



Comprehensive Rehabilitation Care

Upper Extremity Shoulder Stiffness

Dressing - Bra

Place bra behind, make sure it lies flat with the inside facing up.

Fasten at front of waist. Use affected hand to help.

Turn bra around to front. Assist affected arm to fit through shoulder strap. Slip other arm into place, adjust both straps.

To remove, slip strap off affected arm first.



Dressing - Shirt

Use dressing stick to assist in pushing sleeve on and off opposite shoulder.

Select shirts that are loose fitting.

2



Grooming - Teeth

Use other hand to assist
With movement. Consider electric
toothbrush.

Grooming - Hair

Rest elbows on support surface.
Use head movements to help accomplish
grooming tasks such as shaving, hair
care.
Use long handled brush.

3



Bathing - Back

A curved or long-handled brush allows for reaching back.

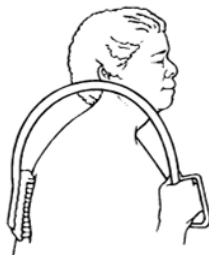
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Reaching Shelves

Place frequently used items on low shelves.
Use reacher for lightweight materials that are above shoulder level.

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Reaching Light Switches

Use dressing stick to reach switches that are above shoulder level or hard to reach.

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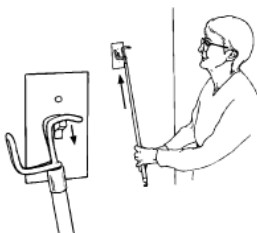
Patient Name:

Therapist Name:

Date:

Special Instructions:

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Upper Extremity Hand Weakness

Dressing - Button Hook

Use a button hook with enlarged handle to:

- Loop buttons and pull through button holes to fasten.
- Hold buttons in place while unfastening.

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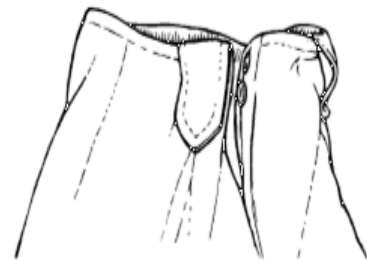


Dressing - Pants

Belt loops on pants allow for hooking with thumbs or dressing devices.

Can sew twill loops inside waist of skirts, slacks, underwear.

9



Dressing - Tie / Suspenders

Substitute suspenders for belt and use clip-on tie

10



Dressing - Zipper

Use metal ring or nylon thread loop to insert thumb for pulling zipper. Sew twill tape at hem for easier grasp.

11



Feeding (Universal Cuff)

Insert utensil in pocket of cuff.
Use bowl or plate with lip for easier scooping or may use plate guard.

Grooming - Handle Enlargers

Economical and easy to make from washcloth: Fold in thirds.
Roll up.
Attach with rubber bands around comb.

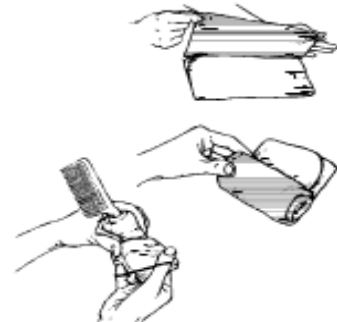
Place non-skid mat under dishware.

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toothbrush.

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Grooming – Toenails

Use scissors or clippers designed for toenails. Soak feet or take bath first to soften it.

Keep nails cut straight across to prevent ingrown nails.

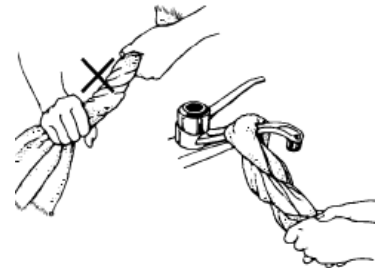
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Wringing Towel

Avoid wringing towels by twisting. Loop towel around sink faucet as if braiding and pull gently or let drip dry.

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Upper Extremity Hand Weakness

Bathing - Washing / Drying

Wrap thin washcloth around rubber spatula to insert between toes.



Food Preparation - Pots on Stove

Place a trivet in center of electric stove top.

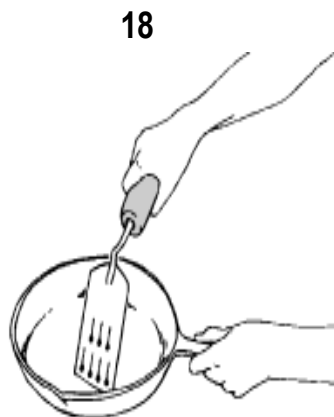
Slide pot over with both hands when food must be taken off heat. Use insulated mitts as needed.



Food Preparation - Kitchen Utensils

Select kitchen utensils with large handles.

Relax hands frequently or alternate gripping tasks with tasks that do not require prolonged gripping.



Preparation - Pots / Dishware

Use lightweight aluminum pots and plastic dishes whenever possible.

Ladle food out before tipping or lifting to scoop last remains.



Refrigerator Doors

Place loops on door handles.
May lean arms against hips and use

Faucets

Use heel of hand to
Open and close faucets and use both hands

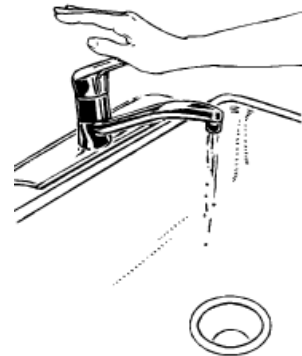
trunk movement to assist.

