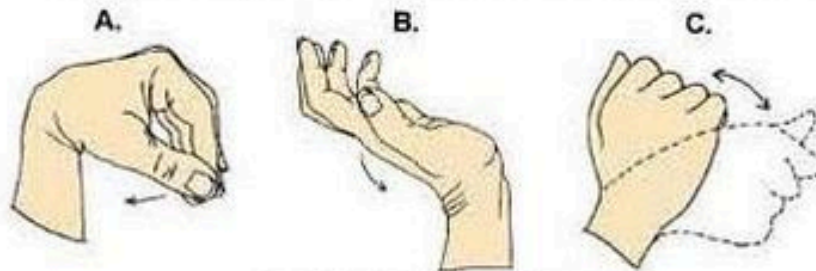
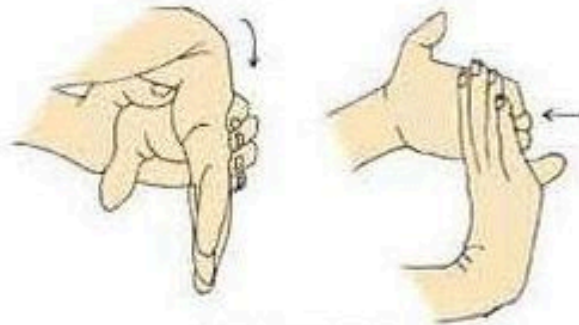


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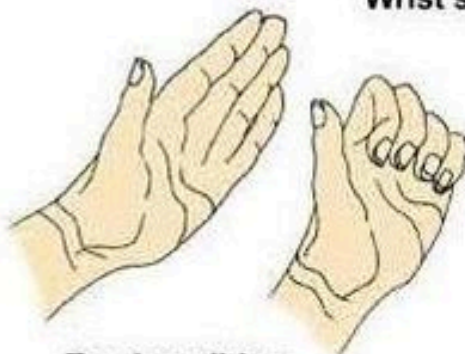
Carpal Tunnel Syndrome Exercises



