

INSTRUCTIONS FOR CARER ASSISTED STRETCHES

- Always ensure the patient is comfortable prior to starting stretches.
- It is important the patient understands what you are about to do and why.
- Remind the patient to inform you if any pain is felt at any time. Keep observing their face for feedback, this is especially important if your patient is unable to verbalise pain.
- Stretches should be made until you feel an end-point resistance, or the patient informs you to stop.
- Stretches should be completed as demonstrated by the Therapist. Ensure that you are aware of your own posture when completing the stretches. Avoid over stretching, twisting or bending.
- **All stretches should be completed on a daily basis.**

Calf stretch

- Carer supports the affected leg by cupping the heel and holding above the patient's knee
- Slowly move the foot up (towards the ceiling) until you start to feel resistance. Try to keep the leg straight.
- Hold 15-30 Seconds
- Repeat 3 times



Hamstring stretch in lying

- Cup the affected limb under the patients heel and above the knee
- Slowly straighten the leg until you start to feel resistance
- Hold for 15-30 seconds
- Repeat 3 times



Hamstring stretch in sitting

- Hold under the patient's heel and above the knee.
- Slowly straighten the knee until you start to feel resistance
- Hold for 15-30 seconds
- Repeat 3 times



Hip/ Knee Flexion Stretch

- Carer supports the affected leg by cupping the heel and supporting above the knee.
- Slowly bend the patient's knee towards the chest until you start to feel resistance
- Hold 15-30 seconds
- Repeat 3 times



Hip Adductor Stretch



- Carer bends knee up and places foot flat on the bed
- Slowly let the knee drop out to the side, keep supporting the leg. Gently stretch the leg until you start to feel resistance
- Hold 15-30 seconds
- Repeat 3 times

Hip Abduction Stretch

- Support the patient's leg by placing your hand on the inside of the leg above the knee and underneath the ankle.
- Keeping the leg straight, slowly bring it out to the side until you feel resistance.
- Hold 15-30 Seconds
- Repeat 3 times



Hip External Rotation Stretch

- Support the patient's leg by placing one hand above the knee and the other underneath the foot.
- Bend the hip to a 90 degree angle.
- Keeping the knee still slowly bring the foot inwards until you feel resistance.
- Hold 15-30 seconds
- Repeat 3 times



Hip Internal Rotation Stretch

- Support the patient's leg by placing one hand above the knee and the other underneath the foot.
- Bend the hip to a 90 degree angle.
- Keeping the knee still slowly bring the foot outwards until you feel resistance.
- Hold 15-30 seconds
- Repeat 3 times



Trunk Stretch



- Bend the patient's knees so that the feet remain flat on the bed.
- Support the legs at the knees and then slowly roll the knees from one side to the other
- Only move the knees until you start to feel resistance.
- Hold for 15-30 Seconds
- Repeat 3 times

Shoulder Abduction

- Support the patients arm under the elbow and hand.
- Slowly take the arm away from the body until you start to feel resistance.
- Hold for 15-30 seconds
- Repeat 3 times.



Shoulder flexion stretch

- Support the patients arm by holding by elbow and wrist.
- Keeping the arm straight, gently lift the arm up as far as is comfortable for the patient.
- Keep the arm close to the patient.
- Hold 15-30 seconds
- Repeat 3 times.



Shoulder External Rotation

- Carer supports the arm by holding the elbow and the hand
- Keeping patients elbow by their side and bent at 90 degrees , slowly move hand away from patients body towards the bed. Only take arm as far as possible.
- Hold for 15-30 Seconds
- Then return to starting position
- Repeat 3 times



Shoulder internal rotation stretch

- Support the patients elbow and wrist
- Keeping patients elbow by their side slowly move the patients hand towards their body as far as possible
- Hold for 15-30 seconds
- Repeat 3 times



Hand stretch

- Carer gently opens affected hand by slowly stretching fingers out
 - Continue until end point resistance is felt or pain reported
 - Hold for 15-30 seconds
 - Repeat 3 times
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- Encourage patient to do this stretch themselves with unaffected hand if possible



Elbow stretch

- Carer supports affected arm by supporting wrist and elbow
- Carer should slowly begin to bend elbow towards shoulder as far as possible
- Hold 15-30 seconds
- Begin to then slowly straighten arm as far as possible, again holding for 15-30 seconds
- Repeat 3 times



Wrist pronation/supination stretch

- Carer supports elbow and hand
 - Slowly rotate patients forearm so palm is facing the ceiling
 - Hold 15-30 seconds
 - Then rotate forearm so patients palm is facing the floor
 - Hold 15-30 seconds
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- Repeat 3 times.



Wrist flexion/ extension stretch

- Carers supports elbow and hand
- Slowly move hand down to bend wrist as far as comfortable
- Hold for 15-30 seconds
- Then slowly move hand up to extend wrist as far as possible
- Hold for 15-30 Seconds
- Repeat 3 times