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if possible.

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Upper Extremity Hand Weakness

Light Switches

**Easy touch switches
are recommended.**

**Some decorator
Switch plates provide built- in
leverage.**

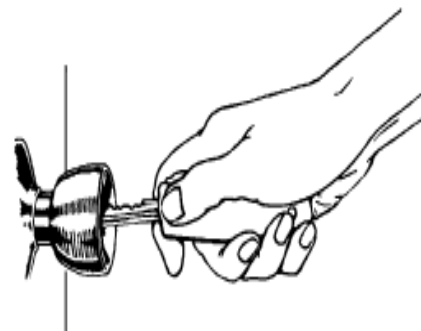
Sensor switches are also available.



Key Holder

**Grasp holder in palm to insert key and
turn forearm to lock
or unlock.**

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Cutting with Scissors

**To decrease strain on thumb joints, use
scissors that have
self-opening spring action and
cushioned handles.**

Can also consider electric scissors.

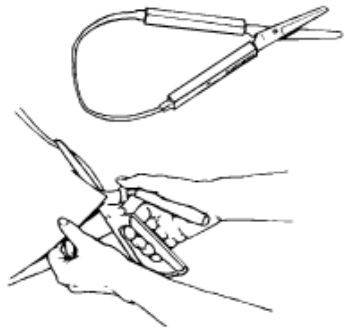

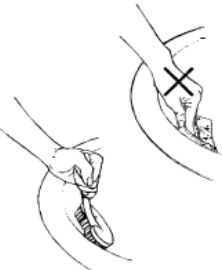
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Turning Pages (Universal Cuff)

**Insert pencil into universal cuff with
eraser end out.**

Apply downward pressure to turn page.

25

	
<p style="text-align: center;">Scrubbing</p> <p style="text-align: center;">Avoid use of sponges that require pressure at fingertips.</p> <p style="text-align: center;">Hold brush with handle as shown and use arm movements to scrub.</p> <p style="text-align: center;">26</p> 	<p>Patient Name:</p> <p>Therapist Name:</p> <p>Date:</p> <p>Special Instructions:</p>

<p>Upper Extremity</p> <p>Hand Weakness – One Handed Techniques</p>	
<p>Long-Sleeved Shirt</p>	<p>Dressing</p>

1. Guide affected hand through sleeve cuff.
2. Lift arm to allow sleeve to slide into place.
3. Hold shirt by collar to work up to shoulder and around to opposite side

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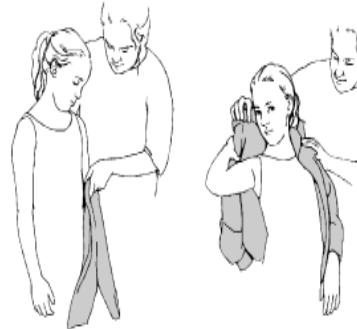


Coat (Assisted)

Assist to place more involved arm in coat first.

Tell patient to reach back to grasp coat and put second sleeve on.

28



Grooming Teeth (Floss Holder)

Use commercially available floss holders. Also comes in disposable version

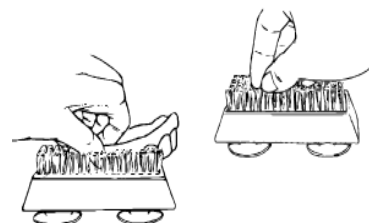
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Grooming: Nails

Brushes with suction holders provide the easiest solution.

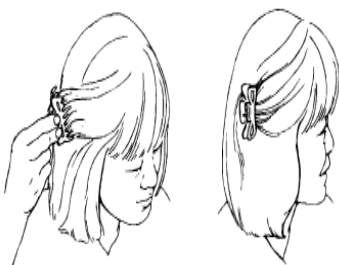
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Grooming: Hair (Clip)

Clamshell type clasp allows for ease of pinning hair away from face on one side.

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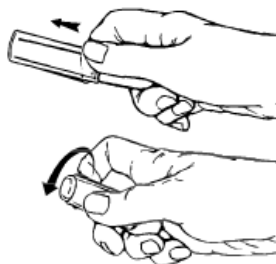
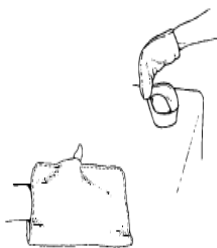



Grooming


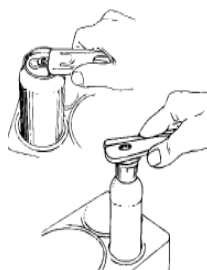
Lipstick Container

Pull off cap while stabilizing base of case. Use thumb and forefinger to swivel up and back down.

32

	
<p>Bath Mitt</p> <p>Wear wash mitt for easier soaping while bathing. Try liquid soap for ease of use.</p> <p>Can make own from wash cloth folded in half and stitched around, leaving opening for thumb.</p> <p>34</p> 	<p>Food Preparation: Stirring</p> <p>Place non-slip mat, a wet paper towel, or washcloth under bowl. May wedge in drawer.</p> <p>On stove, stabilize pot by placing handle against another pot that has been filled with water.</p> <p>35</p> 

Upper Extremity Hand Weakness – One Handed Techniques

<p>Opening Jars / Cans</p> <p>Various types of jar opening devices are available.</p> <ol style="list-style-type: none"> 1. This type helps prevent spillage. 2. May also hold jar between knees. 3. One handed can openers are available. <p>35</p> 	<p>Food Preparation</p> <p>Opening Drink Cans</p> <p>Use tab pull with can placed in jar holder.</p> <p>Use jar opener at other end of device for small caps.</p> <p>36</p> 
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Food Preparation
Storing Food

Use clip-on clasps to replace twist ties.

