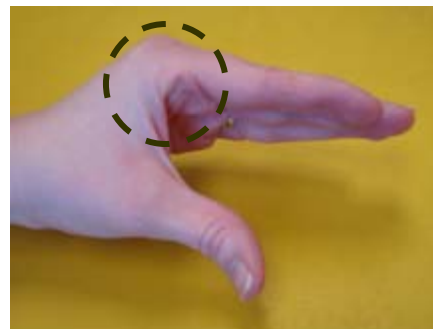
~ Use these techniques when grasping or facilitating to avoid discomfort for Isis. ~



INCORRECT ☹️



CORRECT 😊



The LUMBRICAL grip: This grip prevents your contact from being “pokey”. When grasping her thigh, example shown, your force should be in your web space with your fingers only bending at the knuckle. Do not round your fingertips into her leg, but instead keep your fingers flat like a table top (pic 3). If done correctly, you should almost be able to lift your fingers off the surface while holding her leg, arm, etc.



INCORRECT ☹️



CORRECT 😊

Flat Finger Facilitation: When facilitating a muscle belly, such as the adductor (shown) keep the flat finger position in mind. Again, do not round your fingertips into the muscle, but rather try to lay them flat against it.

** Additional note: keep short fingernails to prevent pressure points. **

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Leg Strengthening

~ Try incorporating things like this into the daily routine, such as doing 10 kicks with each diaper change or 10 adductions every morning when she gets dressed. In the same way, you can choose other strengthening exercises to do the same. For example doing 10 reclined chin tucks before each meal or 10 arm diagonals each time you take her coat off after school. Be creative! A few minutes/ reps here and there adds up fast and can make a real difference without setting aside an hour+ routine. ☺ ~



Hip/knee flex/ext Kicks: With Isis on her back encourage her to pull up one leg at a time, tickling her foot or behind her knee may help. Then ask her to kick her leg back out, facilitating (rubbing/tapping) the quad just above the knee may help here. Keep her leg in midline as you assist her to complete the motion. The first few may be stiffer and require more from you, but she will quickly loosed up and take over! Repeat 20x.

Hip Adduction: With Isis on her back, bend one knee and let it drop open. Encourage her to pull her knee to center, facilitating at the inner thigh may help. Keep her knee bent throughout the motion and you will need to help her complete this movement, especially on the left leg. Repeat 20x.



BIKE TIPS: To help Isis with her head position on the bike, try using a rolled towel as a neck support. Wrap it as shown, crossing over her chest and tucking into chest belt/x-harness. To decrease her tone (lessen butt popping up!), Compress through her shoulders into her hips for a minute or two as needed.



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Therapy Ball Activities

~ Remember not to get stuck on a “daily exercise list” - just spend a little time each day targeting her key areas. A routine like this one, hits head, trunk, arms, legs, strength, balance and even a few stretches and can be done in as little as 30-45! Focus your time on activities that work on more than one thing and you'll get more accomplished in less time. ☺ ~



Head Control/Strengthening: Above are two ways to do some core strengthening and head control. LEFT: While keeping her arms at her side, ask Isis to tuck her chin from a semi-reclined position. Her feet may / may not be weight-bearing. Repeat 20x. RIGHT: With one elbow weight-bearing through ball, rotate Isis' trunk over that elbow while keeping her pelvis neutral. Encourage midline head position as you depress her shoulders. Maintain as long as her head is up and then repeat ~5-10x each side.



Side sit-up with reach: I LOVED this activity for Isis because it worked so many areas and she did GREAT with it! While keeping one elbow down on ball, assist her to sit-up onto that arm *while also tucking her chin and reaching across her body*. Once she comes over onto that elbow, encourage her to keep her head midline while she extends her arm to touch a switch. Repeat 10-15x per side.

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Head Extension to NEUTRAL: With Isis lying semi-prone on the ball (on stomach angled partly upright) elbows bent and weight-bearing, depress her shoulders and encourage her to lift her head to NEUTRAL (pic 2). If she lifts higher, than her extensor tone will kick in and she'll not be strengthening. Maintain position while looking at toy, listening to story, etc as long as she can. Repeat 10-15x.



Hip flexor stretches: LARGE photo shows how to stretch both muscles at once. Bend her knee and then while stabilizing pelvis, lift up leg. If this is difficult to manage, stretch them separately as shown in 2 smaller photos. Hold each 20-30 seconds, repeat 3x.

Heel cord stretch: While keeping her leg straight, cup your web space behind the heel bone. Press away, lengthening the heel cord. No need to touch/move the forefoot in this position. Hold each 20-30 seconds, repeat 3x.





Sit to stand at Ball: Place the ball against a wall or have a second person hold it for you. Isis should be seated on your lap (AFOs on) with her hands on the ball. Assist her to lean forward and stand up. Once standing, place her elbows on the ball, arms should be AT LEAST shoulder width apart to keep her tone down. Encourage Isis to maintain a midline trunk and head. This would be a good activity to do in front of a mirror stuck to the wall or to listen to a story.



Static standing at Ball: Have Isis maintain position as long as her posture is good and she is not using her extensor tone to stand. I often keep my hands at her elbows to keep them relaxed/bent and prevent her from extending/crossing them into her tonal pattern. She may relax forward onto the ball or drop her head to rest, this is OK. As long as her legs are still standing, maintain stance and encourage her to lift her head/trunk back up without using tone.

TES Pad Placement, etc



Area should be clean and dry. So, begin by washing the skin with mild soap and water (dry with towel prior to applying pads). Place two pads from one lead on the center of the tricep muscle (left) and two pads from the other lead on the wrist/finger extensor muscles (right) which are located just above the wrist and wrap around to the muscle bulk you feel on the side of the forearm just below the elbow. Turn up intensity until you feel the muscle pulsing, then back down until it goes away.



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