OT in Street Medicine

Resource Binder

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Capstone Project

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Wound Management and Care

Knowing about wounds and how to care for them helps reduce the risk of infection and can promote quicker healing.

Why Do Wounds Form

A wound can form any time there is a break or damage to the skin. There are certain factors that can cause a wound to grow or not heal correctly. Some factors to consider when managing a wound are:

- Hand washing and hygiene practices: Wash hands with soap and water before touching a wound. Keep the area clean as much as possible and remove any dirt or debris if you are able.
- Injection technique or location of injection: “Skin popping” is more likely to cause an abscess, or infection, to the skin. The neck and groin area are more susceptible to developing wounds.
- Underlying physical factors such as diabetes: Reduced sensation from diabetes, reduced circulation, or other health problems can cause a small skin irritation to grow into a bigger wound if it’s not caught early.
- Injecting in the same place multiple times: Bacteria from the skin can get into the injection site more easily and cause infection.
- Chronic inflammation and swelling: Constant inflammation keeps the wound from moving on to the next stage of healing where new tissue forms and the wound can close.

Factors that Impact Wound Healing or Formation

Some personal factors that impact how a wound heals include:

- Age: Younger people tend to heal faster.
- Location of the wound: The foot and lower limb have less blood flow because it is the furthest point from your heart, meaning less oxygen and nutrients are going to the wound to help it heal. Your foot is constantly under pressure from standing or walking, which also impacts the ability to heal.
- Underlying disease like diabetes or vascular disease: Reduced sensation makes it hard to notice a wound. Lack of blood flow impacts tissue repair and makes a wound harder to heal.

- Quality of initial wound care: Making sure the wound is clean and pressure is applied to stop bleeding as soon as possible helps to make sure the wound doesn't become infected. If medical attention is needed, the sooner the better.
- Nutrition: Food with more protein can help with tissue repair. Staying hydrated helps to make sure nutrients get to the wound site and waste can be removed.
- Sharing or reusing equipment for injection: Reusing needles or sharing equipment increases a risk for infection.
- Skin and hand hygiene: Washing hands and cleaning injection sites beforehand are simple ways to reduce the risk of infection and prevent a wound from forming.
- Excess moisture: Especially from socks, excess moisture in one area can cause friction and lead to a wound forming. If there is a wound, too much moisture can break down healthy skin and bacteria thrives, making it harder for the wound to heal.
- Poor blood circulation: Blood helps bring nutrients and oxygen to the wound to help the healing process. Reduced blood flow makes it harder for this to happen.

Helpful Tips for Treating Wounds on Your Own

Wounds can heal faster when you stay on top of wound care. There are things you can do on your own to help with wound healing. Here is a list of things to keep in mind:

- Hand hygiene: Wash your hands with soap and water before touching a wound to reduce bacteria getting in.
- Apply pressure: Right after an injury, put pressure with a clean cloth until it stops bleeding, then clean it with water and elevate the area, if possible.
- Clean with water or saline: Do not use hydrogen peroxide or alcohol to clean a wound because it can damage healthy tissue.
- Rest: Get rest while a wound is healing, if possible. Stay off your feet as much as possible, or get more sleep when you can.
- Check moisture: A wound shouldn't be too wet or too dry. Too much moisture causes healthy skin to break down and can increase bacteria growth. Not enough moisture causes the skin to crack and the wound can't heal as quickly.
- Check skin: If you have diabetes or impaired sensation, do regular skin inspections to check for wounds.

When to Seek Medical Attention

If you are worried about infection, it is always better to be cautious and seek medical attention. There are signs to watch for and the earlier you seek help, the better. Signs to look out for include:

- If the wound is deep, or tendon or bone are showing
- If the wound has a smell to it
- If bleeding doesn't stop after 10 minutes
- If the wound is on your face or crosses a joint (knee, knuckles, elbow)
- Pain or loss of feeling where the wound is
- If the wound is warm to touch
- Excessive redness around the wound
- If there is pus or drainage coming from the wound
- If you get a fever

Pain Management Strategies for Chronic Pain

Pain is a sensation you feel physically, but also has emotional responses. Chronic pain is pain that lasts over three months and can be constant or come and go. Common types of chronic pain include arthritis, pain in your joints, lower back pain, fibromyalgia, headaches and migraines, neck pain, and nerve pain. The pain can be described as aching, burning, shooting, squeezing, stiffness, stinging, or throbbing. It can lead to fatigue, stiffness, sleep disturbances, mood changes, decreased mobility, sensitivity to touch, appetite changes, cognitive difficulties, social withdrawal, and even anxiety and depression.