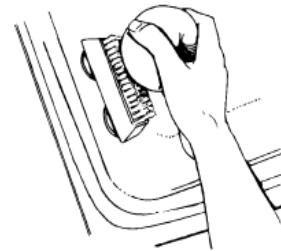
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Food Preparation: Washing Fruit

Place suction brush on side of sink.
Scrub fruit, vegetables against it.

38



Reading: Book Holder

Position book at desired angle for
reading.
Hand is now free to turn pages.

39



Child Care - Feeding

Sit in chair with armrests. Use pillow to
help support.

40



Upper Extremity
الطرف العلوي

Soft Wrist Brace Instructions

Use lap or surface of table. Place hand with thumb over notched area and edge of
splint just below palm crease.

Fasten straps so fit is snug, make sure it is not so tight as to cut off circulation.

41



Arm Sling Instructions

- 1. Draw hand through sling resting on lap.**
- 2. Bring strap across back and fasten.**
- 4. Adjust so pressure is not against neck.**

42



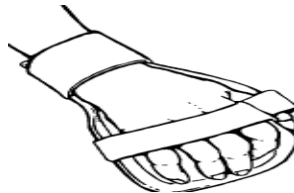
Hand Splint

Wearing Schedule

Day	
Night	
As needed	
Per session	
Per day	

Check skin condition after _____ minutes for changes in color, irritation or swelling.

43



Elevation

Elevate hand higher than heart level to control swelling.
May wear a sling support as needed.
Try to incorporate into your daily activities.

44



Patient Name:	Therapist Name:	Date:
Special Instructions:		

BACK CARE

Dressing: Lower Body

Cross leg tailor fashion to start clothing over foot.

May use dressing aids to assist in pulling up.

Keep back in neutral position.
Avoid arching back or bending



Bathing

Place all items within easy reach to avoid bending and twisting.

Use long-handled brush to soap and hand-held shower to rinse off.

Step on non-skid floor mat to dry feet off.

Make sure that tub or shower has non-skid bottom, or use rubber mat to avoid slipping. Safety bars are also recommended.

2



Grooming: Shaving Legs

Lie on supportive surface, large towel over area.

Bring leg toward chest, keep the other leg in position shown. Do not arch back.

3



Sleeping on Back

Place pillow under knees. A Pillow with cervical support and a roll around waist are also helpful.

4



Side-Lying in Bed

To maintain positioning in midline,
place pillows between
knees and under head.

5



Home Management: Loading / Unloading Dishwasher

Move dishes in small stacks.
Bend your knees, not your back.
For small items, rest
arm on counter, opposite leg back.
Stay close to side
when sliding shelves

6



Kitchen Sink Height

If unable to touch the bottom of your
sink while standing
straight, place a dish drainer upside
down to raise height of sink surface.

7



Making Bed

Place bed in an area
where you can reach all corners without
straining.
Keep back straight,
especially when tucking under corners.
Use extra depth,
fitted sheets to avoid tucking.

8



Work: Develop Good Habits

Bend knees, not back, when placing items on table surface or refrigerator.

Practice this technique until it becomes your new habit.

9



Gardening

Kneel using well padded cushion to get as close to work as possible. Raised beds allow for back to remain straight.

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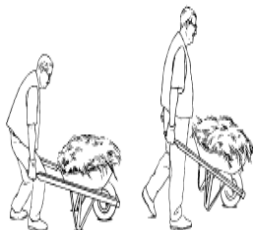


Work / Leisure: Wheelbarrow

With one foot slightly forward, bend knees, NOT your back, to pick up or set down.

Keep back erect when pushing forward.

11



Child Care: Changing

Avoid bending over child. Keep back straight.

Use changing table whenever possible. Have older child crawl up to lap to dress.

12



Child Care: Bathing

Avoid bending over child. Keep back straight.

Consider using kitchen counter and sink for quick clean up.

CAUTION: Do not leave child unattended.

13

Child Care: Pick Up and Carry

Squat down to pick up child, do not bend back.

Carry child in cuddle position, avoid resting on one hip.

Select stroller that allows you to remain upright when pushing.

14



Child Care: Back Carrier

Bend knees and avoid twisting to put on shoulder straps.

Straighten knees and keep stomach muscles pulled in to lift carrier off table.

15



Travel Luggage

Select suitcase with wheels.

Pack lightly.

Avoid lifting heavy luggage into overhead compartments.

Use curbside check-in if available.

16



Cervical CARE

العناية بالرقبة

Work / Leisure: Reading Newspaper

Prop forearms along table surface.

Keep chin tucked.

Avoid leaning forward or tipping head back.

Work / Leisure: Binoculars / Camera

Keep chin tucked. use straps that keep weight off neck.

Avoid tipping head back for prolonged periods.



2



Work / Household Management: Sliding Shelves

**Store items under
cabinet in sliding drawers to
avoid straining neck when reaching in
back of shelves.**



3

Patient Name:

Therapist Name:

Date:

Special Instructions:

Energy Conservation

Grooming: Shaving

Sit in chair to use electric shaver.

Support arm using other hand, or rest elbow on vanity.



