

2024

**For Health Club,
Senior Citizen and
Naturopathy Self
Diagnosis**

**PHYSIOTHERAPY
RECORD**



Physiotherapy Record

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Health club and Fitness

Nutrition

Your nutritional needs will vary depending upon your health and fitness goals. If your aim is to lose body fat and body weight, you need to become familiar with the variables that affect weight loss and body fat loss. Above all, you should realize that it's more important to lose body fat than to lose overall body weight. Losing body fat reduces your risk for coronary artery disease, while losing overall body weight doesn't necessarily reduce this risk. In other words, you shouldn't just cut your calorie intake. Instead you should reduce your intake of fatty foods and increase your physical activity level.

Essential Nutrients

There are six essential nutrients that you need on a daily basis :

- Water
- Vitamins
- Minerals
- Carbohydrates
- Fats
- Proteins

Water

Water is the most essential nutrient the body needs. Forty to sixty percent of your body weight is water. Muscle composition is approximately 70% water. When you exercise, your body loses water through perspiration (dehydration). It is important that you continuously drink water while you are exercising and throughout the day. Eight to ten glasses (8 fluid ounces) of water are recommended throughout the day for the average person. Your individual level of water intake relates specifically to your body weight, height and activity levels. Consult a registered dietician for specific details about your own personal consumption.

Vitamins and Minerals

Vitamins and minerals are essential to your daily diet and are found in the natural foods that we consume in our daily diet (fruits, vegetables, meats and whole grains).

Vitamins are organic compounds (natural and contain carbon) which provide energy to the body and are needed in small amounts to assist with chemical reaction within the cells. Vitamins come in two forms; fat soluble and water soluble. -Fat Soluble Vitamins (A, D, E, and K) are stored in the adipose tissue (fat tissue) and can build up high levels of toxins in the body if they are not utilized. -Water Soluble Vitamins (B, C) are excreted if your daily amount of intake is too great and can be toxic in the body if they are not utilized.

Minerals are inorganic substances (unnatural and manmade) and they regulate processes within the body. Minerals are incorporated into different structures within the body to create enzymes, hormones, skeletal bones, skeletal tissues, teeth and fluids. Calcium and phosphorus are the two most common minerals found in the body. Some of the other prevalent minerals

found in the body are; iron, zinc, sodium, potassium, magnesium, fluoride, sulfur, copper, and chloride.

If mineral levels are overabundant in the body, such as sodium, they may facilitate negative effects in the body. High sodium levels may elevate blood pressure. If mineral levels are inadequate in the body, such as iron, they may facilitate negative effects in the body. Low iron levels in women can produce anemia (a deficiency in blood iron levels). Anemia can restrict oxygen and carbon dioxide removal from the cells. Low calcium levels can facilitate irregular muscle contractions, bone density loss, blood clotting and improper brain functioning. For further in-depth information about vitamins and minerals, consult a registered dietician or your physician.

Calories

A calorie, or kilocalorie (Kcal), is a measure of heat energy. Food calories are nutrients and supply energy to the body. It is essential that you take in the recommended amount of calories per day. The calorie intake level that's appropriate for you depends on a number of factors, including your height, weight, and gender. If you want to determine a specific figure that is, approximately how many calories you should consume in a day again, consult a registered dietician. there are three types of calories:

- Carbohydrates
- Fats
- Protein

The American Heart Association and RDA recommends a daily total food diet that consists of the following caloric breakdown:

- 50% Carbohydrate
- 30% Fat
- 20% Protein

For individuals who are exercising on a consistent basis, it is recommend that a daily total food diet consist of the following caloric breakdown:

- 65% Carbohydrate
- 10% Fat
- 25% protein (1.5 gram per pound of body weight)

This caloric breakdown is based upon a higher carbohydrate storage (glycogen storage) that enhances muscular strength, muscular endurance, and athletic performance. The higher level of carbohydrate (65%) supplies a greater level of energy to the muscular system. The lower fat level (10%) decreases your risk for coronary artery disease. The protein level (25%) is increased to offset the nitrogen expenditure from the body during intense exercise activity and to increase the amount acids supplied to the body which strength and muscle hypertrophy (increase in muscle cell size).

