

Exercises for Extremities

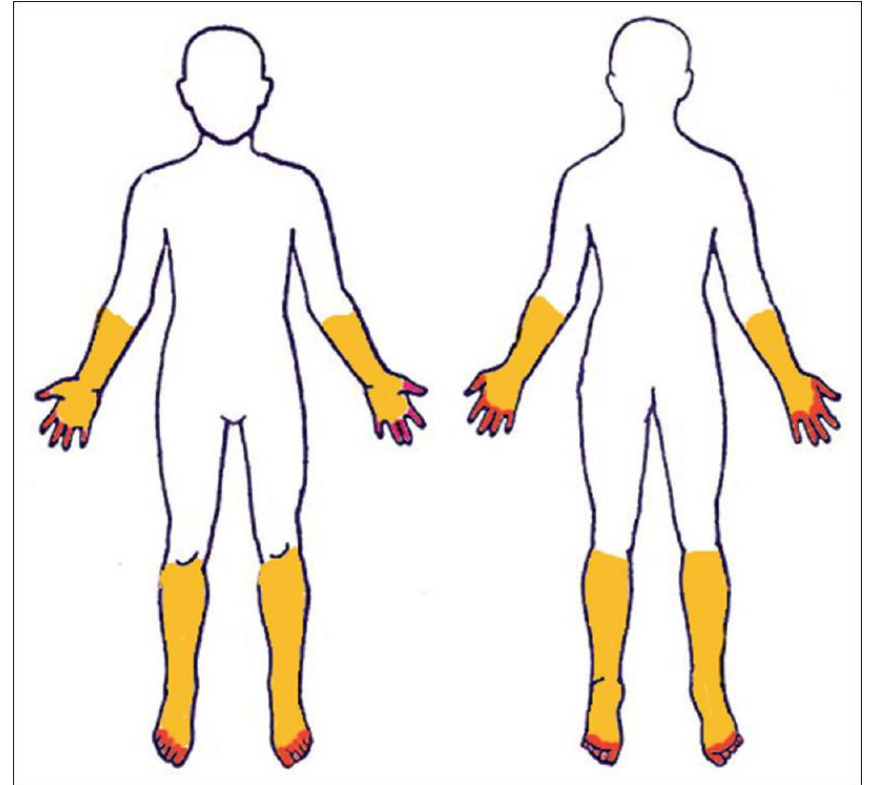
Linda Paumer, MA

Nov 17, 2022



Extremities

- Upper extremities –
 - Arms
- Lower extremities –
 - Legs
- Distal upper extremities
 - Wrists & Hands
- Distal lower extremities
 - Ankles & Feet