Grooming: Styling Hair

Sit in front of mirror and alternate hands to minimize fatigue.

Consider using a blow dryer that has built-in curling brush.



Bathing: Drying Off

- ✓ Put on terry robe immediately after
- ✓ stepping out of shower or bath.
- ✓ Sit down and pat to dry off.






Mobility: Chair with Wheeled Base

To cover short distances indoors, sit in center of seat for stability. make sure chair has stable base with 5 wheels.

Works best on non-carpeted areas such as the kitchen.

May grasp stable furniture to assist movements.

CAUTION: Brace chair against wall when getting in and out.

	
<p>Kitchen Clean Up</p> <p>Place towel on work surface and washable non-skid mat on floor to minimize need to wipe counter or mop floor.</p> <p>5</p> 	<p>Home Management: Pots / Pans</p> <p>Leave frequently used pots on stove or counter instead of putting away and taking out each time.</p> <p>6</p> 

Energy Conservation	
<p>Making Bed</p> <p>Try sitting when tucking sheets. Place bed in area where you can reach all corners without straining.</p>	<p>Reading</p> <p>Rest arm against trunk and place book on bed surface. May also use arm resting on bed surface or slant board to prop book on bed.</p>

**Use lightweight bedding.
Down comforter or cotton coverlet
can serve as cover.**



8



Gardening Activities

**Carry lightweight equipment in
pockets to avoid trips back
and forth.**

**Rest frequently when carrying out
demanding tasks such as pruning.
Alternate heavy work with light tasks
that can be done while sitting.**

9



Transporting Items

**Use a lightweight shopping
or tea cart for moving household items
or bulky laundry from one room to
another.**

10



Patient Name:

Therapist Name:

Date

Special Instructions:

Hemiparesis

Dressing: Front Opening Shirt

**Lean forward to allow affected arm to
drop into sleeve. Pull up to shoulder**

Dressing: Buttoning Sleeves

**To eliminate need to button and unbutton
sleeve cuff:**

and around back. Put other arm into sleeve.

To remove shirt, start with unaffected arm.

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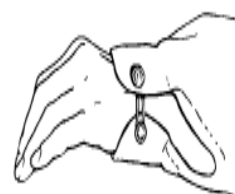


Thread a spare button with elastic loop. Attach to sleeve button to form a cuff link.

As an alternative, sew sleeve buttons on using elastic thread.

Or make fit looser by sewing button closer to edge of cuff opening.

2



Dressing: Putting on T-Shirt

With shirt facing down, guide affected arm from bottom opening through sleeve.

Pull shirt up to shoulder and put other arm through sleeve.

Hold back of neck opening to pull up and over head.

Pull shirt down over trunk

3



Dressing: Removing T-Shirt

Bring front of neck opening loosely around chin.

Reach for back of neck opening. Pull up and forward. Slide unaffected arm out of sleeve.

Then slide sleeve off affected side.

4



Dressing: Adapted Pant Leg Opening

Select pants that can zip open or unfasten at bottom of legs for easier dressing and to accommodate braces.

Also consider wide legged pants or with loose elastic cuffs.

Dressing: One-Handed Sock Donning

Use socks which have light elastic.

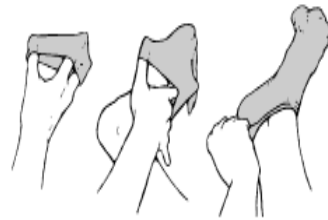
Prop foot on opposite leg, low stool or chair.

Use fingers to spread sock open. Slide over all toes, pull over heel and up.

5



6



Hemiparesis

Dressing: Shoe Laces Lacing:

Tie knot at one end of shoelace and place inside shoe. Use other end to lace shoe as shown.

Tying:

Pull on lace to bring end up and over final crossover.

Make loop and tuck under final crossover. Make it tight by wiggling side to side while pulling gently.

Also consider elastic laces or Vector.

7



Dressing

Adapted Clothing for Wheelchair: Select items that enable quick and easy donning.

8



Dressing: Leg Brace

Unfasten all straps, and place brace inside shoe. Step in until heel is down in place. Fasten all straps.

9



Feeding: Positioning in Upright

Keep chin tucked and avoid tilting head back when drinking from glass or swallowing.

Take small bites and allow time to chew and swallow. Do not turn or tilt head and sit in upright position.

10



Eating: Cutting Food

Different styles of one-handed knives are available.

Use rocking movements with downward pressure to cut. To prevent plate from sliding, use a non-slip pad such as rubberized shelf liner.

11



Grooming: Hair

Use affected arm, if able, to brush hair on side. Use other hand to assist with movements.

When not using affected hand, place on firm surface to stimulate weight bearing.

May sit if unable to maintain standing balance.

12



Grooming: Brushing Teeth

When dominant side is affected, an electric toothbrush is helpful. If

Bathing: Promoting Independence and Safety

Use long-handled brush

able, lean on affected arm while standing at sink. Sit if unable to keep balance.

13



or sponge to soap hard-to-reach areas. Hand-held shower directs water flow for rinsing off. Sit on bench with legs out of tub to towel dry.

14



Bathing / Hygiene: Cleaning Perineal Area

Use a hand-held shower for rinsing directly.
To dry off, toweling may be insufficient. Use hair dryer on cool cycle after leaving shower area.
Wait 5-10 minutes before dressing.

Bathing / Hygiene: Set Up

Place items such as towel and deodorant within easy reach for use after bathing.