Pain management addresses the physical symptoms and the emotional aspects that go with it to promote overall well-being. Addressing the physical aspect includes improving mobility, flexibility, strength, and coordination. Working on techniques to improve relaxation, like mindfulness and breathing exercises, and help reduce both physical and emotional tension. It can take time to try different approaches to pain management to see what works for you. Chronic pain doesn't fully go away, but with different strategies you can improve enough to make the pain more manageable and improve your quality of life. Talk to your doctor to see what might work for you.

Energy Conservation

Energy conservation is reducing the amount of work needed to complete an activity and finding balance in activities throughout your day to decrease the demand on your body. It can minimize fatigue, stress on joints and other body parts, reduce pain, and can help your energy last longer throughout the day. It has been shown to improve physical functioning and can reduce feelings of fatigue throughout the day. Energy conservation can be helpful for people with concussions, chronic pain, fatigue, mobility difficulties, autoimmune diseases, mental health conditions, multiple sclerosis, acute or chronic respiratory failure, and congestive heart failure.

Things you can do in your day to conserve energy and reduce pain and fatigue:

- Prioritize activities: Do the most important thing you need to get done first. If you have a bigger task, like going to an appointment, pair it with smaller tasks instead of doing everything big in one day.
- Plan to group activities together: If you have similar things to get done, do them all together. Avoid having to take extra trips, if there are things you can get done in one

spot. Plan a few days out to make sure one day isn't more busy than others.

- Pace activities: Go slow and steady throughout tasks. Take a lot of breaks and rest even before you start to feel tired.
- Position yourself safely when doing an activity: Sit to do activities when you can. Use good body mechanics, like lifting with your legs or pushing heavy items instead of lifting them up.
- Modify activities when you can. Break things down into smaller steps, ask a friend or family member to help with tasks, or sit to do something instead of standing.

Progressive Muscle Relaxation

Progressive muscle relaxation is switching between tensing and relaxing different muscle groups. It can build awareness of tension in muscles and help you learn to identify signs of stress in your body and help reduce pain related to that. It can also be done before bed to help you fall asleep more easily and get a deeper rest throughout the night. Progressive muscle relaxation can be combined with traditional treatment from a doctor for symptom relief for different conditions. It can help with conditions like tension headaches, migraines, neck pain, insomnia, bipolar disorder, anxiety, and back pain.

Talk to a doctor before starting progressive muscle relaxation to make sure it fits you and your needs. It is important to know if you have a history of serious injuries, muscle spasms, or back problems. If you have muscle cramping or more pain than usual, stop doing progressive muscle relaxation.

How to do it

Progressive muscle relaxation can be done standing, sitting, or laying down and takes about 10-15 minutes to do. Make sure you are comfortable and limit distractions, if you can, to make it the most effective. You will go through one muscle group at a time. Make sure to breathe in when tensing your muscles, and breathe out when relaxing. When you do this, make sure you don't tense your muscles so much that it causes pain or makes your muscles feel more tired. Just enough tension to feel your muscle work is enough. You will tense and relax each muscle group 3 times, tensing for 5 seconds and relaxing for 10 or more seconds. After you finish, stay in a relaxed position for a few more minutes before getting up, or do this before going to sleep.

Muscle groups to work through:

- Hands: Clench both fists and hold for 5 seconds. Relax for 10 or more seconds. Repeat this 2 more times.
- Biceps: Bend both elbows and tense bicep muscles. Hold for 5 seconds, then relax for 10 seconds. Repeat this 2 more times.
- Triceps: Straighten arms and tense tricep muscles. Hold for 5 seconds, then relax for 10 seconds. Repeat this 2 more times.
- Forehead: Wiggle your forehead like you're frowning. Hold for 5 seconds, then relax for 10 seconds. Repeat this 2 more times.
- Eyes: Gently squeeze eyes shut. Hold for 5 seconds, then relax for 10 seconds. Repeat this 2 more times.
- Jaw: Gently clench jaws together. Hold for 5 seconds, then relax for 10 seconds. Repeat this 2 more times.
- Tongue: Press your tongue to the roof of your mouth. Hold for 5 seconds, then relax for 10 seconds. Repeat this 2 more times.
- Lips: Press lips together in a pucker. Hold for 5 seconds, then relax for 10 seconds. Repeat this 2 more times.
- Neck: Gently press neck and head back. Hold for 5 seconds, then relax for 10 seconds. Gently press head forward towards your chest. Hold for 5 seconds, then relax for 10 seconds. Repeat this 2 more times.
- Shoulders: Shrug shoulders up to your ear. Hold for 5 seconds, then relax for 10 seconds. Repeat this 2 more times.
- Lower back: Gently arch your back. Hold for 5 seconds, then relax for 10 seconds. Repeat this 2 more times.
- Buttocks and hips: Tighten buttocks together. Hold for 5 seconds, then relax for 10 seconds. Repeat this 2 more times.
- Thighs: Gently lift legs off the ground or chair. If you're standing, bring your leg slightly in front of you and tense your thigh muscles. Hold for 5 seconds, then relax for 10 seconds. Repeat this 2 more times.
- Calves: Press your toes into the ground like you're trying to bury them in sand. Hold for 5 seconds, then relax for 10 seconds. Repeat this 2 more times.
- Shins and ankles: Point toes up towards your head. Hold for 5 seconds, then relax for 10 seconds. Repeat this 2 more times.