Carbohydrates

Carbohydrates are converted into sugars. Your level of carbohydrate intake will depend upon your desired health and fitness goals. Carbohydrates come in two forms:

Simple sugars

Simple sugars are used almost immediately during exercise. Examples of simple sugars are processed sugar and fruit sugar. Consuming simple sugars alone will not help during endurance exercise.

Complex Sugars

Complex sugars, also called complex carbohydrates, supply energy to the muscles during exercise. Muscles store large amounts of glucose or glycogen that supply energy to the muscles during prolonged exercise. Complex carbohydrates fuel the body during prolonged exercise. Example of complex sugars is breads, cereals, grains, pasta, rice, fiber, potatoes, Vegetables and fruits.

Fats

A fat is another term for lipid. High fat intake can lead to obesity, heart disease, heart attacks, and strokes. The lower your level of fat intake, the lower your risk of developing coronary artery disease.

However, fat has positive attributes, too. The body must maintain a certain level of body fat to insulate its inner systems, and to help process vitamins and minerals. Like carbohydrates, fat also fuels the body during exercise. Your level of fat intake should depend upon your health and fitness goals.

Examples of foods that are high in fat are cheese, nuts avocados, cooking oils, and ice cream. It's a good idea to restrict your consumption of these types of foods. There are three types of fat: Saturated fat

Saturated fat intake is the most detrimental to the body. Saturated fat has the highest number of fatty acids. It can cause clogged arteries, decreased blood flow transfer, heart attacks, strokes, and other coronary diseases.

Polyunsaturated Fat

Polyunsaturated fat has fewer fatty acid molecules than saturated fat, and is therefore better for you than saturated fat. You should have a higher intake of polyunsaturated fat than saturated fat. Polyunsaturated fat is still detrimental to coronary arteries and increases your risk for coronary artery disease.

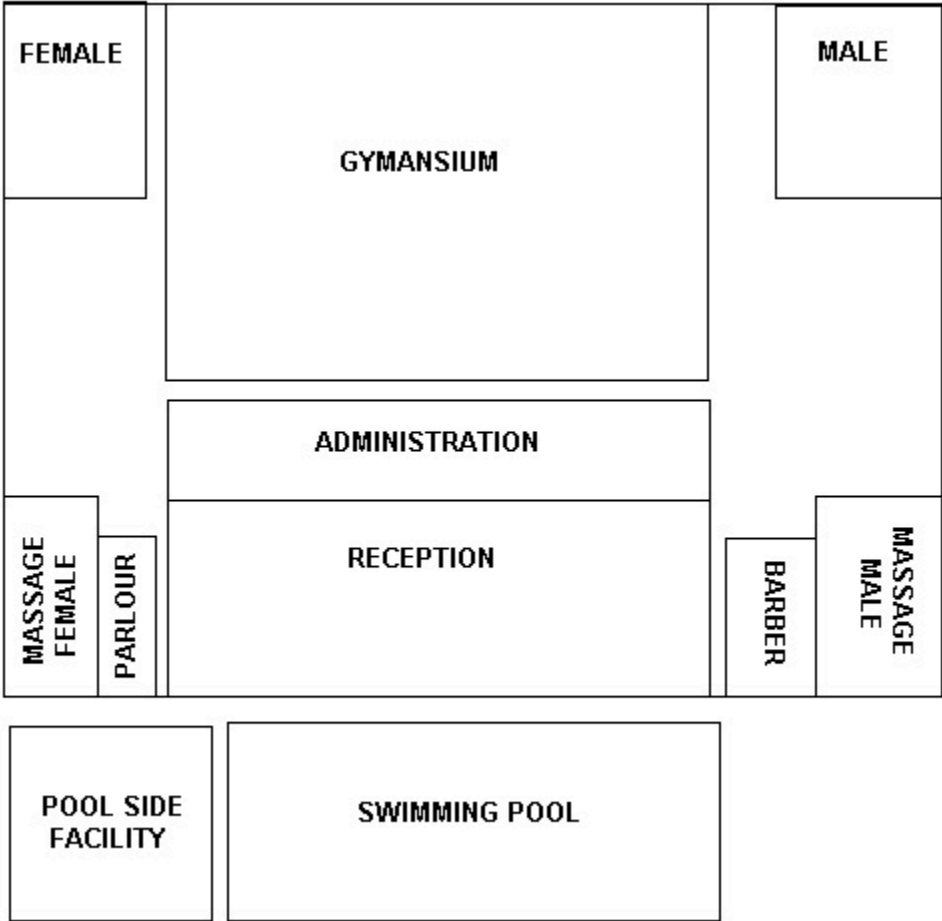
Monounsaturated Fat

Monounsaturated fat has even fewer fatty molecules than polyunsaturated fat, and for this reason is the best of all three fats. You should have a higher intake of monounsaturated fat than the other two fats. Monounsaturated fat is still detrimental to coronary arteries