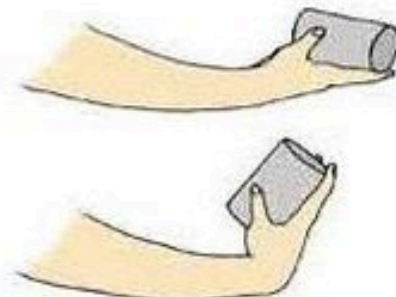
Active range of motion



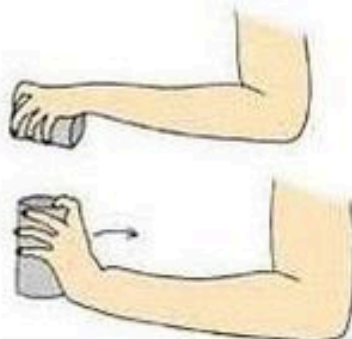
Wrist stretch



Tendon glides



Wrist flexion exercise

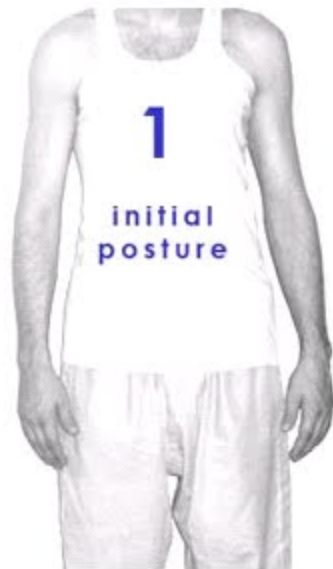


Wrist extension exercise



Grip strengthening

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Towel stretch



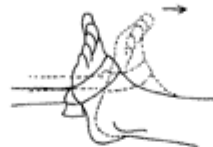
Standing calf stretch



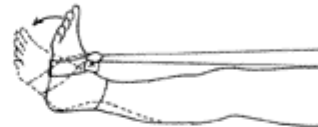
Standing soleus stretch



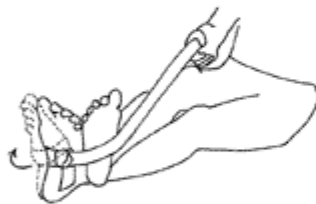
Ankle range of motion



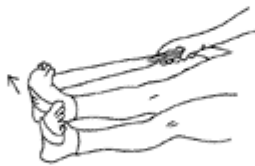
Resisted dorsiflexion



Resisted plantar flexion



Resisted inversion



Resisted eversion



Heel raises



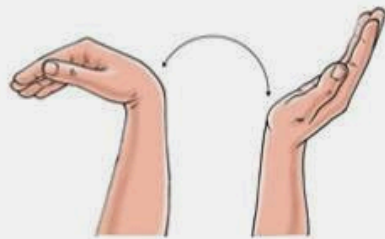
Toe raises



Single leg balance

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Medial Epicondylitis (Golfer's Elbow) Rehabilitation Exercises



Wrist active range of motion: Flexion and extension



Wrist stretch



Forearm pronation and supination



Eccentric wrist flexion



Eccentric wrist extension



Grip strengthening



Forearm pronation and
supination strengthening



Resisted elbow flexion
and extension

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Hamstring Strain Rehabilitation Exercises



Standing hamstring stretch



Hamstring stretch on wall



Slump stretch



Prone knee bend



Prone hip extension



Chair lift



Resisted hamstring curl



Lunge

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WRIST RANGE OF MOTION EXERCISES

Complete 10 repetitions of each exercise, 3 times a day.



Actively bend wrist forward then back as far as possible.

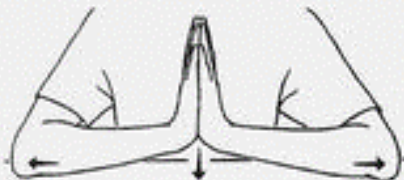
Grasp hand and slowly bend wrist until stretch is felt. Relax. Then stretch as far as possible in opposite direction. Be sure to keep elbow bent.



Keeping elbow straight, grasp hand and slowly bend wrist back until stretch is felt. Hold 5 seconds. Relax.



Keeping elbow straight, grasp hand and slowly bend wrist forward until stretch is felt. Hold 5 seconds. Relax.








Sitting with elbows on table and palms together, slowly lower wrists to table until stretch is felt. Keep palms together throughout the stretch. Hold 5 seconds. Relax.



Gently bend wrist from side to side as far as possible.

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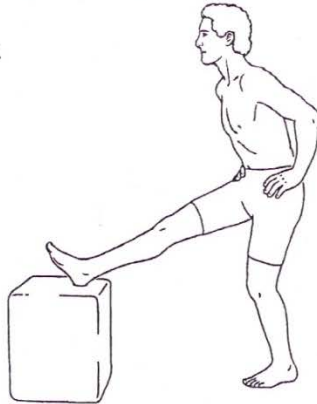
	<p>Prayer Stretch Push chest toward floor, reaching forward as far as possible. Hold 5-10 seconds.</p> <p>Repeat 5 times per set. Do 2 sets per session. Do 2 sessions per day.</p>
	<p>Lower Trunk Rotation Keeping back flat and feet together, rotate knees to left side. Hold 3 seconds.</p> <p>Repeat 10 times per set. Do 2 sets per session. Do 2 sessions per day. Switch to right side and repeat.</p>
	<p>Single Knee to Chest With hand behind right knee, pull knee in to chest until a comfortable stretch is felt in lower back and buttocks. Keep back relaxed. Hold 5-10 seconds.</p> <p>Repeat 10 times per set. Do 1 set per session. Do 2 sessions per day.</p>
	<p>Double Knee to Chest With hands behind knees, pull both knees in to chest until a comfortable stretch is felt in lower back and buttocks. Keep back relaxed. Hold 5-10 seconds.</p> <p>Repeat 10 times per set. Do 1 set per session. Do 2 sessions per day.</p>
	<p>Pelvic Tilt Flatten back by tightening stomach muscles and buttocks. Hold 3-5 seconds.</p> <p>Repeat 10 times per set. Do 2 sets per session. Do 2 sessions per day.</p>