Yoga and Tai Chi

Yoga and tai chi can be helpful for chronic pain. They both address the physical symptoms and help to improve mood and mental well being. Doing yoga or tai chi for 10-20 minutes, 2 or 3 times a week, can bring physical and emotional benefits to help with symptoms of chronic pain, in addition to traditional pain management techniques. This can benefit people with arthritis, fibromyalgia, migraine, low back pain, tension headaches, and other chronic conditions.

When doing yoga or tai chi, do not push your body past its limits. Stop if you feel sharp pain or it makes your chronic pain worse. Any pose can be modified to meet the strength level or flexibility of a person. Most movements are easy to modify with a chair if needed.

Below are poses to practice for both yoga and tai chi. Restorative yoga is best for people with fatigue or who have limited movement. General yoga can be done by anyone and modified with a chair if needed. Tai chi is done with movements that flow into each other.

Restorative Yoga

Restorative yoga helps with healing and relaxation and combines gentle yoga poses with conscious breathing. You can do any pose on its own, or move through all four poses together. Each pose is meant to be held for a longer period of time - it can be 10 or more minutes depending on what is best for you. You can use props like a blanket, shirt, or something soft to support your body and you can let go of tension and stress.

Nesting pose



Lay on your side with your knees bent. Place your head on something soft, and place something soft in between your knees. Rest your arms in a comfortable position. If you want extra support, you can rest your back up against a wall or something firm. Focus on your breathing. You can hold this pose for as long as you like. This pose can be helpful for sleep.

Supported angle pose



Put something soft down for your back to lay on. You can make it higher by stacking items underneath. You want your back and chest lifted off the ground. Lay with your feet together and your knees out, making a diamond shape. Place something soft under each knee so they feel supported. This should feel comfortable. If needed, bring your feet further from your body to reduce the stretch. Rest your arms where they feel the best. Hold this for as long as you want. This pose helps relax the belly, chest, and shoulders.

Supported backbend pose



Sit down and place something soft folded underneath your knees so they are slightly bent. When you lie down, have a folded towel or blanket under you to support your upper back. It should be supporting where your rib cage sits, not your lower back. Place something soft under your head. Place your arms where they feel most comfortable. Hold this for as long as you want. This pose helps with tension in the back and shoulders, upper chest, ribcage, and belly.

Supported forward bend



Make a pile that you can lean forward on. You can use a chair or other item as a base and place softer items on top of it. Lean forward and rest your head as it feels comfortable. Make sure you feel supported and there isn't strain on your back or hips. Focus on your breathing and hold for as long as you like. This pose helps with tension in the hips and back.

Yoga Poses

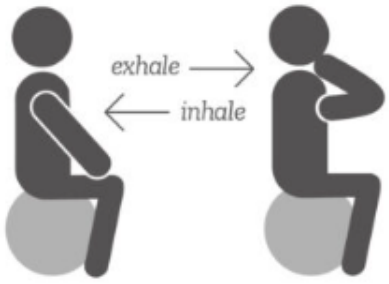
There are simple yoga poses that can help manage chronic pain symptoms. If there is pain or discomfort, try modifying the pose so you are only doing part of the movement. If pain continues, skip that pose and move on. These movements are done in sync with your breath - do your best to match your inhale and exhale with each pose.

Belly breathing awareness



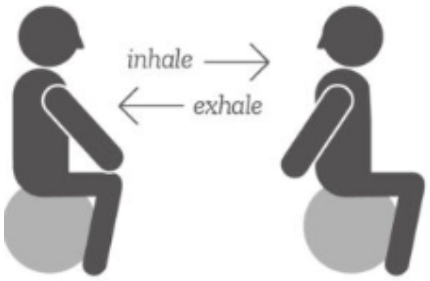
While sitting or laying down, place your hands on your stomach. Take a long breath in and a long breath out, feeling your stomach move up and down as you do this. Take 4-8 deep breaths.