Positioning: Lying on Back

Elevate affected arm:
Shoulder is positioned forward, arm out to side. May use folded towel under shoulder blade. Palm is turned upward as able.

Position affected leg:
Hip and knee slightly bent. Toes pointing up as able. Avoid tight tucking sheets.
May use footboard or cradle.

17

Positioning: Lying on Unaffected Side

Elevate affected arm:
Shoulder is positioned forward. Elbow straightened as able. Hand with palm down.

Position affected leg:
Hip and knee slightly bent. Toes pointing forward.

May place another pillow behind back to support trunk position.

18





Positioning: Lying on Affected Side

Elevate affected arm:
Shoulder is positioned forward.
Elbow out and palm turned upward.

Position affected leg:
Hip and knee slightly bent.
Place other leg on pillow to support weight. May place pillow behind back

19



Positioning: Bed (Two Person Assist)

Use folded flannel sheet or small quilt as drawsheet. Roll at edge for better grasp.

Stand close to either side.
May place knee up on bed.

Patient assists by pushing with unaffected leg. On count of three, lift and move up to head of bed.

20



Positioning: Wheelchair (Two Person Assist)

Lock wheelchair.

Person #1:
Stand behind. Grasp both arms at wrists by reaching under armpits.

Person #2:
Squat close in front to one side.
Grasp both legs. On count of three, lift and scoot back into upright position.

21

Mobility: Supine / Sit

Cross leg under ankle of affected foot.
Push up onto elbow.

Swing legs over edge of bed.
Push up to sit by straightening elbow.
Reverse steps to lie down.

22





Mobility: Sit / Supine / Roll / Scoot

- Cross leg under ankle of affected side.
- Lower onto elbow and swing legs up.
- Roll toward affected side.
- Push with arm and leg to scoot into place.

23



Mobility: Wheelchair

- Wear sturdy shoes that stay securely on feet and have non-skid soles.
- Use heel to steer chair when turning and going over thresholds.
- Ask for help on steep inclines.

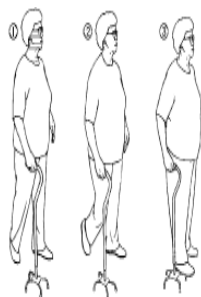
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Mobility: Quad Cane (Two Point Gait)

1. Advance weak leg and cane at the same time.
 2. Then step forward with strong leg.
- Repeat sequence.

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Transfer: Toilet

Back up till legs touch toilet. Ease pants down.

Bend forward at waist to sit down. Use counter, safety bar, or walking device for support. A raised toilet seat makes transfers easier.

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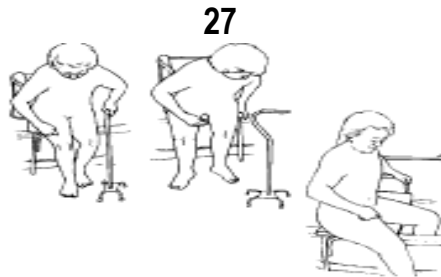


Transfer: Tub Bench

Back up to side of tub.

Reach back for seat and bend forward while sitting down. Lift legs in, one at a time.

Assist weaker leg as needed. Grasp safety bar to maintain balance.



Patient Name:

Therapist Name:

Date:

Special Instructions:

IMPAIRED BALANCE

Dressing: Pants

- Place legs into pants while sitting.
- Use stool to prop foot.
- Lean to one side, then the other, to pull over hips.
- Zip up while lying flat on back.

May also do by lying down and bridging hips.

Mobility: Using Two Canes

Walk in the following sequence:

1. Right cane
2. Left foot
3. Left cane
4. Right foot



Mobility: Front Wheeled Walker

- Stand upright and look ahead.
- Keep walker centered.
- elbows stay bent.

If assistance is required, wear a transfer belt.

CAUTION:

- Tipping may result from leaning on walker.
- Do not move walker too far ahead of you.
- Be on guard for wet and slippery areas.
- Consider walker with brakes for safety.

3



Mobility: Walker Bag

Transport light items such as newspapers in a bag attached to front of walker. Walker baskets and trays are also available.

CAUTION:

Heavy items may cause walker to tip.

4



Transfer: Sit to Stand

Make sure other hand is on stable furniture when standing up or sitting down.

Place cane within safe reach and

Transfer: Sit to Stand Using Walker (Assisted)

Place walker centered and close.

Stabilize walker and assist to stand.

Allow patient time to gain standing balance

replace rubber tips as needed.

5



before stepping forward.

Reversing procedure. assist to back up close and bend forward to sit.

6



Transfer:

Stall Shower

Safety bars, shower seat and non-skid mat are essential.

Hand-held shower is also recommended.

Pull up to stand, using grab rail, pivoting slowly to face doorway.

Caregiver stands by to stabilize shower door and assist as needed.

7



Home / Work Management: Lifting Safety

Do not attempt to lift or carry bulky or heavy items.

Ask for assistance from others.

8



Work: Positioning Three-Wheeled Scooter

Clear space around work area to allow for parking scooter as close to table as possible.

Select work surface that has sufficient leg room

9



Patient Name:

Therapist Name:

Date:

Special Instructions:

LOW VISION

Eating / Feeding

Use clock arrangement for arranging food items on plate such as:

- Vegetable at 3 o'clock
- Meat at 6 o'clock
- Potatoes at 9 o'clock

May also use picnic dish with partitions.

