

Northeast Rehabilitation Center "Committed To Health & Wellness"

- **Owned and operated by licensed therapists**
- **Specific treatment modalities and approaches to enable our patients to reach their maximum functional outcome**



- **High ethical and legal standards are compliant with all state and federal regulations**
 - **Physician orders are followed and there is communication with physician on a regular basis to discuss plan of care and progress**
 - **Patient and caregiver education in our treatment plan**
 - **The latest treatment approaches, the highest standards of care and the most modern equipment**
 - **Compassionate and caring staff members**
 - **Flexible Hours 7 A.M. - 7 P.M.**
 - **Outcome oriented and offer functionally guided programs**
 - **Follow-ups and interest in your health and wellness after discharge**
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- **Holistic approach to our patient care**

The material in the pages that follow was provided by:

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Exercise: Middle Chest Expansion
Area: Chest

Exercise Description:

1. Sit in chair with good erect posture, place hands on chest just below nipples.
2. Keep a light downward pressure with hands against middle ribs throughout exercise.
3. Breathe in through nose attempting to push middle ribs out against hands.
4. Slowly breathe out through the mouth with pursed (puckered) lips and repeat.



What to feel? Pressure outward against hands from middle ribs
Expansion of abdominal region
How many/often? 1 set 10 repetitions 2 times per day
How much weight? 0 pounds Hold for: 0 seconds
Desired Benefits: Increase mid-chest mobility

Exercise: Diaphragmatic Breathing While Lying
Area: Chest

Comment:

Exercise Description:

1. Lie on back on a firm surface with knees bent.
2. Relax and lightly place hands on the abdomen just below the rib cage.
3. Breathe in through the nose raising abdomen and hands.
4. Slowly breathe out through the mouth with pursed (puckered) lips letting stomach and hands lower and repeat.



What to feel? Expansion of abdominal region
How many/often? 1 set 5 repetitions 2 times per day
How much weight? 0 pounds Hold for: 0 seconds
Desired Benefits: Improved breathing ability

Exercise: Forward Trunk Single Knee to Chest Stretch While Lying
Area: Low Back

Exercise Description:

1. Lie on back on firm surface with knees bent, feet resting on the surface.
2. Lift leg and grasp knee.
3. Squeeze knee toward chest/armpit and hold.
4. Return to starting position and repeat.



What to feel? Stretching in back and hip
How many/often? 1 set 2 repetitions 2 times per day
How much weight? 0 pounds Hold for: 10 seconds
Desired Benefits: Increase joint mobility

Exercise: Forward Trunk Lying Double Knees to Chest Stretch
Area: Low Back

Exercise Description:

1. Lie on back on a firm surface with knees bent feet
rface
and grasp knee.
nd grasp knee.
es toward armpits and hold.
se, stretch and repeat.

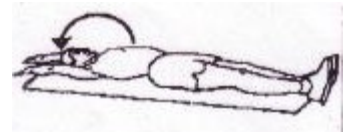


What to feel? Stretching in lower back and back of hips
How many/often? 1 set 2 repetitions 2 times per day
How much weight? 0 pounds Hold for: 10 seconds
Desired Benefits: Increase trunk mobility

Exercise: Backward Trunk Lying (Supine) Overhead Reach Stretch
Area: Low Back

Exercise Description:

1. Lie on back on firm surface and legs out straight.
2. With arms out straight, reach arms overhead as far as possible and hold.
3. Slowly return to starting position, relax, and repeat.