Shoulder touch



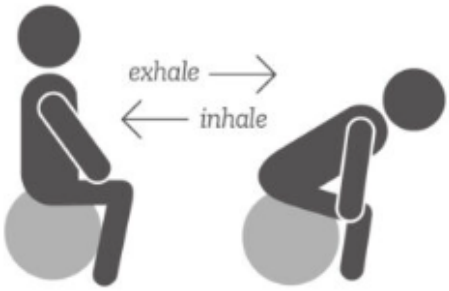
While sitting, place both hands on your knees or resting on the top of your thighs. Take a long breath in. As you breathe out, bring your right hand to your left shoulder. Breathe in as you relax your hand back down to your lap. On your next breath out, bring your left hand to your right shoulder. Breathe in as you relax your hand back down to your lap. Repeat this 4 more times.

Look and open arm



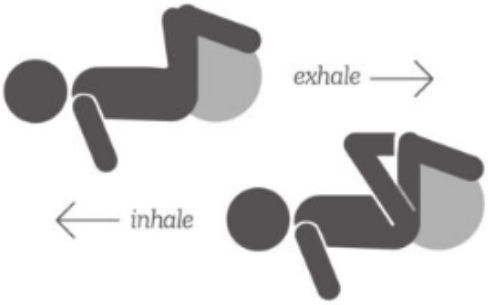
While sitting, place both hands on your knees or resting on the top of your thighs. Look at your right hand. Take a long breath in and slowly move your right arm out in front of you, while still looking at your hand. As you breathe out, lower your arm back to your lap. Now look at your left hand. Take a long breath in and slowly move your left arm out in front of you. As you breathe out, lower your arm back to your lap. Repeat this 4 more times.

Seated forward bend



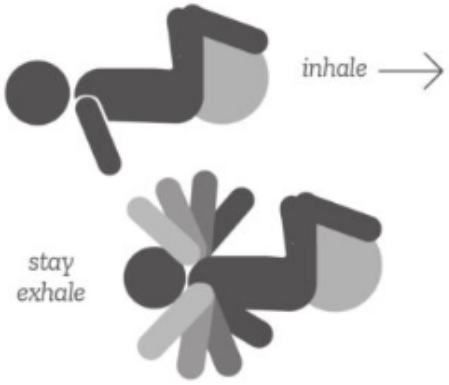
While sitting, place both hands on your knees or resting on the top of your thighs. Take a long breath in. When you breathe out, slowly bend forward and move your hands down your legs. Take a breath in and come back to sitting upright. Repeat this 4 more times.

Supine slide



Lay on your back and prop your legs up on a chair or wall with your knees bent. Take a long breath in. As you breathe out, slide one knee closer to your chest. Breathe in and place your leg back on the chair. Breathe out and slide your other knee towards your chest. Breathe in and place your leg back on the chair. Repeat this 4 more times.

Slow snow angel



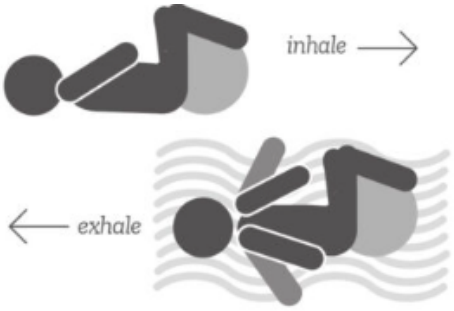
Lay on your back and prop your legs up on a chair or wall with your knees bent. Take a long breath in and slowly move your arms out to the side, only moving a couple inches. Breathe out and keep your arms where they are. Take a breath in and slide your arms a few more inches. Breathe out and keep your arms where they are. Keep doing this until your arms are over your head, or as far as it feels good to you. Take a long breath in and bring your arms back to your sides. Repeat this 4 more times.

Extended exhale with belly awareness



Lay on your back and prop your legs up on a chair or wall with your knees bent. Place your hands on your stomach and feel your stomach rise and fall as you breathe. Breathe in, then breathe out counting to 1. Breathe in, then breathe out counting to 2. Breathe in, then breathe out counting to 3. Keep adding an extra count when you breathe out until it starts to feel uncomfortable. Stop there.

Water meditation



Lay on your back and prop your legs up on a chair or wall with your knees bent. You can also do this fully laying down. As you slowly breathe in and out, imagine water is gently flowing around you. Let your body relax and stay like this for 8 breaths in and out.

Tai Chi Flow

Tai chi is gentle movements that help bring peace to your mind and energize your body. Gentle stretching and deep breathing helps the body to release tension and can help manage chronic pain symptoms. When doing these movements, you should breathe in through your nose and out through your mouth. You can do this sitting down or standing up, whatever feels best for you. Try to make each movement flow into the next one. The more you do it, the more natural it will feel.