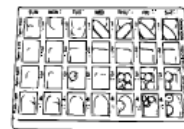
1



Taking Medications

- Caregiver sorts pills according to day and frequency into medication sets.
- Place container where it can be easily located away from heat or moisture.

2



Reading

Telephone

Use good lighting and a large magnifying lens.

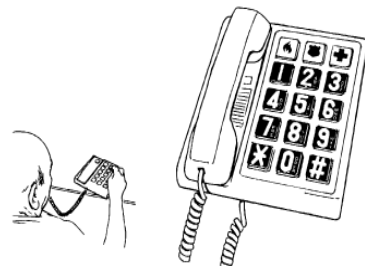
3



Use pre-programmed dialing for emergency numbers.

Enlarged dial makes it easier to locate numbers

4



Patient Name:

Therapist Name:

Date:

Special Instructions:

LOWER BODY WEAKNESS

Dressing: Pants

While sitting, place one leg into pants, and pull pant leg up to the knee.

Do same with other leg. Then roll onto one hip to pull pants over free hip. Do same for other side.

If one side of the body is more involved than the other, dress that side first and undress last.

Wheelchair Push-Up

Wheelchair in locked position, push up on armrests to lift bottom off seat.

- Hold _____ seconds.
- Repeat _____ times.
- Do _____ sessions per day.

1



2



Gardening: Raised Bed

A raised garden allows participation from a wheelchair position.

3

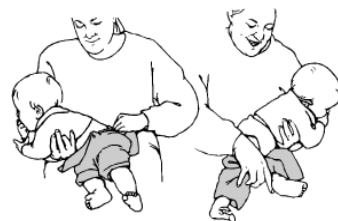


Child Care: Dressing

Sit with child on lap. Lean child to one side to pull pants off hip.

Repeat on other side. Continue alternating sides to ease pants off.

4



Patient Name:

Therapist Name:

Date:

Special Instructions:

LOWER BODY WEAKNESS
Hip Precautions

Hip Precautions: Limit Weight Bearing

- Do not put more than _____ pounds
- on affected leg. Check by placing foot on bathroom scale.
- Toe touch only on affected foot.
- Toe down.
- Do not lean armpits on crutches.

1



Hip Precautions: No External Rotation

- Do not twist affected leg outward.
- Keep foot pointed forward. This also applies when lying in bed.
- May use towel roll to keep leg from rolling outward.

2



Hip Precautions: No Leg Extension

- Do not bring leg backward while standing or lying.
- Keep thigh in line with back of trunk and buttocks. Do not lift leg backward while walking.

3

Hip Precautions: No Internal Rotation

- Do not twist affected leg inward.
- Keep foot pointed forward or out to side. This also applies when lying in bed.
- May use towel roll to keep leg from rolling inward.

4

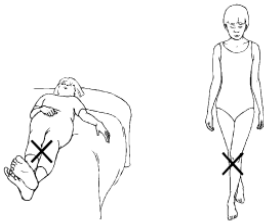




Hip Precautions: No Adduction

- Keep legs apart at all times.
- Do not cross legs whether standing, sitting or lying down.
- Use pillow to keep legs apart in bed.

5



Keep legs apart at all times. Do not cross legs whether standing, sitting or lying down. Use pillow to keep legs apart

Hip Precautions: No Trunk Rotation

- Do not twist trunk toward affected side.
- When lying in bed, avoid reaching across.
- When standing, move feet to turn in direction of uninvolved side.

6



LOWER BODY WEAKNESS Hip Precautions

Hip Precautions: Limit Hip Flexion

Do not bend forward at hips past ____ degrees while standing, sitting or lying down.

7

Hip Precautions: Limit Lifting Leg

Do not prop or lift leg up past ____ degrees at affected hip.
Some activities such as cutting toenails or shaving legs will require assistance from others.

8



Hip Precautions: Sitting

- Do not sit on low or soft seats as this forces bending at hips and rolling inward at knees.
- Avoid recliners, rocking chairs and low stools.

9



LOWER EXTREMITY –Dressing: Socks

1. Use a sock aid to pull on sock.
2. Use a dressing stick to remove sock wear.

Special Precautions:

- ____ Do not bend affected hip past ____ degrees.
- _ Keep legs apart.

10



LOWER EXTREMITY Dressing: Shoes

- Step-in shoes or elastic shoelaces eliminate bending.
- Use long- handled shoehorn to don.
- May also use dressing stick.

Special Precautions:

LOWER EXTREMITY Dressing: Pants Donning

- Use dressing stick to pull pants up affected leg above knee.
 - Hold waistband out to side. lift unaffected leg into pants.
 - Stand with hand support to pull pants up.
- To remove, start with unaffected leg.

- Do not bend affected hip past ____degrees.
- Avoid crossing legs.
- Do not twist affected leg inward.

11



Special Precautions:

- Limit weight on affected leg to _____pounds.
- Do not bend operated hip past ____degrees.
Keep legs apart.

12



LOWER BODY WEAKNESS Hip Precautions

LOWER EXTREMITY - Dressing: Pants Doffing

- Ease pants off hips while standing with hand support.
- Remove from unaffected leg first.
- Use dressing stick to push off. Then remove from affected leg.
- To put on, start with affected leg

Special Precautions:

- Limit weight on affected leg to ____pounds.