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~~X~~ HIP / KNEE - 39 Stretching: Hamstring (Standing)

Place right foot on stool.
Slowly lean forward,
keeping back straight,
until stretch is felt
in back of thigh.
Hold 10 seconds.

Repeat 5 times
per set.
Do 2-3 sets
per session.
Do 2-3 sessions
per day.



HIP / KNEE - 35 Stretching: Piriformis



Cross right leg over other thigh and place elbow over outside of knee. Gently stretch buttock muscles by pushing bent knee across body. Hold 10 seconds.

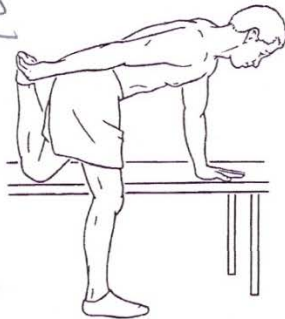
Repeat 5 times per set. Do 2-3 sets per session.
Do 2 sessions per day.

HIP / KNEE - 68 Stretching: Quadriceps

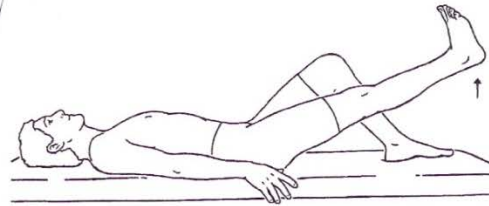
flex slides

With left knee on knee-height surface, support with same side hand. Gently pull heel toward buttock. Hold 10 seconds. Relax.

Repeat 5 times per set.
Do 2-3 sets per session.
Do 2 sessions per day.



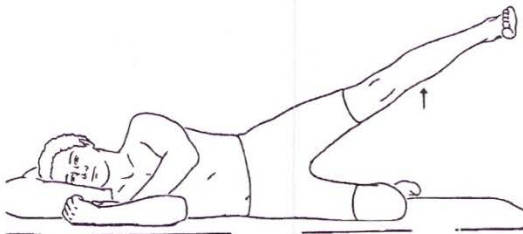
~~X~~ HIP / KNEE - 17 Strengthening: Straight Leg Raise (Phase 1)



Tighten muscles on front of right thigh, then lift leg 12 inches from surface, keeping knee locked.

Repeat 10 times per set. Do 2-3 sets per session.
Do 2 sessions per day.

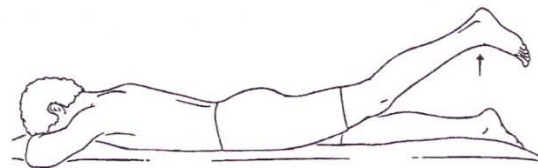
~~X~~ HIP / KNEE - 21 Strengthening: Hip Abduction (Side-Lying)



Tighten muscles on front of left thigh, then lift leg 10 inches from surface, keeping knee locked.

Repeat 10 times per set. Do 2-3 sets per session.
Do 2 sessions per day.

HIP / KNEE - 20 Strengthening: Hip Extension (Prone)



Tighten muscles on front of left thigh, then lift leg 10 inches from surface, keeping knee locked.

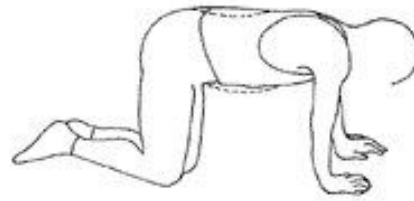
Repeat 10 times per set. Do 2-3 sets per session.
Do 2 sessions per day.