<u>Commencing form</u>

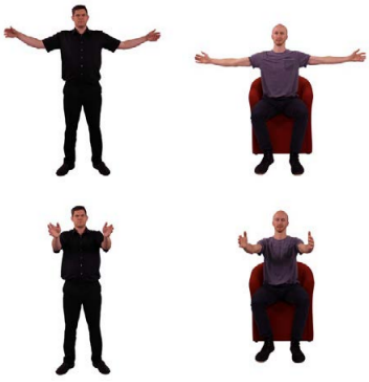
Have your feet shoulder width apart.

As you breathe in, raise your arms to your shoulders or as high as it feels comfortable to you.

Your elbows and wrists should be relaxed.



Breathe out and slowly lower your arms.



<u>Broadening one's chest</u>

Breathe in and raise your arms to your shoulders

Turn your palms to face each other.

Breathe out and open your arms out.

Breathe in and bring your arms back together.

Breathe out and slowly lower your arms.



Dancing with rainbows

Breathe in and lift your right arm straight up with your left arm out to the side.

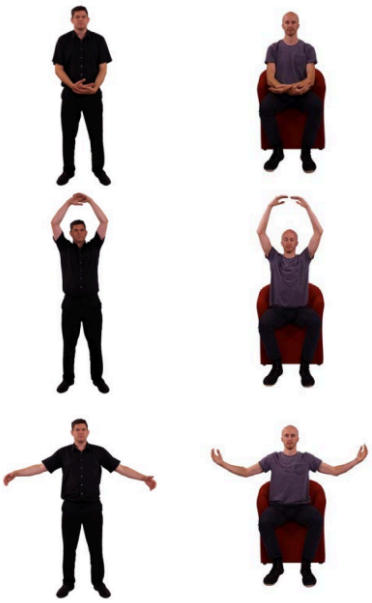
Breathe out.

As you breathe in, move both hands over your head.

Breathe out.

Breathe in and keep your left arm overhead while moving your right arm out to the side.

Breathe out and bring both arms down to your sides.



Circling arms

Bring your hands together.

Breathe in and bring your arms overhead, keeping them bent at the elbows.

Breathe out and slowly lower your arms at your sides.








Carrying the moon

Breathe in and turn your body to the left, keeping your lower body facing forward.

Slowly reach your arms to the left of your head.

Breathe out and bring your hands to your sides.

Breathe in and turn your body to the right, keeping your lower body facing forward.

Slowly reach your arms to the right side of your head.

Breathe out and bring your hands to your sides.






Twisting waist and push palms

Breathe in and bring arms up in front of you.

Breathe out and turn your body to the left.

Extend your right arm out and push your palm forward.

Breathe in and bring arms to your side, facing forward.

Breathe out and turn your body to the right.

Extend your left arm out and push your palm forward.

Breathe in and bring your arms to the side, facing forward.






Playing with waves

Stand or sit with one foot forward.

Breathe in and bring your hands up to your shoulders. Your elbows should be bent.

Breathe out and push your hands forward so your arms are straight out in front of you.








Pressing the palms

Rest your hands on top of each other with your palms facing up.

Breathe in and raise your hands to your chest.

Breathe out and face your palms down. Slowly lower them back down.

Exercises for Strengthening and Pain Management

Simple strength exercises can help reduce chronic pain. Pain can happen for a variety of reasons, including inflammation, muscle balance, and weak joint support. Doing exercises can help improve joint support, better your posture and joint alignment, increase blood flow and delivery of nutrients, release endorphins to reduce pain signals, and reduce inflammation.

Please note: While strengthening muscles and joints can help relieve pain, it is not going to take pain away 100%. You will need to be consistent and do exercises for a few days to a few weeks to start seeing results. Talk to a doctor to find the best pain relief methods for you.

Below are simple exercises to try. Practice these for the first time with someone else around to make sure it doesn't increase pain or other symptoms, and that you are in a safe space. Do not continue these exercises if there is a sharp pain anywhere. Some discomfort and tightness might happen and that is normal. You know your body best so modify exercises if you need to, or stop them completely and ask a doctor for other options.

Exercises for Back Pain

Seated Hamstring Stretch

Seated Cat Cow

Abdominal Bracing

Seated Trunk Rotations



Seated Hamstring Stretch

Sit at the edge of a chair with both feet on the ground. Straighten one leg with your heel touching the ground and toes pointed up. Lean forward slightly with your upper body. You should feel a stretch at the back of your thigh. Hold for a few seconds and do as many times as you feel you need. As you stretch more, you can increase how many times you do it or hold it for a longer time.