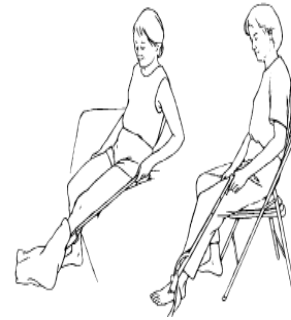
LOWER EXTREMITY - Dressing: Limited Hip Flexion

- Always use long-handled devices for self-care.
- Keep reachers handy to pick up dropped items.

14

- Do not bend operated hip past ____degrees.
- Keep legs apart.

13



LOWER EXTREMITY - Grooming: Applying Lotion

Use long-handled lotion applicator
or soft rubber spatula for hard
to reach areas such as legs and
back.

Special Precautions:

- Do not twist trunk.
- Do not bend past
degrees at hip.
- Do not cross legs.

15



LOWER EXTREMITY - Bathing: Legs and Feet

Use a long-handled sponge or brush for
soaping.

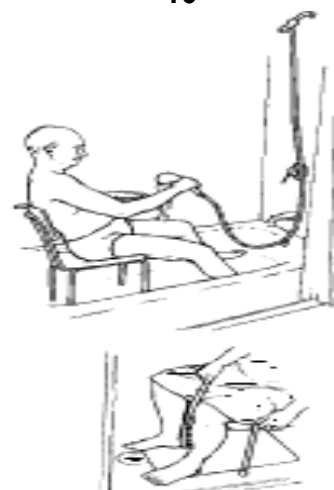
Rinse off with hand-held shower.
Special brushes allow reaching between
toes to wash and dry.

After showering, dry off by stepping on
cotton bath mat. May also use a hair dryer
when out of bathroom.

Special Precautions:

- Do not cross legs.
- Do not bend hip past degrees.

16



LOWER EXTREMITY - Hygiene: Toileting

LOWER EXTREMITY - Hip Positioning: Supine

- Use pre moistened and flushable
- wipes.
- Can also apply lotion to tissue.
- May use toilet aid to assist in reaching to wipe.
- Consult your therapist to find one that works for you.

Special Precautions:

- Keep legs apart.
- Do not twist trunk.
- Do not bend affected hip past degrees.

17

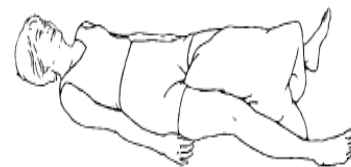


Sleeping on back is best. Place pillow or wedge cushion between knees at all times to keep legs apart.

Special Precautions:

Affected leg should not cross midline.

18



LOWER EXTREMITY - Hip Positioning: Side-Lying

May sleep on unaffected side. Place pillows between legs to support affected leg before turning onto side.

Special Precautions:

Affected leg should not cross midline.

19



LOWER EXTREMITY - Positioning: Bed Covers On / Off

Use long-handled reacher or dressing stick to assist in arranging blankets or sheets.

Special Precautions:

- Avoid twisting trunk.
- Keep legs apart.
- Do not bend affected hip past ___degrees.



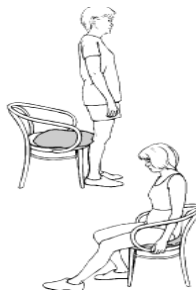
LOWER EXTREMITY - Positioning: Sitting

- Select sturdy chairs; armrests are desirable.
- If seat of chair is below knee level, place a pillow or cushion to raise height of seat before you sit down.
- May keep affected leg forward to decrease bend at hip.

Special Precautions:

- Do not bend hip
- past _degrees.
- Do not cross legs.

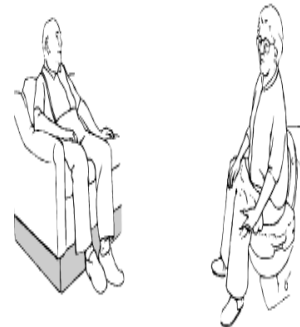
21



LOWER EXTREMITY - Positioning: Adapted Seating

- If you are over 5' 2" tall, a raised toilet seat will be necessary.
- Consult your therapist to find the one that is safe and works best for you.
- Place riser under low couch or stack extra cushions on top.
- May also require board under cushion to prevent sagging.

22



LOWER EXTREMITY - Positioning: Eating

- Place cushion on seat of dining chair.
- Sit erect and close to edge of table.
- Avoid leaning down or reaching across table.

Special Precautions:

- Do not cross legs.
- Avoid bending forward past ____degrees.

LOWER EXTREMITY - Positioning: Airplane Seating

- Inform airline of your condition.
- Request seating that allows space for legs.
- Ask for extra blankets to raise height of seat as needed.

Special Precautions:

- Do not bend affected hip
- past _degrees.
- Keep legs apart.

23



24



LOWER BODY WEAKNESS Hip Precautions

LOWER EXTREMITY - Positioning: Edema Control

- Keep leg elevated whenever possible to prevent swelling.
- hours each session _____ times a day

25



LOWER EXTREMITY - Mobility: Supine to Sit

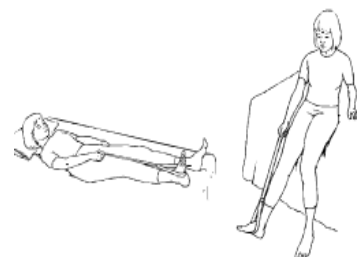
- Slide affected leg toward edge of bed.
- Swing leg over edge of bed while pushing up to sit.
- May use leg lifter to assist.

Special Precautions:

Keep legs apart.

Keep foot pointing forward or out to side.