Protein

A protein is composed of amino acids, which help to build muscle mass. The higher your level of muscle mass, the more efficient your basal metabolic rate. An efficient basal metabolic rate, in turn, increases fat and calorie expenditure at a resting state. Your level of protein intake depends upon your desired health and fitness goals; consult with a dietitian to determine your specific protein requirements. Some foods that are high in protein include egg whites, chicken (white meat), lean beef (red meat), beans, and skim milk.

Health Club



Brief on Health Club

The underline philosophy behind Health club/Fitness center is to promote it to serious users instead of merely being a fad satisfier. With growing awareness among clientele towards a fit body and mind, we at fitness center, must strive to contribute our share towards building and maintaining health awareness among our users. The concept is to create more than a mere health and fitness center. It should be a complete and independent body in itself. Besides membership and user charges the income may be increased by selling health related merchandise e.g. Health magazine, book, T-shirts, Caps, Drinks and food etc... Innovative methods for marketing and brand promotion must be thought of and put into action. We must strive to be ahead of guest requirements with each element getting its due.

Meetings/Seminars.

Eminent personalities may be approached to hold seminars on various health aspects for members and non members to familiarize them with effective health related topics.

Selling/Display of merchandise

Progress monitoring programs for guests

Health club promotion:--through leaflets,posters,banners,tent cards & Videos

Outdoor activities:--arrange for Health club members

Effort must be made to keep activities taking place at regular intervals for which a calendar of events may be prepared at the beginning of financial year.

NOTE: Besides the guest programs, there may be activities for staff and executives for stress reduction and neuromuscular co-ordination to create a feeling of general well being. These activities may be planned along with Staff medical consultants.

USER ANALYSIS

Peak usage Timing

Weekdays 5:AM --9:00 PM

Weekends 10:00AM-2:00 PM

TOTAL MEMBERSHIP IS SUGGESTED NOT TO EXCEED 150 MEMBERS

MARKET PROFILE

It is important to note that according to a study conducted 75% of the various hotel, guest houses look for a health club. However, only 17% actually use the facility. Primary market of socially conscious, affluent guests from local areas. The catchment area remains the immediate surroundings.

MARKET PLAN

Awareness of the guest may be created by use of

- * In house tent card.
- * In house video channel viewing.
- * Information handouts
- * Education sheet for guests
- * Promotional features for Health club e.g. gifts, souvenirs etc.

LOCAL AREA AWARENESS

- * Advertising through local newspapers/magazines.
- * Health club brochures/mailers for distribution.
- * Promotional signatures in public areas

PROPOSED ANNUAL MEMBERSHIP FEES

Single ?

Couple ?

(Exclusive of swimming pool usage.)

5 year life membership:

Single ?

Double ?

(Exclusive of swimming pool usage)

Additional charges of? For single and for couples? May be added for swimming Pool. Also, children below 12 years may be given an add-on membership.

Single /couple / life membership ratio::: 30:60:10

MEMBERSHIP subscription using proposed slab system

S. No. Prior to opening 1st. 3rd

1. Memo. Fees.

2. No. Of memo.

3. Pot revenue (1x2)=?

Divided into four Phases three monthly each

Half yearly Revenue: Single Double Total

Second Half Revenue

One Year revenue

App. Expenses on H. C

S.no	Name App.	Price	Total
1.			
2.	SAUNA		
3.	JACUZZI		
4.	STEAM BATH		
5.	CHILL SHOWE. MULTIGYM(16)		
6.	TREADMILL		
7.	STATIC CYCLE		
8.	MASSAGE TABLE		
9.	BEAUTY PARLOUR		
10.	BODY SHAPER WITH FAT ANALSER		

FACILITY AREA FOR MALE & FEMALE STAFF

STEAM 10X10 Sq. Ft. (Same)