Make it easier: Bend your knee of the extended leg slightly and keep that foot flat on the ground instead of having your toes point up.

Make it harder: Lean forward more as you stretch. You can reach for your toes.



Seated Cat Cow

Sit in a chair with hands behind your head. Bring your chin to your chest and round your shoulders. Bring your chest towards your thighs, rounding your back. Gently roll back up. Then, lift your head towards the sky and bring your shoulders forward as you arch your back. Hold each position for a few seconds and repeat as many times as you like.

Make it easier: Only do part of the motion. Start off doing the motion with just your shoulders and don't round or arch your back.

Make it harder: You can also do this exercise on your hands and knees on the ground. Instead of bringing your hands behind your head, keep your palms on the ground. Round your back and push your spine up towards the sky, then arch your back and bring your stomach towards the ground.



Abdominal Bracing

Lay on the floor with your knees bent and feet flat, and your hands at your side. Squeeze your abdomen by bringing your belly button to your spine. Hold for a few seconds while you breathe in and out. Repeat as many times as you feel comfortable.

Make it easier: Don’t squeeze your muscles as hard. Start off with soft movements, even just feeling your stomach rise and fall as you take deep breaths in and out.

Make it harder: Don’t bend your knees and keep your legs fully extended when you do this exercise.



Seated Trunk Rotations

Sit upright in a chair with your feet flat on the ground. Slowly bring your left arm to the right side of the chair, twisting your torso with it. Hold for a few seconds, then slowly go back to facing forward. Repeat by bringing the right arm over to the left side of the chair and hold for a few seconds.

Make it easier: Bring your opposite hand to opposite shoulder (right hand to left shoulder, or left hand to right shoulder) and turn your head towards the hand on your shoulder. You still get a slight rotation, but more gentle of a stretch.

Make it harder: Do this exercise laying on your back with your knees bent. Keeping your back flat on the ground, rotate both knees towards one side of your body then back to center and then to the other side.

Exercises for Hip Pain

Seated Marches

Seated Leg Slides

Hip External Rotation Stretch

Heel Slides



Seated Marches

Sit with feet planted on the ground. Slowly bring one knee up as high as you can, then slowly lower it. It's okay if your leg doesn't go up very far, you just want to get as much movement as you can. Alternate legs, like you are marching in place. Do as many as you can.

Make it easier: Keep your feet on the ground and only bring your toe up while your heel stays planted.

Make it harder: March while standing up. Hold onto something for support and balance if you need to.



Seated Leg Slides

Sit with your feet planted on the ground. Slowly move your right knee out to the side, keeping your foot on the ground. Go as far as you can, then bring it back to the center. Repeat this with the left leg. Do this exercise as many times as you can.

Make it easier: Only move your leg a small amount and don't go far out.

Make it harder: Do both legs at the same time.



Hip External Rotation Stretch

Lay down on the ground with your knees bent and feet on the floor. Slowly open your knees and let them fall to either side of you. Take deep breaths and hold this stretch for as long as it feels good for you.

Make it easier: Only stretch one leg at a time. Keep one leg bent while the other one moves closer to the ground and feels the stretch. Don’t go all the way to the ground, just as far as you feel a slight stretch.

Make it harder: Do this stretch while sitting. Bring your feet closer to your body to feel even more of a stretch.



Heel Slides

Lay down on the ground with both legs extended out straight. Slowly slide one leg up to bend the knee, keeping your heel on the ground. Only go as far as you can, don't push further than you need to. Slowly slide your heel down to straighten your leg again. Alternate legs and do as many times as you can.

Make it easier: Don't slide your heel as far, only bend your knee slightly and then straighten it out again.

Make it harder: Do this exercise while sitting up instead of lying down.

Exercises for Knee Pain

Seated Straight Leg Raise

Sit to Stand

Knee Circles

Seated Heel Raises



Seated Straight Leg Raise

Sit comfortably in a chair with both feet on the ground. Keep one leg bent while slowly kicking the other leg straight. Slowly lower it back to the ground. Alternate legs and do as many times as you can.

Make it easier: Only bring your leg up slightly off the ground. You don't need to extend it all the way straight.

Make it harder: Extend both legs at a time. Make sure you are stable where you are sitting and you have good balance.



Sit to Stand

Start sitting down with both feet flat on the ground, shoulder width apart. Without using your hands to help you, slowly stand up. Leaning forward slightly before standing up helps to make it easier. Once you are standing, slowly lower yourself to sit without using your hands to help. Do this as many times as you can.