Hand & Wrist

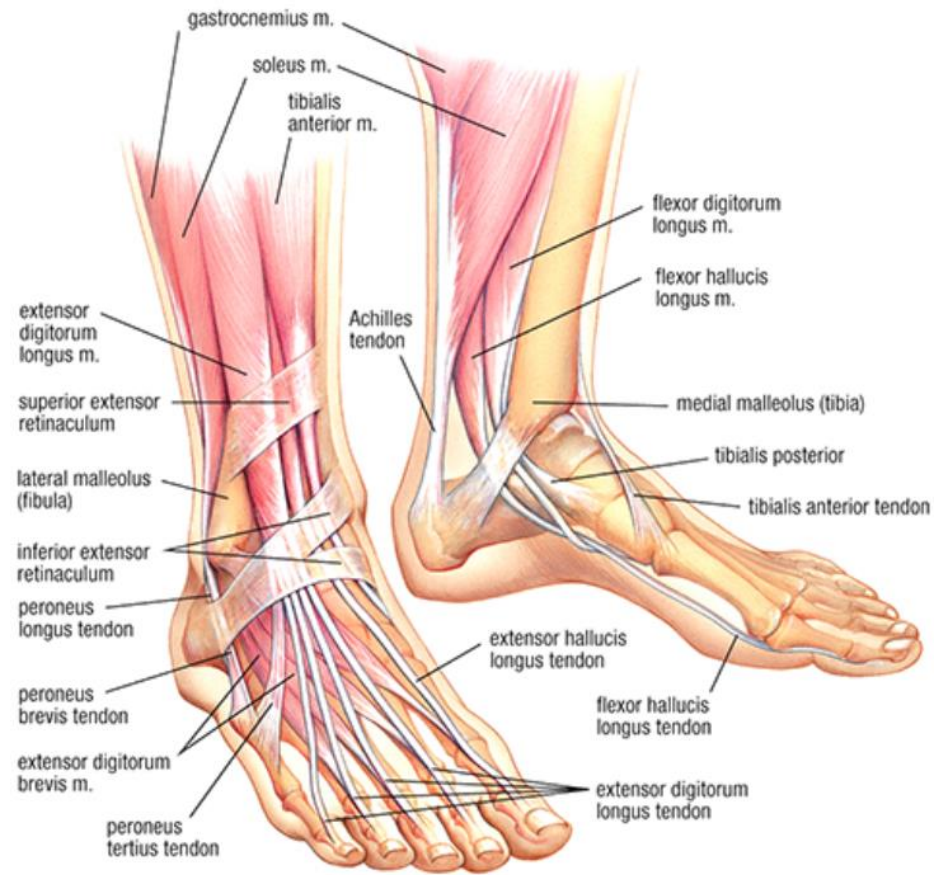
Palmar View

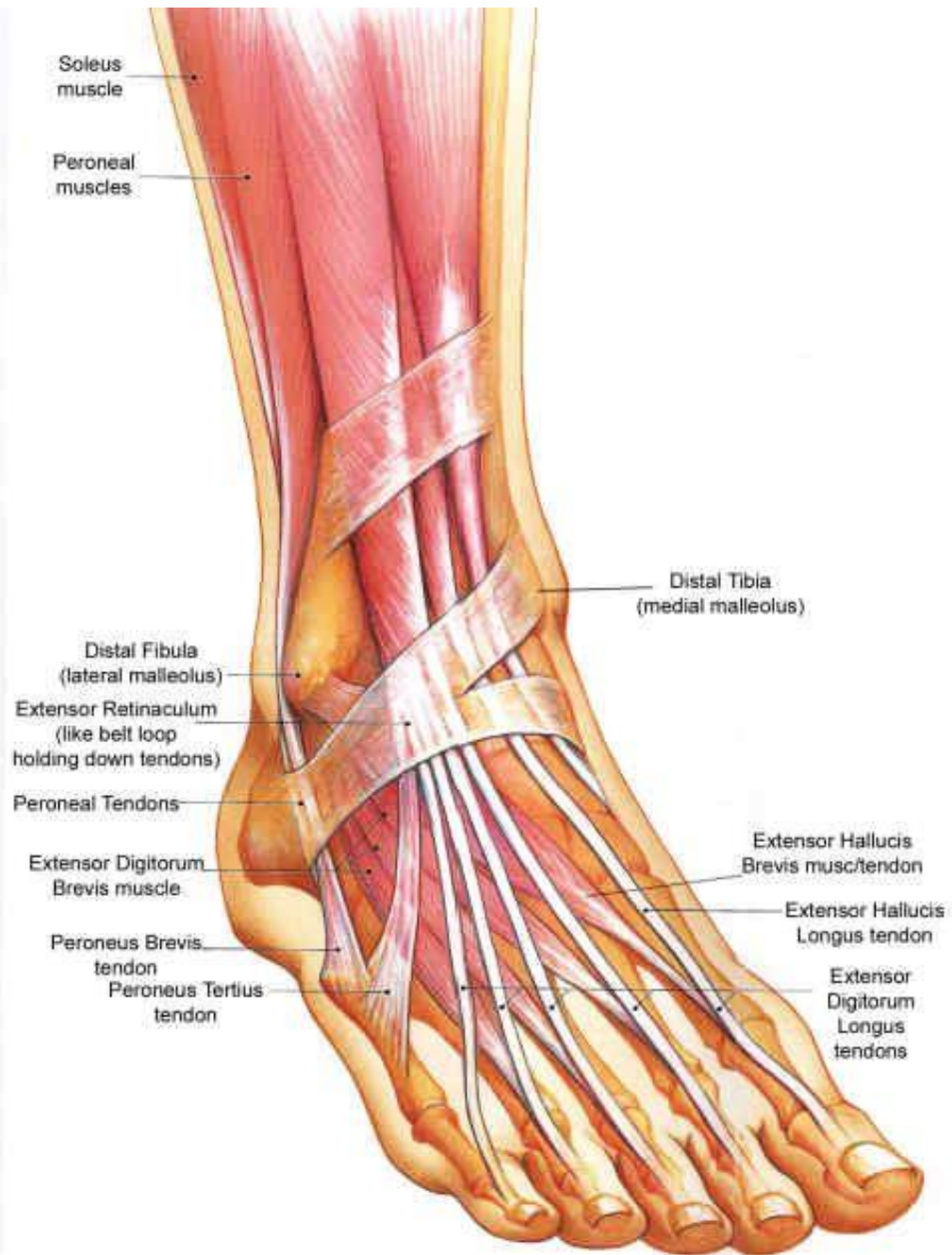


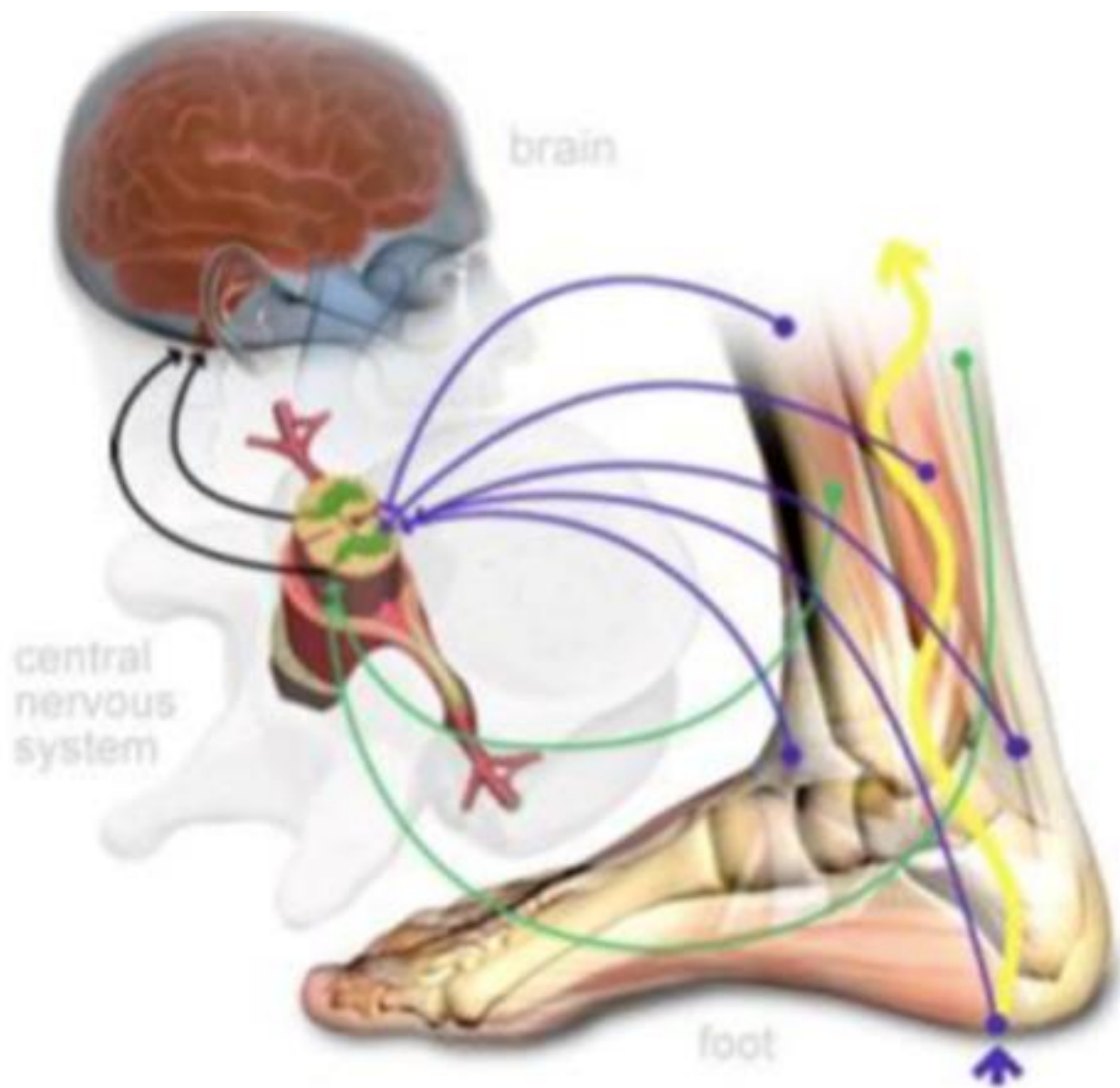