JACUZZI 8 Ft. Diaz. (Same)

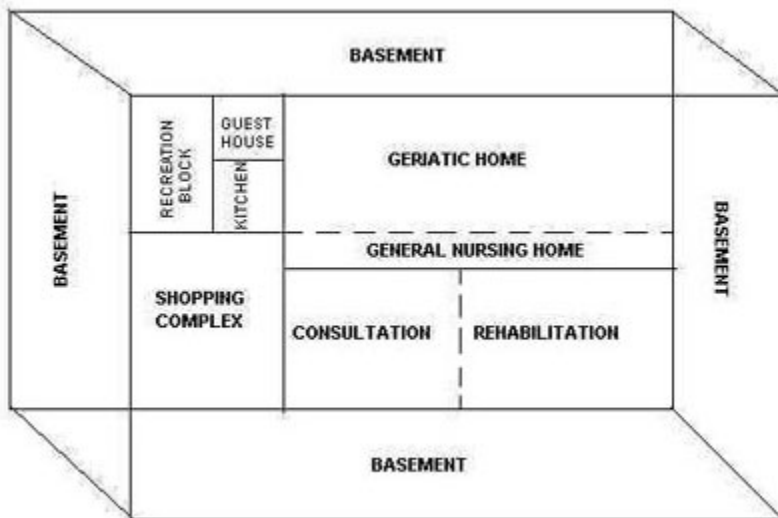
SAUNA 10x10 Sq. Ft. (Same)

MASSAGE 10X10 Sq. Ft.

Senior Citizen

Senior Citizen Probs. & Solution

ROUGH PLAN FOR GERIATRIC (OLD AGE) HOME



COMMON MEDICAL PROBLEMS

- Pneumonia prevent,
- Immunization - shots for safety
- Prostate problems for males only Senior Citizen Problems And Solution
- Joints problems(Arthritis advice)
- Stroke Problems and other sort of disabilities
- Rehabilitation Interest

DEGENERATIVE CHANGES

- Osteoporesis(Bone Thinner)
- Aging (eyes)
- Decrease physical tolerance(importance of excercises)
- Hearing problems
- Physical disability
- Physiotherapy Department.

PREVENTIVE CARE

- Psycho-social problems
- Causes psychiatric problems such as Depression etc..
- Living alone needs social circle

AIM OF ELDERLY CARE UNIT

- To provide Healthy atmosphere
- Maintain Hygienic conditions
- Maintain physical, social and mental standard
- To improve quality of life
- To be independent, free from family burden

ELDERLY CARE UNIT

- without Rehabilitation unit is only NURSING CARE facility
- DAY CARE CENTRE
- INDOOR
- With physical disability
- physical disability associated with psychological conditions

MY INVOLVEMENT WILL BE TOTALLY PROFESSIONAL

- To provide facilities upto International standard .
- To maintain/furnish office (already have with e-mail, fax, tel, off facility)
- To represent in Europe especially Scandinavia.
- Can provide marketing facility in India/Worldwide

Geriatric Town ship includes following branches

- Geriartic Home
- Day care center
- Long term resident
- Nursing Facilities
- Consultation facility
- Diagnostic Facility
- Rehabilitation
- Habilitation
- Rehabilitation
- Recreation Block
- Naturopathy
- Religious program.
- Health Club
- Music facility
- Guest House
- Kitchen
- Restaurant

its five branches are dependent each other as well as generate economy plus provide services. Once a patient is admitted in the Geriatric Home all the services can be provided along with these services can be utilized by the relatives of the persons who is admitted to the Geriatric home.

Painful Stiff Muscle Evaluation

Different reasons that can cause muscle stiffness.

- Exercise with physical strain or stress
- Muscle overuse
- Cramps
- Different types of rheumatic problems
- Various Infection Infection
- Allergic reaction
- Different orthopedic ,neurological or psychiatric problems
- Vitamins deficiency eg.vit D or Magnesium etc.
- Chronic fatigue
- Various inflammatory disorder

Muscle stiffness can be treated?

Muscle stiffness treatments are dependent upon the cause. Muscle stiffness due to overuse of skeletal muscle will eventually disappear or common home treatment will help. Relief from stiffness

1. Resting the muscles, or applying ice packs and heating pads, stretching, or light massaging the muscle.

2.After 48 hours local medical advice should be taken

What are the most important facts to know about muscle stiffness?

