

Physiotherapy at Home for our Young People

During holidays and extended periods at home, it is important that our Young People maintain a functional level of Physiotherapy. It is important that we support families and care givers during these periods, so here is a little information to help you to help them.

If your young person is able to walk around the house:

- ◆ Encourage that they walk regular throughout the day around the house and/or in safe environment outside the house.
- ◆ If they are have a walking aid, please use and continue to practise with.

Simple Exercises:

- ◆ Standing at the kitchen counter and to do marching on the spot for 1 mins
- ◆ In sitting or standing lift arms around head x 5
- ◆ Sit to stand from a comfortable chair x 5
- ◆ In sitting lift heels off the floor and back down x 10
- ◆ Circling ankles for 1 min will help with circulation in legs.

Complete these 5 exercises twice a day.

If your young person is wheelchair dependent:

- ◆ Encourage to change position regular throughout the day. To prevent pressure in vulnerable areas on the body.
- ◆ Support into a lying position in the afternoon either on specialist equipment or on their own beds. This will aid with postural management, digestion and respiratory care.
- ◆ If your young person is able to explore different positions such as rolling, side lying please assist 1-2 times a day.

Simple Exercise:

- ◆ If able to, encourage to march knees up and down whilst in their chair. If they need assistance, please help them for 2 mins.
- ◆ Gently rotate ankles for 5 min on each foot. Assist where needed.
- ◆ Lifting arms above head - encourage to do independent, or assist where needed (Like when we help with putting coats) x 5 each arm.
- ◆ Support to opening and closing hands and bending and straightening elbow for 5 mins.

Complete these exercises once a day.

Student Name:

Date:

During this period I would like you to focus on:

Maria, Physiotherapist, MCSP.