

SOUTH SHORE PHYSICAL THERAPY

William M. Herro M.S. P.T.

Alice M. Herro P.T.

220 Main Street Center Moriches, NY 11934

(631) 878-4545

Fax (631) 878-4573

KNEES BENT, FEET ON BED

1. Pelvic Tilt: Tighten tummy and bottom pressing lower back to bed. Hold count to 5
4. Head and Shoulder Lift: Slight Sit-up may hold bottom with hands
5. Rotate knees to L and R
6. Bridging - Lift bottom
7. Bring knee to chest gently and hold ///// turn leg and hold

5-10x increase to 30 2-3x daily

STANDING

1. Lateral Trunk Stretch - Hand on wall - Pelvis to wall
2. Hamstring Stretch: Foot on step-knee straight, toes point to nose, stretching bottom of thigh
3. Hip Flexor Stretch: Hold foot to bottom extending hip
5. Calf Stretch: Foot flat and pointing straight; knee straight; lean forward
6. Trunk rotations standing/sitting

10-15 seconds x3 3x Daily

STOMACH LYING

Prone Lift: Progress to resting on elbows

5 minutes 5x Daily

WALKING Work-up to 30 minutes