1.Tight feeling in the muscles associated with pain and difficulty moving.

2..Overusing muscles, or being physically inactive for long periods of time.

3.Other conditions, including myopathy, neurologic disorders.

4. Stiffness muscle can be diagnosed

a) Medical history

b) Physical examinations,along with follow-up assessments

Exercise Plan

Importance of Exercise Plan

- Improve physical activity
- Maintain range of motion, muscle strength and muscle mobility
- Reduces physical risk
- Reduces medical complication
- Prevent psychological complications

Muscle Testing

Physical therapists and related professions often use muscle testing.

Muscle testing is used to determine

- Gait Analysis
- Strength Training Exercises
- Muscle tolerance
- Measure muscle strength and function
- Help to plan exercise Therapy
- It help to evaluate exercise tolerance

Anxiety Disorder

Mental symptoms of anxiety can include:

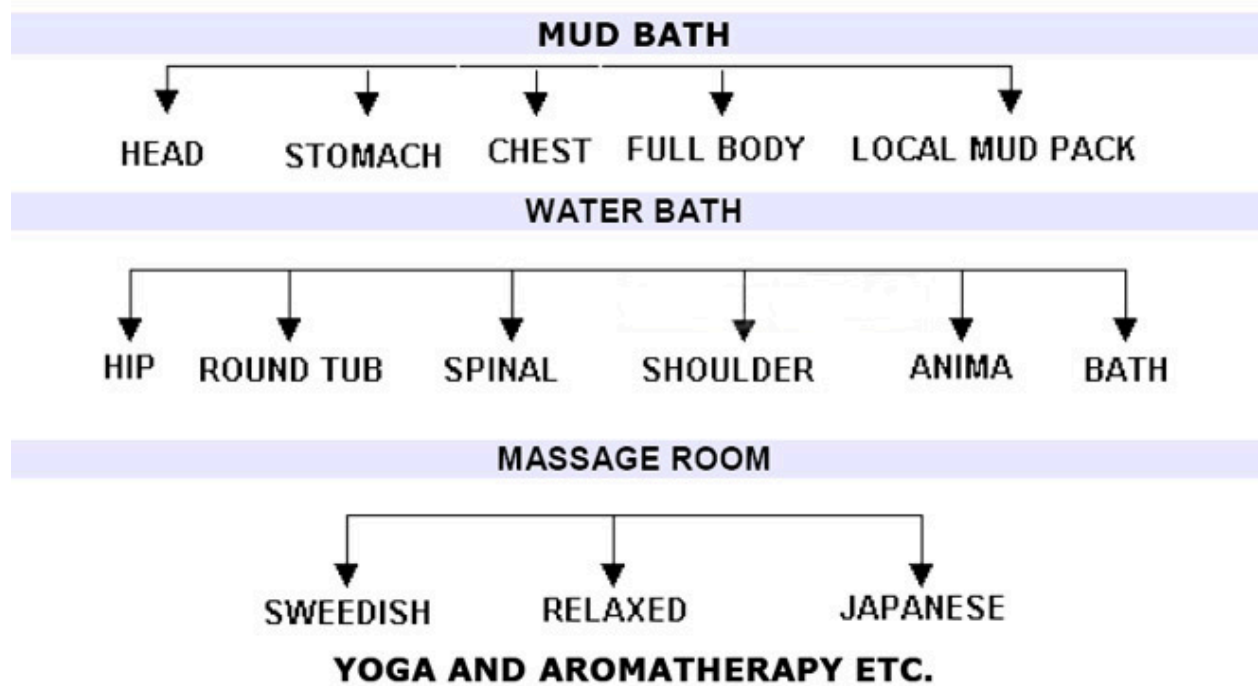
- Nervousness, restlessness, or being tense
- Feelings of danger, panic, or dread
- Heart rate increases
- Uncomfortable breathing
- Increased or heavy sweating
- Associated with mild or moderate trembling
- Weakness and lethargy
- Difficulty in decision making
- Unable to sleep
- Stomach discomforts
- Mild or moderate Hallucination
- Fear complex
- Disturb behaviors
- Difficult to concentrate