Make it easier: Use your hands to help you get up and lower yourself down. Don't rely entirely on upper body strength, but you can use it to help a little bit.

Make it harder: Don't spend too much time in the seated position. As soon as you sit down, stand back up again.



Knee Circles

Sit in a chair with both feet on the ground. With one leg, point your toes down so only your toes are touching the floor. Draw circles with your toes one way, and then the other. Do a few circles before switching directions. Switch and do this exercise on the other leg.

Make it easier: Do half circles with your toes. Make rainbow shapes, then U shapes.

Make it harder: Make the circles bigger and increase your range of motion.



Seated Heel Raises

Sit with both feet flat on the ground. Slowly raise your heels off the ground while keeping your toes on the floor. Hold for a few seconds, then slowly lower. Repeat this as many times as you can.

Make it easier: Lift one foot at a time. Make the movement smaller and only lift your heel a small amount, if that's all you can do.

Make it harder: Do this exercise standing. Hold onto something to keep your balance.

Exercises for Feet and Ankle Pain

Ankle Circles

Seated Toe Taps

Seated Calf Stretch

Heel to Toe Walk



Ankle Circles

Sit with both feet on the ground. Lift one foot off the ground and slowly draw circles with your toes. Your knee should stay still for this exercise and only your ankle should be moving. Draw a few circles one direction, then the other way. Repeat this exercise on the other ankle.

Make it easier: Draw half circles. Make rainbow or U shapes instead of doing a whole circle.

Make it harder: Draw out the letters of the alphabet instead of circles. It will move your ankle in all different directions.



Seated Toe Taps

Sit with both feet flat on the ground. Lift one foot off the ground slightly, then tap the floor with your toes. You can bring your foot slightly out in front of you if that makes it easier. Repeat this as many times as you can and alternate feet.

Make it easier: Slide your foot out slightly in front of you, rather than picking it up to tap.

Make it harder: Tape your toe, then tap your heel before bringing it back down.

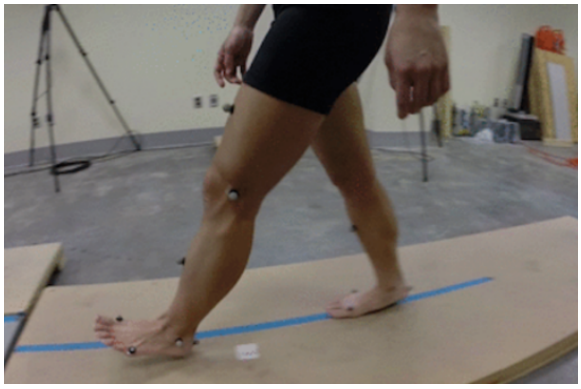


Seated Calf Stretch

Sit with both feet planted on the ground. Slowly bring your toes up to the sky, while keeping your heel planted on the ground. Hold for a few seconds, then slowly lower. Do this as many times as it feels good to you. Repeat on the other leg.

Make it easier: Place something underneath your toes, so you don't have to do so much of the work. Ball up a t-shirt or find another small item like a tennis ball to place under your toes.

Make it harder: Extend your knee out so your leg is straight and then bring your toes up to point towards your face.



Heel to Toe Walks

As you walk, take slow steps and make sure your step starts with your heel and then rolls through to your toes. Walk like this for about 20 steps. If you want to repeat, take a break and walk normally before doing 20 more heel to toe walks.

Make it easier: Stand in place, or do it seated. Focus on putting your heel down first, then rolling to your toes.

Make it harder: When you walk, instead of taking a normal step make sure that your feet are closer together. Line up your left toes up to your right heels, then your next step will line up your right toes to your left heel.

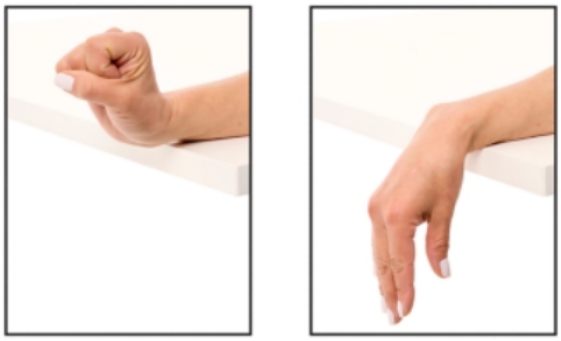
Exercises for Hand and Wrist Pain

Wrist Flexion and Extension

Finger Spreads

Finger Lifts

Wrist Circles

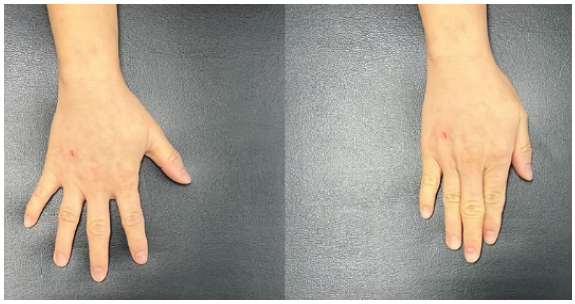


Wrist Flexion and Extension

Place your arm on a table with your hand over the edge. Slowly bring your hand up towards the sky without moving your arm off the table. Slowly bring it back to the center, then down towards the ground. Repeat this as many times as you can.