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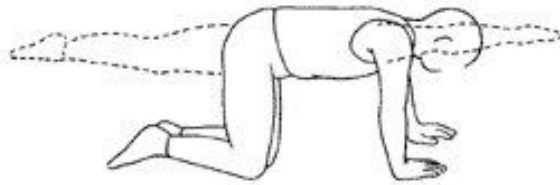
Low Back Pain Exercises



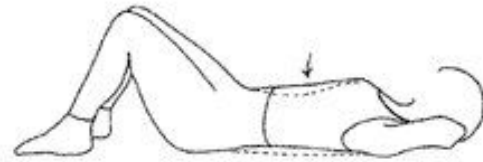
Standing hamstring stretch



Cat and camel



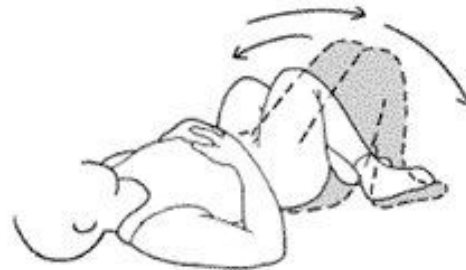
Quadruped arm/leg raises



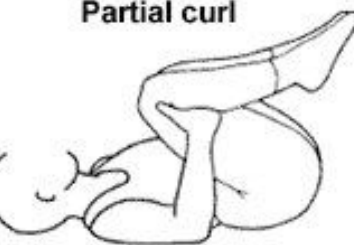
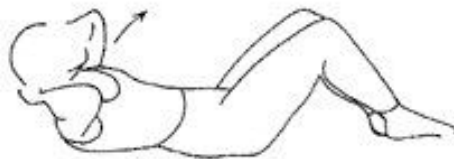
Pelvic tilt



Partial curl



Trunk rotation

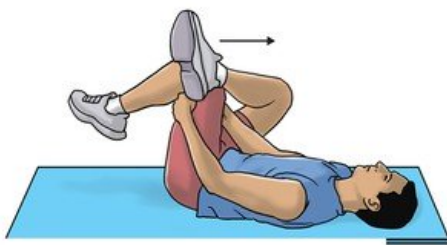


Single knee to chest stretch

Double knee to chest

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Piriformis Syndrome Rehabilitation Exercises



Gluteal stretch



Standing hamstring stretch



Resisted hip abduction



Plank



Side plank

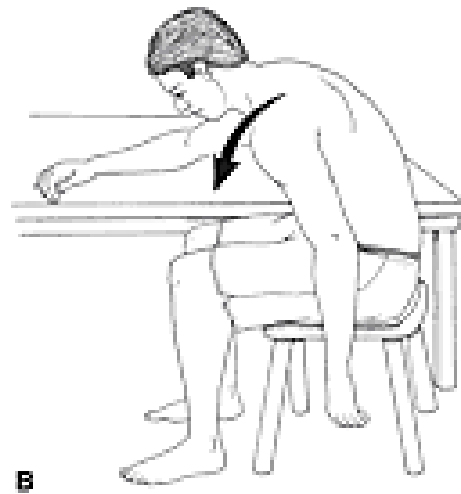
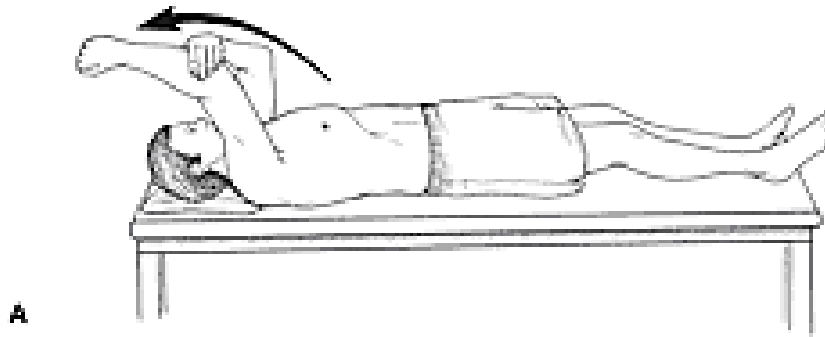