Dorsal View



Ankle & Foot



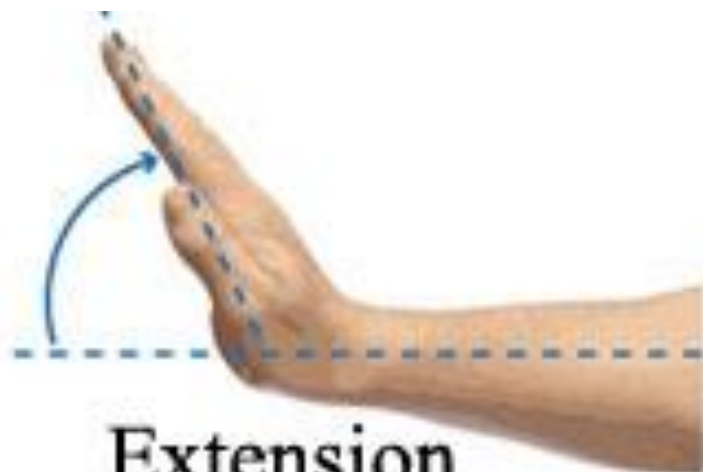




Foot proprioceptor feedback loop



Flexion



Extension



Radial Deviation



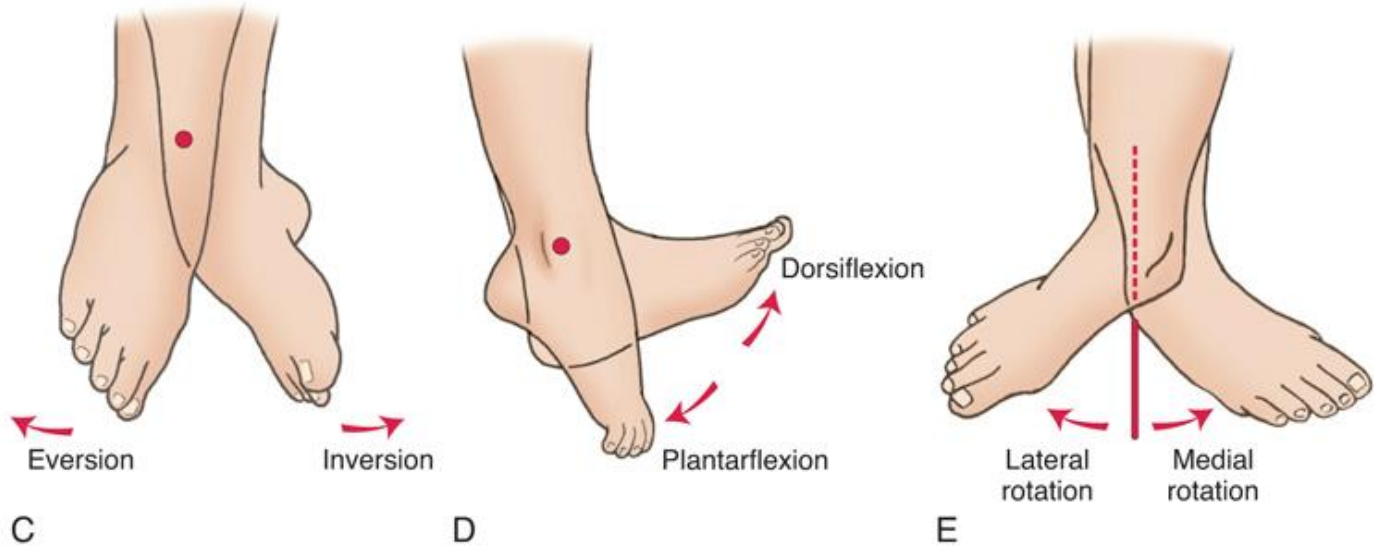
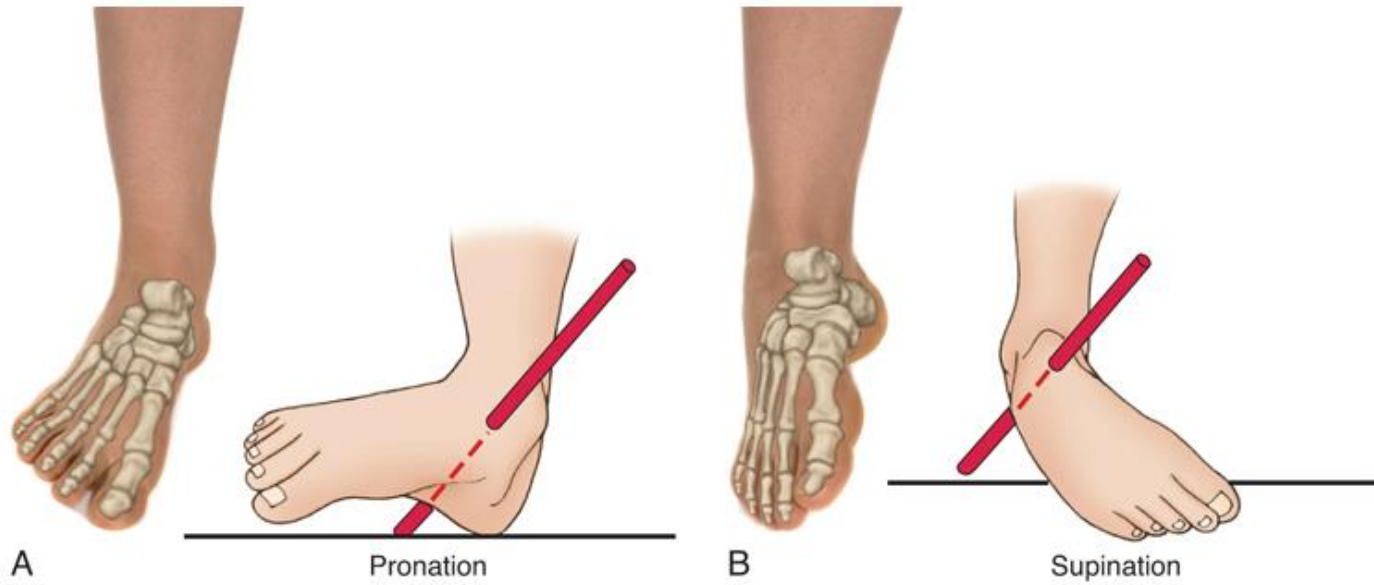
Ulnar Deviation