Make it easier: Place your hand on the table with the pinky side of your hand down, so your palm is facing the side. Move your wrist to bring your palm towards you, then back to center, then move your wrist to bring the back of your hand towards you.

Make it harder: Hold a small, weighted object like a water bottle when you do these exercises.



Finger Spreads

Place your hand on a table or flat surface with your palm facing down. Slowly spread all your fingers apart, as wide as you can. Hold for a few seconds, then bring them back together. Repeat this as many times as you can.

Make it easier: Use your other hand to help move your fingers apart. Don't spread your fingers so wide if it hurts, any movement is good.

Make it harder: Have your hand in the air instead of on a surface.

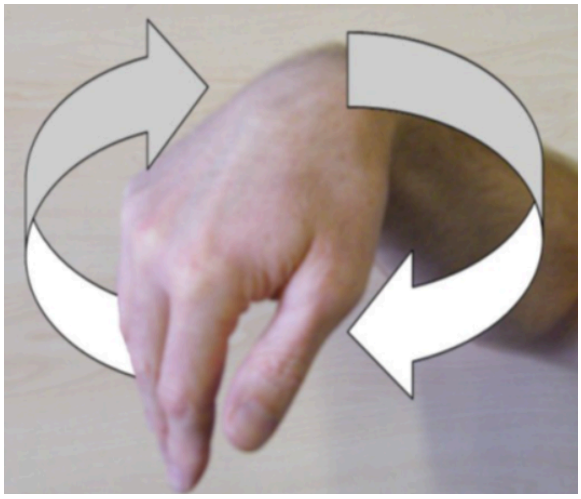


Finger Lifts

Place your hand on a table or flat surface with your palm facing down. Slowly lift one finger off the table and hold for a few seconds, then bring it back down. Repeat this exercise on each finger. Do this as many times as you can.

Make it easier: Lift all fingers at the same time.

Make it harder: Apply a small amount of resistance from your other hand (just place it on top).



Wrist Circles

Place your arm on a table or flat surface, with your hand hanging off the edge. Slowly move your wrist in a circle. Go one way a few times, then switch directions. Do this as many times as you can.

Make it easier: Clasp both hands together and move your hands to draw circles. Make smaller movements if you need to.

Make it harder: Hold onto a small weighted object like a water bottle.

Exercises for Shoulder Pain

Pendulums

Crossover Arm Stretch

Neck Rolls

Shoulder Shrugs



Pendulums

Lean forward and place one hand on a table or surface for stability and let your other shoulder hang down. Gently swing your arm forward and back. You can also gently swing your arm in a circular motion. Repeat this on the other arm. Do this as many times as feels good.

Make it easier: Rock your body back and forth so your arm moves with it, rather than trying to move your arm without the momentum.

Make it harder: Hold a small weighted object like a water bottle.



Crossover Arm Stretch

Gently bring one arm across your chest and hold it at the upper arm with your other hand. Hold this stretch for a few seconds or as long as it feels good. Repeat this on the other arm.

Make it easier: Cross your arm at a diagonal, bringing your hand to the opposite hip.

Make it harder: Hug the arm closer to you for a deeper stretch.



Neck Rolls

You can do this standing or sitting. Tuck your chin to your chest and feel a gentle stretch in the back of your neck. Gently tilt your head to the left and hold for a few seconds. Slowly roll your head back to the center, then tilt your head to the right and hold for a few seconds. Do this as many times as it feels good.

Make it easier: Start with just tucking your chin to your chest, then bringing your head back up.

Make it harder: Draw full circles with your head. Bring your chin down to your chest, tilt your head to the left, lift your head up, tilt to the right, then back down to your chest.



Shoulder Shrugs

You can do this standing or sitting. Slowly lift your shoulders up to your ears and hold for a few seconds. Slowly lower your shoulders back down. Repeat this as many times as you can.

Make it easier: Only lift your shoulders part of the way.

Make it harder: Hold a small weighted object in your hands like a water bottle for more resistance.

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