



PhysioTools

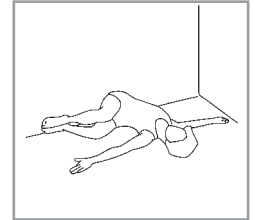
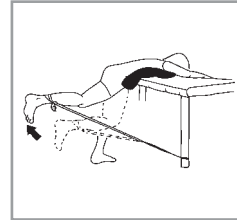
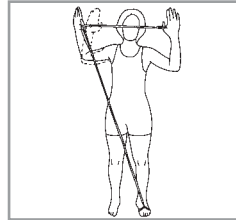
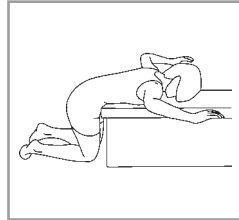
Muscle Retraining

Strengthening and Stretching

Modules

PX39

With PhysioTools you can create high quality personalized exercise and information handouts. Select from the world's largest professional exercise library and print in multiple languages.



Product Information

- # 163 items
- Line drawings

Printout language:
English

This module of stretching and strengthening exercises has been designed for use by therapists and fitness professionals to:

- ◆ facilitate exercise prescription with excellent diagrams and concise explanations
- ◆ correct impaired muscle imbalance patterns which lead to better function
- ◆ prevent compensation with other muscle groups
- ◆ take stress off structures that are over stressed, inflamed and ultimately painful

One of the many benefits of this module is that the majority of these exercises can be performed while traveling and don't require much equipment. If required, the equipment is inexpensive and portable e.g. exercise bands of various resistance, air-filled cushions, foam pieces, exercise balls etc.

The content of this module can be sorted as follows:

- Sort 1:** Hip, Knee, Ankle, Whole Body, Shoulder/Chest/Arms, Forearm/Wrist, Trunk, Product Information, Inversion/Eversion, Flexion/Extension, Internal/External Rotation, Flexion/Abduction, Protraction/Retraction, Preface, Author.
- Sort 2:** Flexion, Extension, Abduction, Horizontal Abduction, Adduction, Rotation, External Rotation, Internal Rotation, Depression, Retraction, Protraction, Plantar/Dorsiflexion,
- Sort 3:** Strengthening, Stretching, Coordination Training, Info.

Technical Requirements

PC Pentium running
Windows 98, ME, NT, 2000,
XP, CD drive, 500 MB disk
space, 16 MB RAM

Network licence available

Contact Information

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Karen Orlando, B.Sc.P.T., B.Sc. Human Kinetics, Diploma Sport Physiotherapy

Karen is a physiotherapy graduate of Queen's University, Kingston, ON, Canada. She has been a practicing clinician since 1979 and is currently the owner of a private clinic in Toronto.

She was a member of the Canadian Medical Team for the Summer Olympics 1984 - 2004 and the Winter Olympics 1988. She was also Chief Therapist for the Winter Paralympics 1994 and 1998. Karen is currently the principle consultant for the

Canadian Rowing Team. She has also worked with the Toronto Raptors (NBA basketball team), the National Sports Centre of Toronto, the National Ballet, Toronto Symphony Orchestra and Famous Stage Productions.

Her consulting business has taken her into industry, where she assesses workplace injuries and implements solutions. In addition, Karen gives courses and lectures regularly at universities, health care organizations and insurance companies. She is the Canadian instructor to the Thera-Band Academy.

Know how to show how

PhysioTools is the global market leader
in exercise prescription software

Combine individual PhysioTools modules to create your
own resource library of exercises and information.

You can place your logo on the left or right side of the handout

You Can Personalize This Text Your Organization Name

Your address

Your Telephone/Fax/Email/Website

You can have more than one header

Provided for : Patient's Name

Provided by : Your Name

Muscle Retraining

- Strengthening and Stretching

Kneel and bend forward over a low narrow bench with your arms at 90 degrees.



Bend your arms and bring them out to your sides at 90 degrees. Now lift your forearms so that they are parallel to the floor. Do not shrug your shoulders.

Hold ___ seconds.

Repeat ___ times.

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Standing with exercise band looped from one foot to the opposite thumb and another piece looped around the thumb. Set the shoulders back and pull the arms into a bent position at 90 degrees. Do not arch the back.



Pull the arm with the double tubing up and out away from the body by straightening the arm at various angles from shoulder level and above.

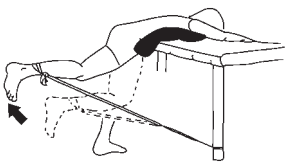
Hold ___ seconds.

Repeat ___ times.

© Karen Orlando

Leaning your upper body over a table (place a cushion over the edge to soften it). Tie an exercise band around your ankle and anchor in front of your body.

Stabilization: Tighten abdominals.



With your back rounded, knees bent and arms holding on to the table, kick your leg up and back.

Use ___ color exercise band.

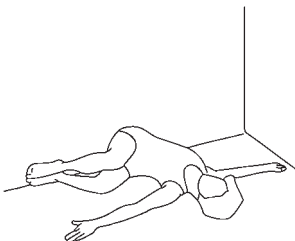
Hold ___ seconds.

Repeat ___ times.

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Lie down on your back with buttocks against the wall and hips and knees bent.

Slowly rotate your lower body to the side by walking your feet down the side of the wall until your feet are touching the floor. You can use your hands to push your knees to the ground. Return to start position and repeat to other side.



NOTE: Opposite shoulder blade should remain on the ground. Keep your buttock on the ground. Stretch only to the point of initial discomfort. KEEP ON BREATHING. The stretch can be stopped at any one of the levels.

Hold ___ seconds.

Repeat ___ times.

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