Self Naturopathy Diagnosis

Function of Naturopathy

- Nutrition and dietary consultation which help to prevent some medical problems and complications.
- To advise Herbs
- Hot and cold water Therapy.
- Sauna and steam bath advice
- Mud bath
- Light Massage for relaxation
- Acupressure
- Basic Counseling techniques

Naturopathy Branches



For Exercise Therapy following tools are used

II the devices and their uses, benefits are mentioned below:

- Calf Stretch Board- used for passive calf muscle stretches which improves flexibility and helps during the warm up
- Yoga Mats- Prevent your joints from injuries and to give you a better grip
- Sling belt-For stretching and to align the body while performing various exercise
- Therabands- For strength training for patients and fitness enthusiasts.
- Theratubes- These resistance bands are used for strength training exercises to improve muscle strength and tone.
- Loop Bands- These are fitness gear used to increase strength and build individual muscles as well as muscle groups during physical therapy, fitness and gynae rehab sessions..
- Dumbbells- Dumbbells are used for therapeutic pains and aches management too.
- KettleBell- Kettlebells help in strength and cardio training by engaging the muscles of the arm, leg, shoulder, back, and abdomen. The pull on your muscles helps to strengthen them. Kettlebells can also improve your posture.
- Measuring Tape- To measure the circumference of different parts of the body. To track changes in a patient's body size or to monitor their progress during weight loss or gain programs. To assess a patient's risk for certain health conditions such as heart diseases or diabetes, and development of a treatment plan.
- Hurdles- Hurdles of different heights are to improve an athlete's speed, agility, balance and coordination.
- Exercise balls- Exercise balls are used for isometric and isotonic exercises for patients during rehab, fitness sessions. These are also used for fun activities for kids during indoor or outdoor workshops.
- Pilates ball- Also known as mini-balls are used for a variety of exercises and workouts. They are used to improve balance, coordination, core strength, muscle toning and stretching exercises. These are used during Geriatric and Generalized fitness sessions.
- MFR roller- (Myofascial Release Roller) is used to release tension and tightness in the muscles and fascia. It is used during Athlete Training, Relaxation or Fitness Training programs as a method of cool down or relaxation. The pressure helps in releasing the knots and adhesions in the muscles, which can help to improve flexibility, reduce pain and increase blood flow to the affected areas.
- ISTM tool- (Instrument Assisted Soft Tissue Mobilization) tool helps in soft tissue injuries and chronic pain. With correct application of pressure and friction to the affected area, it breaks up scar tissue and adhesions thereby improving blood flow and mobility. They are particularly effective for treating conditions such as Plantar Fasciitis, Tennis Elbow and IT Band Syndrome.
- Foot/ Hand Roller-Is used to massage and stretch the muscles in feet and hands. It has a textured surface that helps to stimulate circulation and relieve muscle tension. It

can be used to alleviate pain and discomfort caused by conditions such as Plantar Fasciitis, Arthritis, and Carpal Tunnel Syndrome.

- Deep Tissue MFR roller- It is similar to MFR roller but is typically denser and has textured surface to provide deeper pressure and more targeted relief.
- Medicine Balls- Medicine balls used during physical fitness and Sports training sessions. They are used to help build strength, power, and endurance in the upper body, core, and legs.
- Slam Balls- They are similar to medicine balls but are specifically designed for exercises that involve slamming the ball onto the ground or against a wall.
- Bosu Ball- Bosu stands for “Both sides utilized”. This half sphere-shaped ball can be utilized from both flat or rounded sides depending on the exercise. It is used to improve balance, stability, and core strength for both patients and fitness enthusiasts.
- Swiss Balls- Also known as stability balls with different sizes are used for balance, stability and core strength training during Fitness or Physical Therapy sessions. They are also used for postural correction and reduce backache.
- Hand gripper/extensor- Hand gripper helps to improve grip strength and dexterity based on the level of resistance during a physical rehab session. It helps to improve hand dexterity particularly for people suffering from a hand injury or stroke.
- Finger Web- It is a handheld device to improve grip strength and dexterity. They are used for various exercises and work on the similar principle as a hand gripper/ extensor.
- Mulligan Belt- Mulligan belt used to improve joint mobility and reduce pain. To treat conditions such as neck pain, shoulder stiffness, elbow restrictions, lower back pain, hip pain or knee pain.
- Weighted Kegel Balls- Are used during Gynae Rehab sessions to strengthen the pelvic floor muscles. They are used to treat conditions such as urinary incontinence, pelvic organ prolapse, or sexual sensations or dysfunctions.
- Wall Bar- Is used during stretching, strength training and physical rehab sessions. They help in improving flexibility, range of motion, and overall strength along with a faster recovery from an injury.
- Wobble Board- A type of balance board used for physical therapy, rehabilitation and fitness training for balancing and coordination exercises. Wobble Board is used for patients and athletes to improve their performance, faster recovery and prevent injuries.