What to feel? Stretching in lower back and about shoulder
How many/often? 1 set 2 repetitions 2 times per day
How much weight? 0 pounds Hold for: 10 seconds
Desired Benefits: Increase trunk mobility

Exercise: (Supine) Lying Level One Lift Double Arm Stabilization
Area: Low Back

Exercise Description:

1. Lie on floor with knees bent with spine in good posture.
2. While maintaining good posture slowly lift both arms from your side to overhead.
3. Then slowly return the arms to the side keeping elbow straight.
4. Repeat



What to feel? Tightening of muscles in arms and trunk.
How many/often? 1 set 10 repetitions 2 times per day
How much weight? 0 pounds Hold for: 0 seconds
Desired Benefits: Increase muscle strength and spine stability

Exercise: (Supine) Lying Level One Lift Alternate Arm Stabilization
Area: Low Back

Exercise Description:

1. Lie on floor with knees bent with spine in good posture.
2. While maintaining good posture slowly lift one arm from your side to overhead.
3. Then slowly return the arm to the side keeping elbow straight.
4. Repeat with opposite arm.
5. Repeat



What to feel? Tightening of muscles in arms and trunk.
How many/often? 1 set 10 repetitions 2 times per day
How much weight? 0 pounds Hold for: 0 seconds
Desired Benefits: Increase muscle strength and spine stability

Exercise: (Supine) Lying Bridging Stabilization
Area: Low Back

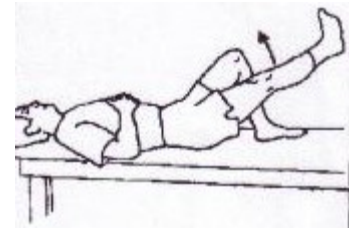
Exercise Description:

1. Lie on back with knees bent and feet resting on the floor. Lift the lower back and maintain this position for 5 seconds. Lower the lower back to the floor and repeat. Repeat this exercise. Hold so weight is on feet and shoulder blades and hold. Return to starting position, relax, and repeat.



What to feel? Tightening in lower back and buttocks
How many/often? 1 set 10 repetitions 2 times per day
How much weight? 0 pounds Hold for: 5 seconds
Desired Benefits: Increase muscle strength and low back stability

Exercise: Leg Forward Lying Knee Straight(SLR)
Area: Hip and knee
Comment: Before attempting clear with Surgeon
Do exercise for both legs

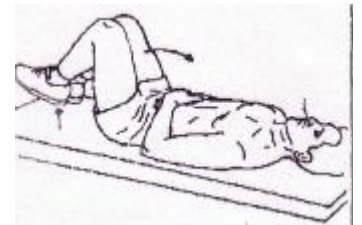


Exercise Description:

1. Lie on back on flat surface with UNINVOLVED knee bent.
2. Keep knee straight throughout the exercise.
3. Lift leg off the surface.
4. Slowly return to the starting position and repeat

What to feel? Tightening of front of hip and thigh.
How many/often? 1 set 10 repetitions 2 times per day
How much weight? 0 pounds Hold for: 5 seconds
Desired Benefits: Increase muscle strength

Exercise: Double Leg Lifts Knees Bent
Area: Abdomen
Comment: Before doing exercise consult surgeon.



Exercise Description:

7. Lie on back on firm surface, knees bent, feet resting on floor, and arms at side.
2. Tighten abdominal muscles pushing low back in the floor and maintain this position through out exercise.
3. Keep knees bent, lift feet off the floor, and hold.
6. Slowly lower feet to the surface. DO NOT let low back raise off the surface.
7. Relax and repeat

What to feel? Tightening of abdomen.
How many/often? 1 set 10 repetitions 2 times per day
How much weight? 0 pounds Hold for: 5 seconds
Desired Benefits: Increase muscle strength

Exercise: Partial Sit Ups Arms Across Chest
 Area: Abdomen.
 Comment: Before doing exercise consult surgeon

Exercise Description:

1. Lie on back on firm surface, knees bent, feet resting on the floor, and arms folded across chest.
2. Slowly curl up with head and chest moving toward knees and hold.
3. Keep low back in contact with surface through out exercise.
4. Slowly return to the starting position and relax.
5. Repeat



What to feel? Tightening of abdomen
 How many/often? 1 set 10 repetitions 2 times per day
 How much weight? 0 pounds Hold for: 5 seconds
 Desired Benefits: Increase muscle strength

Exercise: Hamstring Long Sitting One Leg Stretch
 Area: Back of Thigh

Exercise Description:



edge of a firm surface, stretch leg out straight
 and have opposite leg off the edge.
 ward toes, pull feet up, and hold.
 ting position, relax and repeat.

