Home Exercise Program

There are demonstrations of these exercises on the IPad for caregivers to view. I will also be happy to work with anyone individually.

1. Stretches for plantar fasciitis. These stretch the bottom of the foot. These should be done three times a day, perhaps when getting ready in the morning, getting ready for bed, and one more time during the day. It is also important that he has the support to his feet that the AFOs provide as much as possible. Walking barefoot makes plantar fasciitis worse. Perform exercises for both feet
2. Ball of foot. Place your hands on the bottom of his foot. Using the part of your palms just under the thumbs, slowly give pressure to the ball of the foot, “spreading” it out to the sides. Gradually increase stretch, gauging his reaction as you go. Back off the pressure if he reacts with pain by pulling foot away, or shouting. Hold for 20 seconds, then slowly release your hands.
3. Dorsiflexion. Use one hand to grip the back of his heel. Place the other hand with your palm on the ball of his foot. Pull the heel downward, while pushing the foot and toes up. Use the same principles of slowly increasing and decreasing the force you apply, and holding for 20 seconds
4. Toe extension. Uncross toes when one is overlapping another. Place your thumbs horizontally under all five toes, and wrap your hands around the top of his foot. Push the toes back gently but firmly, hold for 20 seconds.
5. Trunk rotation and reaching. Have him walk up to the bench, and sit on the end, facing the recliner chair. Place his feet against the inside of the wooden blocks, knees spread apart, straddling the bench. Have him reach to get combs from above his head, out to the side, down to the floor, and straight in front on the floor. He should have to reach far enough to lean. He will prefer to use his left hand, but also prompt him to use his right hand half of the time. You may have to give a little physical assistance under the right elbow. Make sure both hands have a chance reaching across his body to the opposite side. Perform this routine once a day
6. Positions. At different times throughout the day, he can stay in these positions for a good prolonged stretch. Once a day for each position.
7. Straddle sitting on bench. After finishing comb game, have him scoot all the way back until his back touches the wall. Knees should be on either side on the bench and feet flat on floor. This stretches the inner thigh. He should be able to sit this way for 20 minutes. Give him an activity or other distraction.
8. Long sitting. While his back is still against the wall, help raise each leg one at a time, so entire leg is on the bench. Legs should be straight out in front of him, knees as straight as possible. Hold this for at least 5 minutes. Ten minutes is better if he is willing. Setting the timer helps him know when he will be done. This stretch is for his hamstrings.
9. Prone on the bed. Have him lie on his stomach on the bed. Place a pillow under his stomach by rolling to the side, placing it under him, then rolling back. Legs should be straight out behind him, hips and knees straight. This position could be held for 10 minutes at night, as he is going to bed. This stretches the hip flexors in the front of his hips.