Self Naturopathy Diagnosis

NO	BODY	VAYU	PITTA	KAPHA
1	BODY FRAME	thin	medium	large
2	FINGER NAILS	Thin or cracking	Medium/pink/soft	Thick or white
3	PULSE	80-100	70-80	60-70
4	WEIGHT	Low or bony	Medium/muscular	Gains easily
5	STOOL/BOWL	Small/hard/gas	Loose or burn	Moderate or solid
6	FOREHEAD SIZE	small	Medium	large
7	EATING HABITS	variable	Strong or sharp	Constant or low
8	EYES	Small or unsteady	Reddish or piercing	White or wide
9	VOICE	Low or weak	High or sharp	Deep or tonal
10	Thin or dry	Medium or soft	Large or smooth	
11	CHEST	flat	Sunken moderate	Round expanded
12	NATURE	Cold & dry	Heat & sun	Cold & damp
13	CHIN	Thin or angular	Taperd round	Double chin
14	NECK	Thin or tall	medium	Big,wide,folded
15	MEMORY	Quick or grasp ideas soon forget	Sharp or clear	Slow to learn but never forget
16	BELIEFS	Radical,changing	Leader goal oriented	Constant or loyal
17	DREAMS	Flying or anxious	In colour or fighting	Romantic or few
18	SPEECH	Quick or talkative	Moderate or argues	Slow or silent
19	FINANCES	Spends on trifles	Spends on luxury	Saves money
20	SLEEP	disturbed	moderate	heavy
21	HABITS	Travel or nature	Sports or politics	Water or flower
22	MIND	Quick or adaptable	Penetrating & critical	Slow & lethargic
23	EMOTIONS	Enthusiastic or worries	Warm,can get angry	Calm or attached
24	TEMPERAMENT	Nervous or fearful	impatient	Easy going
	TOTAL			

Select exercises under Physiotherapist supervision

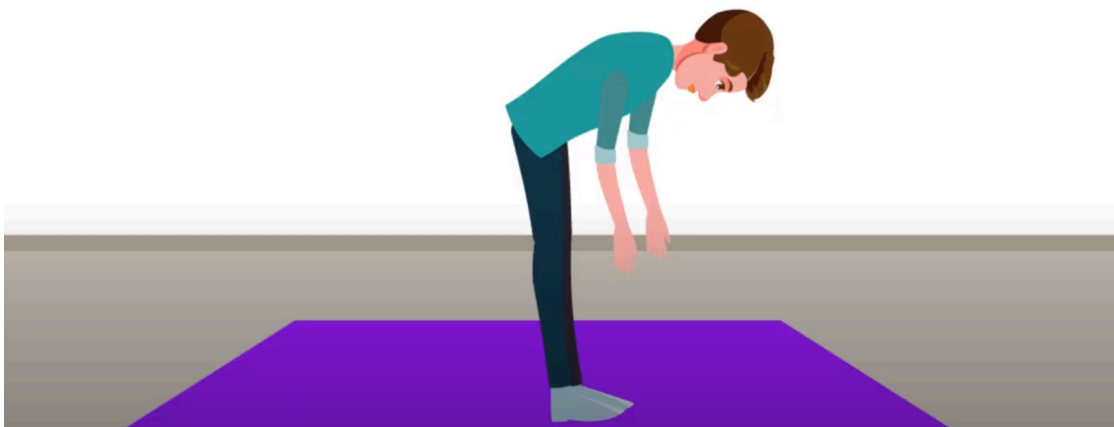
Knee Joint Exercise

Exercise 4



Starting Position: Standing firmly, with trunk bent forwards, and both arms hanging Loose.

Method: Swing the arms forwards and backwards vigorously several times.