Prone hip extension with bent leg

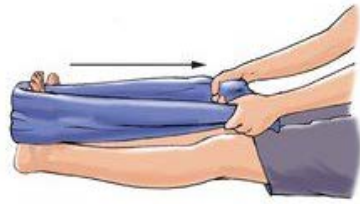


Clam exercise

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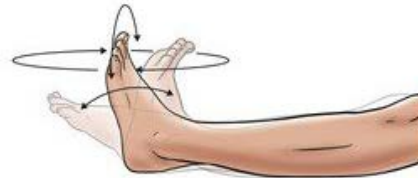
Towel stretch



Standing calf stretch



Standing soleus stretch



Ankle active range of motion



Resisted ankle dorsiflexion



Resisted ankle plantar flexion

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Ankle Sprain Exercises



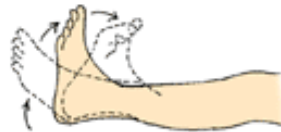
Towel stretch



Standing calf stretch



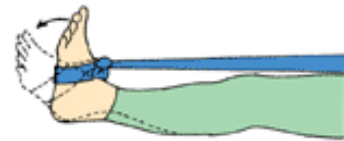
Standing soleus stretch



Ankle range of motion



Resisted dorsiflexion



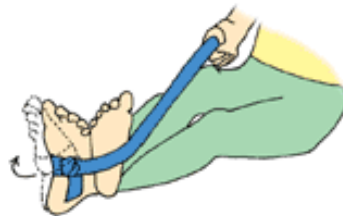
Resisted plantar flexion



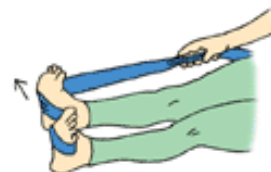
Heel raises



Step-up



Resisted inversion



Resisted eversion



Static and dynamic balance exercises



Jump rope

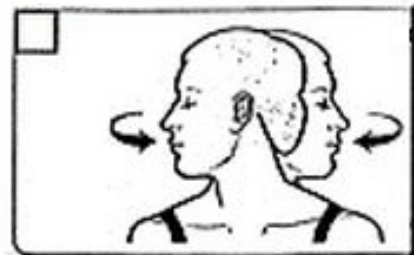
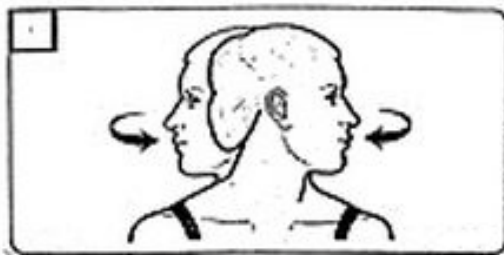
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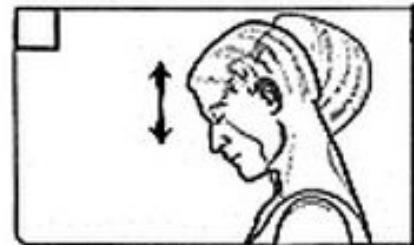
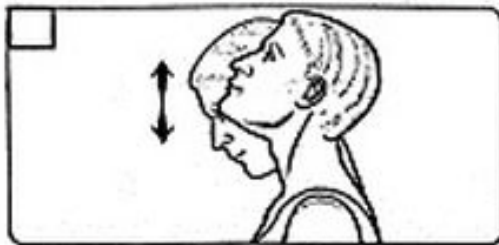
THE FAMILY MEDICINE INSTITUTE VERTIGO EXERCISES

Eyes open. Repeat 10 times.

Eyes closed. Repeat 10 times.



Rotate head left-right



Turn head up-down



Turn head up-down with head tilted right



Turn head up-down with head tilted left