Pronation



Supination



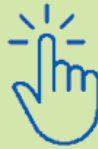
Fitness Components

- Flexibility – important for joints to go through full range of motion
- Strength – important to have strength around joint so going through range of motion against resistance is tolerated
- Balance – even distribution of weight enabling someone or something to remain upright and steady, keeping center of balance
- Proprioception -- joints' awareness

What is Proprioception?

Proprioception is the **body awareness sense**. It helps with:

Knowing where our body parts are



Scratching an itch and knowing where to scratch without looking



Touching hands to feet, also known as "finding your feet"

Understanding how much force to use



Using a pencil with the proper amount of force



Holding a delicate item without breaking it

Coordination between body parts and senses



Riding a bike and coordinating the movements to stay on track



Using hand-eye coordination to catch a ball



Proprioception Exercises

Proprioception is the sense of joint that signals the brain where the body part is in space. It is managed subconsciously so it's difficult for a person to understand the concept.

The Proprioception is usually hampered when a joint is injured, such as with [ligament sprains](#).







Airplane | Supported (Chair)



Start Position



Bend forward at the hip standing on one leg - Keep the back leg and spine straight



Once you are in a good position, let go of the chair - Hold



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Once you are in a good position, let go of the chair - Hold



Activities Using Hands

- Knitting/crocheting/sewing
- Woodworking/woodcarving
- Jigsaw puzzles
- Cooking (stirring, grabbing, cutting)
- Video game controls



Activities Using Feet

- Kicking
- Dancing
- Walking
- Standing

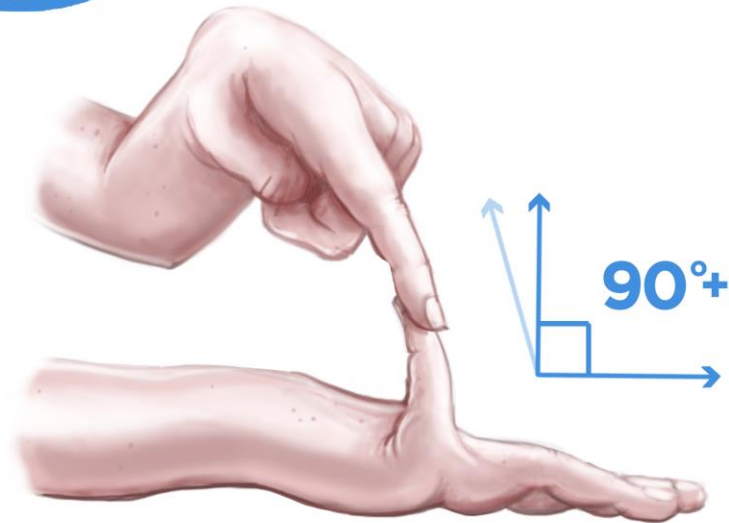


Ankle Assessment





1
POINT
FOR EACH
PINKIE

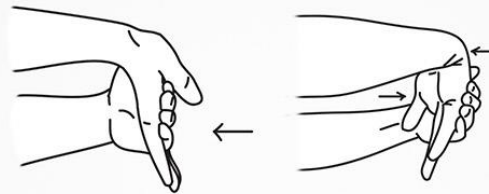


A.