What Stretching behind knee and thigh.
 How: 1 set 1repetitions 2 times per day
 How: 0 pounds Hold for: 20 seconds
 Desired Benefits: Increase muscle flexibility

Exercise: Hamstring Long Sitting Two Leg Stretch
Area: Back of Thigh

Exercise Description:

1. Sit of firm surface with legs straight.
2. Keep legs straight throughout exercise.
3. Reach hands toward toes, pull feet up, and hold.
4. Return to starting position, relax, and repeat.



What to feel? Stretching behind knees and thighs
How many/often? 1 set 1 repetitions 2 times per day
How much weight? 0 pounds Hold for: 20 seconds
Desired Benefits: Increase muscle flexibility

Exercise: Standing Squats Bending Forward
Area: Knee

Exercise Description:

1. Stand with feet shoulder width apart and arms out in front of you.
2. Bend trunk forward as you bend hips and knees lowering your body to the height of a chair.
3. Hold position
4. Slowly return to starting position.
5. Relax and repeat.

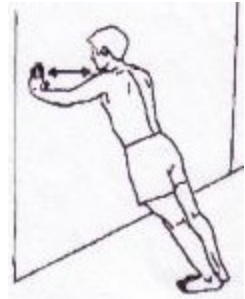


What to feel? Tightening in front of thighs
How many/often? 1 set 10 repetitions 2 times per day
How much weight? 0 pounds Hold for: 0 seconds
Desired Benefits: Increase muscle strength

Exercise: Standing Push Up Stabilization
Area: Low Back

Exercise Description:

1. Stand facing wall. Place hands at shoulder level on the wall shoulder width apart.
2. Keep spine in good erect posture during entire exercise.
3. Bend elbows and lower body towards wall then straighten elbows to push back away from the wall.
4. Repeat



What to feel? Tightening in shoulder blades and spine.
How many/often? 1 set 10 repetitions 2 times per day
How much weight? 0 pounds Hold for: 0 seconds
Desired Benefits: Increase muscle strength and spine stability

Exercise: Leg Forward (Flex) Standing Weight
Area: Hip

Exercise Description:

1. Stand with erect posture next to a chair used for balance.
2. Place weight around ankle.
3. Lift knee up toward ceiling.
4. Slowly, return to the starting position and repeat.



What to feel? Tightening in front of hip
How many/often? 1 set 10 repetitions 2 times per day
How much weight? 1 pounds Hold for: 0 seconds
Desired Benefits: Increase muscle strength

Exercise: Leg Sideways (Abd) Standing Weight
Area: Hip
Comment: Hold on to something firm for safety as needed

Exercise Description:

1. Stand with good erect posture next to chair used for balance with weight around ankle.
2. Take leg out to the side keeping upright position
3. Slowly return to starting position.
4. Relax and repeat.



What to feel? Tightening of outside of hip
How many/often? 1 set 10 repetitions 2 times per day
How much weight? 1 pounds Hold for: 0 seconds
Desired Benefits: Increase muscle strength

Exercise: Leg Back (Ext) Standing Knee Straight Weight
Area: Hip

Exercise Description:

1. Stand with good erect posture next to chair used for balance with weight around ankle.
2. Keep knee straight throughout exercise.
3. Push leg back.
4. Slowly return to the starting position.
5. Relax and repeat



What to feel? Tightening behind thigh.
How many/often? 1 set 10 repetitions 2 times per day
How much weight? 1 pounds Hold for: 0 seconds
Desired Benefits: Increase muscle strength