26



LOWER EXTREMITY - Crutch Mobility Carrying Items

A front hip pack is the most convenient way to carry small items such as glasses, wallet, keys.

An apron with large pockets serves to transport some household and packaged food items from room to

LOWER EXTREMITY - 28 Crutch Mobility: Non-Weight Bearing

- Keep weight off right leg.
- Grasp crutch handles securely. Do NOT lean armpits on crutches.

1. Move both crutches forward and slightly out to sides.
2. Hop up to crutches with right leg.

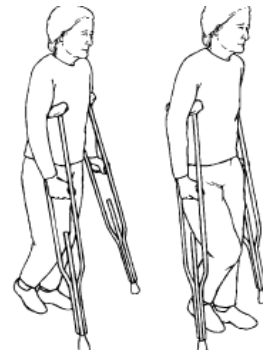
room .Small shoulder purses slung across front of chest also work.
A back pack is useful for larger items.

27



Repeat above sequence for each step taken.

28



LOWER EXTREMITY - Crutch Mobility: Partial Weight Bearing

Grasp crutch handles securely. Do NOT lean armpits on crutches.

1. Move both crutches forward and slightly out to sides.
 2. Step up to crutches with right leg.
 3. Bearing weight on both hands, bring other leg forward.
- Repeat above sequence for each step taken.

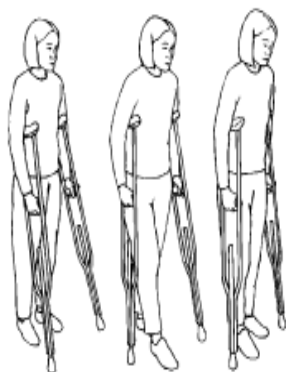
LOWER EXTREMITY - Mobility: Using Walker

1. Advance walker 1-2 feet. Keep it centered.
 2. Step forward with affected leg.
 3. Pushing down on walker for support, bring unaffected leg next to other leg.
- Repeat above sequence for each step.

CAUTION:

Avoid leaning too close to front or side of walker to avoid tipping.
Wear safety belt if assistance is needed.

29



30



LOWER EXTREMITY - 31 Walker Transfer: Armchair

Push up on armrests with both hands.
weight on unaffected leg.

Move hands to walker placed close in
front. Gain balance before stepping
forward.

Special Precautions:

- Do not pull on walker while standing up.
- Do not bend affected hip past _degrees.
- Keep legs apart.
- Limit weight on leg to ___pounds.

31



LOWER EXTREMITY - 32 Crutch Transfer: Chair Without Armrests

Back up to side of chair. Hold crutches in one
hand. Reach for back of chair with other
hand while sitting.
Pivot slowly to front of chair using crutches
to assist.

Special Precautions:

- Use pillow to raise height of seat.
- Limit weight on affected leg to _pounds.
 - Do not cross legs.
 - Do not bend hip past __degrees.

32



LOWER EXTREMITY - 33 Crutch Transfer: Chair Non- Weight Bearing on One Leg

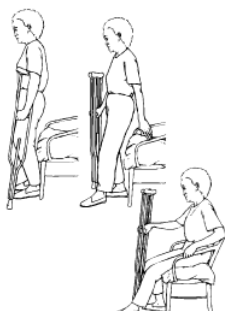
LOWER EXTREMITY - 34 Crutch Transfer: Toilet Non-Weight Bearing on One Leg

- Back up against chair.
- Hold both crutches in one hand, reach for armrest with other hand.
- Sit down slowly by bending unaffected leg.

Special Precautions:

- Limit weight on affected leg to _____ pounds.
- Do not bend past degrees.
- Do not cross legs.

33



- Back up against toilet and ease pants down.
- Hold both crutches in one hand, place other hand on wall bar.
- Sit down slowly by bending unaffected leg.

Special Precautions:

- Keep legs apart.
- Do not bend affected hip past _____ degrees.
- Limit weight on affected leg to _____ pounds.

34



Lower extremity - 35 Crutch Transfer: In / Out Shower

Grasp crutch handles securely.
Hands must be dry and soap-free.
Use large, non-skid mats both outside and inside shower.

Step in with right leg.
Follow with other leg.
Leave crutches outside while showering.

Step out with right leg.

LOWER EXTREMITY - 36 Non-Weight Bearing: Ankle / Foot

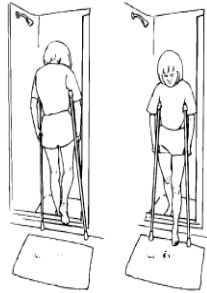
Some walking aids permit both hands to be free.

May prop affected leg on seat of walk aid for prolonged sitting or standing.

36



35

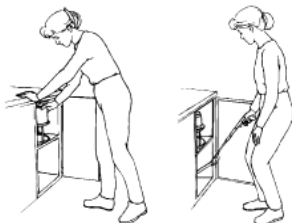


LOWER EXTREMITY - 37
Home / Work Management:
Reaching Down

To avoid bending too far at hips, use a lazy Susan to keep items on shelf within easy reach.

Use a reacher to pick up light unbreakable items from low shelves. May also lift affected leg.

37



LOWER EXTREMITY - 38
Home / Work Management
Laundry - Loading Wash

Place laundry items at waist level so that bending and twisting hips can be avoided.

38



Patient Name:

Therapist Name:

Date:

Special Instructions:

HEM1.18.000623



Comprehensive Rehabilitation Care Department