wrist mobility

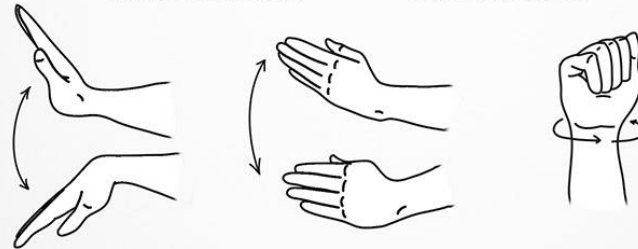
DAREBEE WORKOUT @ darebee.com

20 seconds each exercise



resistance stretch

resistance press



up & down stretch

up & down side stretch

fist rotations



rotations



side flickers

Hand Flexibility



1. Arrow



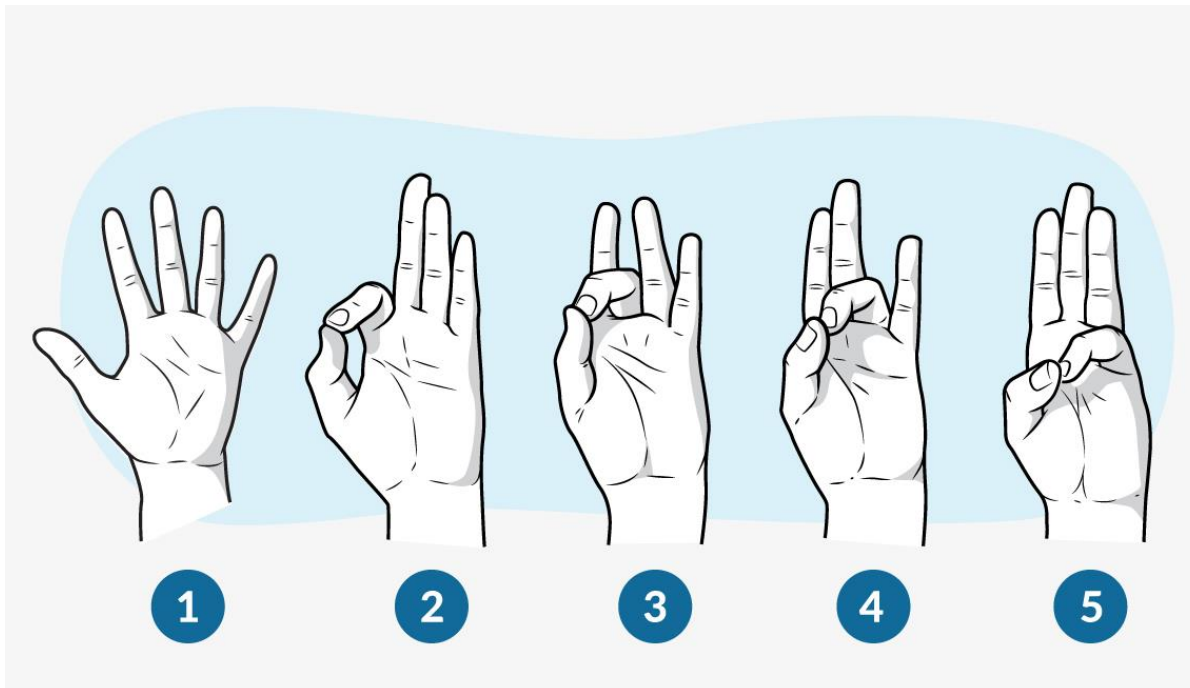
2. Claw



3. Tabletop



4. Fist



EXERCISE To Improve **HAND AND FINGER MOBILITY**



CLAW STRETCH



FISTS



THUMB BEND



TENNIS BALL
SQUEEZE



MAKE AN 'O'



PINCH
STRENGTHENERS



FINGER WALKING



FINGER BENDS



FINGER LIFTS



FINGER STRETCH

Top10
Home Remedies

To explore more, visit

www.Top10HomeRemedies.com

EXERCISE TO

Strengthen Your Ankles

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HEALTH
DIGEST
.com

1

www.healthdigest.com



Calf Raises - Basic

DO 20 REPS

2



Calf Raises
External Rotation

DO 20 REPS

3



Calf Raises
Internal Rotation

DO 20 REPS

4



Plantar Flexion

DO 20 REPS

AND REPEAT ON OTHER SIDE

4



Dorsi Flexion

DO 20 REPS

AND REPEAT ON OTHER SIDE

6



Heel Walks

DO 20 SMALL WALKS

FORWARD AND BACK



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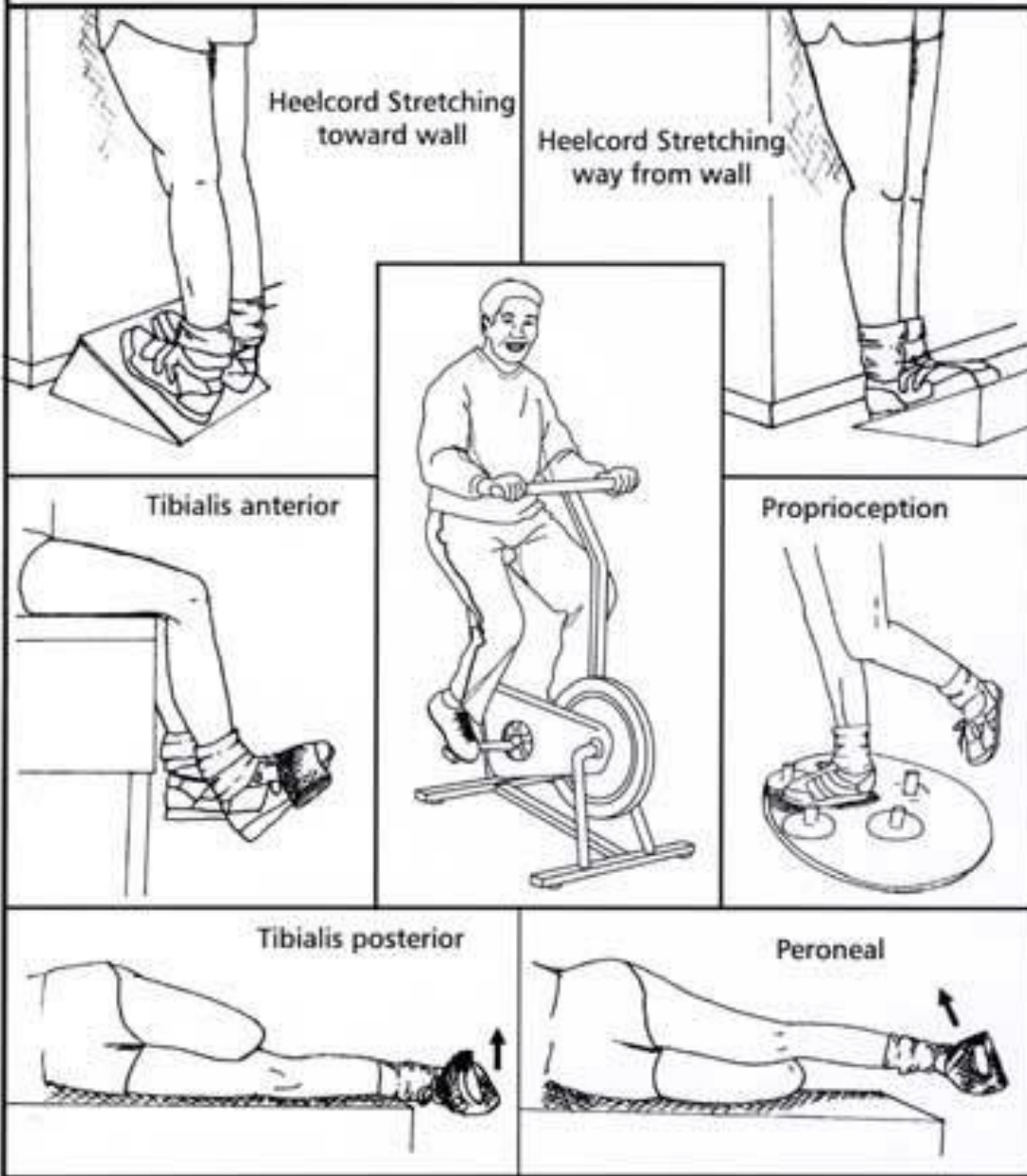


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Ankle Strengthening



Ankle Flexibility



Ankle Strengthening w/ Band



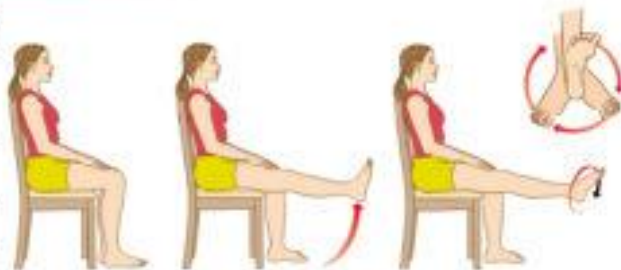
LOWER LIMB EXERCISES



If you experience joint pain, low back pain or you are concerned please discontinue. However do not be surprised if you experience a pulling tight sensation in the muscle you are working, that is to be expected if you have been immobile. If you find the exercise painful stop and discuss with your clinician at the next opportunity.

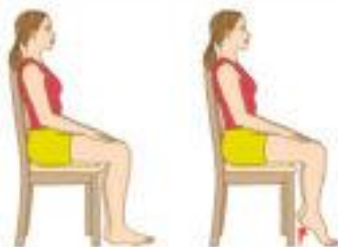
ANKLE MOBILISATION

- Sit on a chair up straight with your feet flat on the ground
- Raise your leg up and roll your feet in a circle as demonstrated on the picture
- With your leg up, point your toes down and then point your toes towards your chest as demonstrated on the picture



HEEL RAISE

- Sit on a chair up straight with your feet flat on the ground
- Raise your heels upwards, while keeping your toes on the floor
- Lower your heels back to the ground
- Once comfortable doing this exercise press down onto your knees and bring your leg up against the resistance of your hands

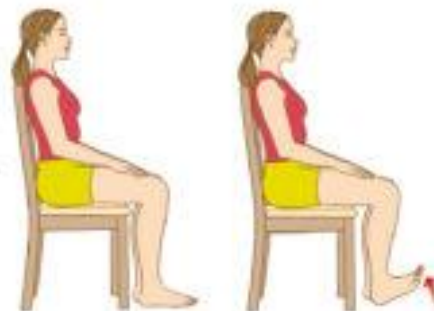


**LEGS
MATTER!**

Get the lowdown on leg and foot conditions at legsmatter.org

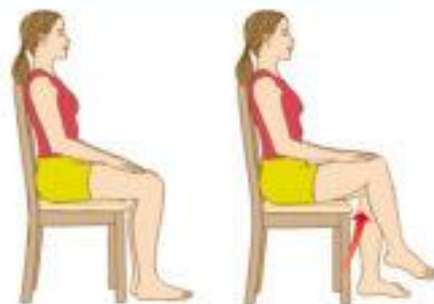
TOE RAISE

- Sit on a chair up straight with your feet flat on the ground
- Raise your toes upwards, while keeping your heels on the floor
- Lower your foot back to the ground



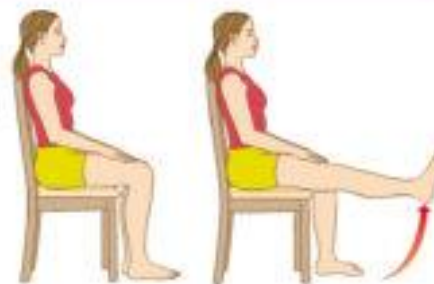
KNEE RAISE

- Sit up straight with your back well supported and your feet flat on the ground
- Straighten your leg out
- Lower your leg back down in a controlled way do not just let it drop
- Once comfortable doing this exercise press down onto your knees and bring your leg up against the resistance of your hands



LEG RAISE

- Sit on a chair, up straight, with your feet flat on the ground
- Raise one knee at a time up towards your chest
- Lower your foot back down to the ground



Content for this leaflet kindly provided by **Accelerate**

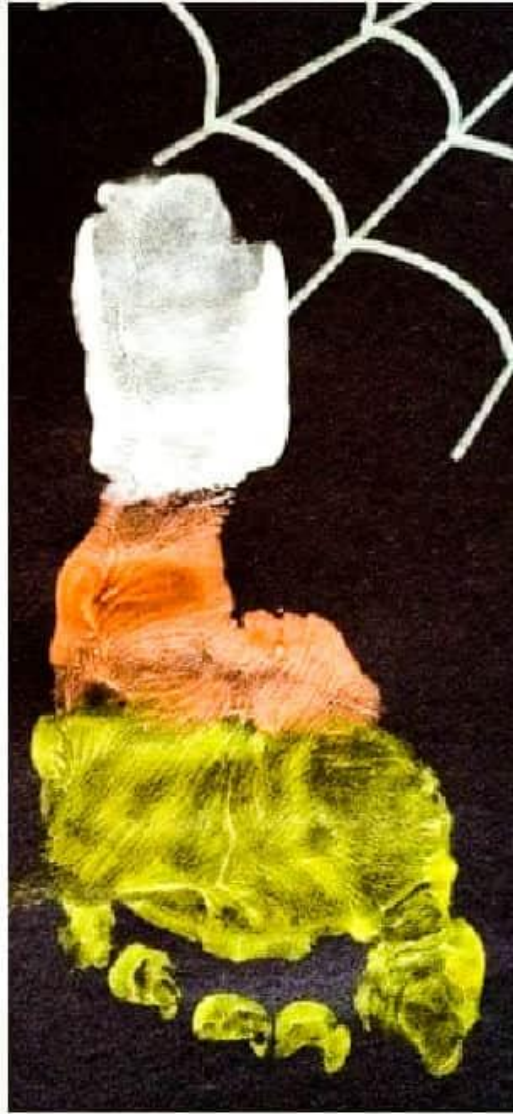
Find out more about the campaign and how you can get involved legsmatter.org

Foot Strengthening Exercises



Happy Baby Pose







mistletoes