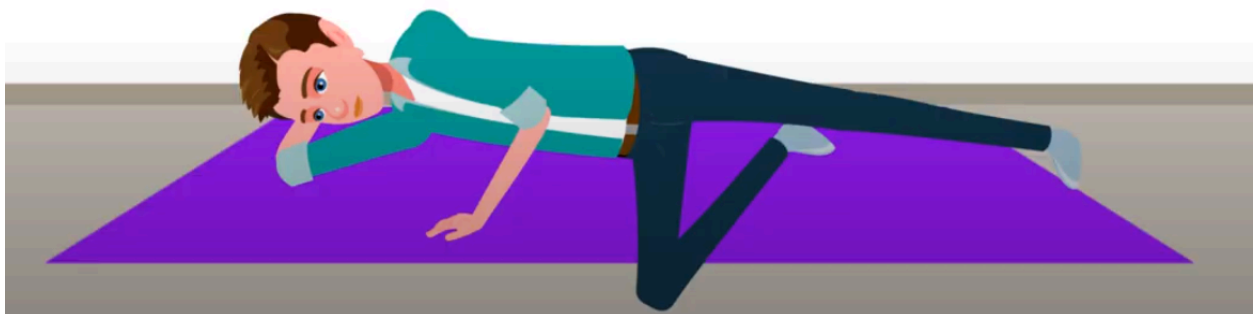


Exercise B Lying on the side 2



Starting Position: Lying on the right side, with right arm tucked under the neck, right leg bent double and left leg stretched out along the body-axis.

Method: Bent the left knee over the chest and then stretch the leg out towards the back of the body, on the floor.

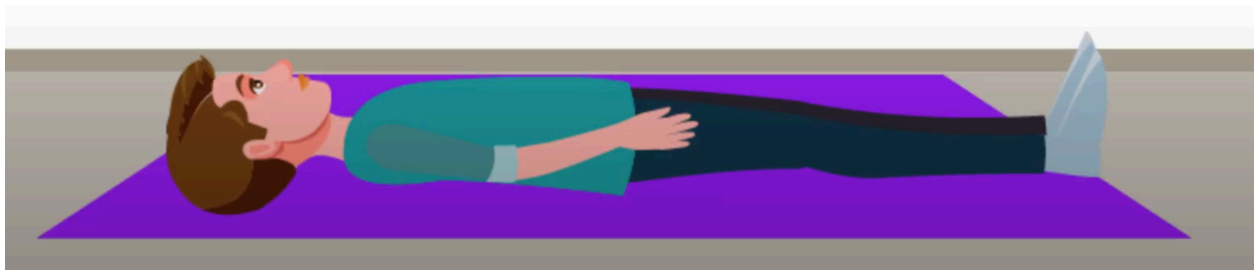


The Knee Joint - Exercise 1



Starting Position: Lying on the back with both legs stretched out straight.

Method: Pressing the knee down firmly on the floor, pull the toes in towards the body. In the beginning it is advisable to do the exercise with both legs simultaneously.



The Knee Joint - Exercise 2



Starting Position: Lying on the back with both legs stretched out straight.

Method: Pull the toes inwards towards the body, press the knee firmly against the floor and then raise the leg to the maximum level possible. Revert to starting position and repeat the exercise with other leg.



The Knee Joint - Exercise 3



Starting Position : Lying on the back with both legs stretched out straight.

Method: Pull the toes inwards towards the body, press the knee against the floor and then raise the leg diagonally inwards over the other leg. Revert to starting position and repeat the movement with other leg.



The Knee Join - Exercise 4 With Diagonal



Starting Position: Lying on the back with both legs stretched out straight.

Method: Pull the toes inwards towards the body, press the knee against the floor and then raise the leg diagonally outwards.

Revert to starting position and repeat the movement with other leg.



The Knee Joint - Exercise 5



Starting Position: Lying on the back with both legs stretched out straight.

Method: Bending the knee, bring the leg upwards over the chest. Then raise the leg upwards to the maximum level possible. Revert to starting position by doing the movement in the inverse direction.



The Knee Joint - Exercise B



Starting Position : Lying on the affected side, lower arm tucked under the neck, lower leg bent slightly at the knee, upper leg bent double, over the lower leg and touching the floor.

Method: Bend the lower leg and then stretch it to its full length.

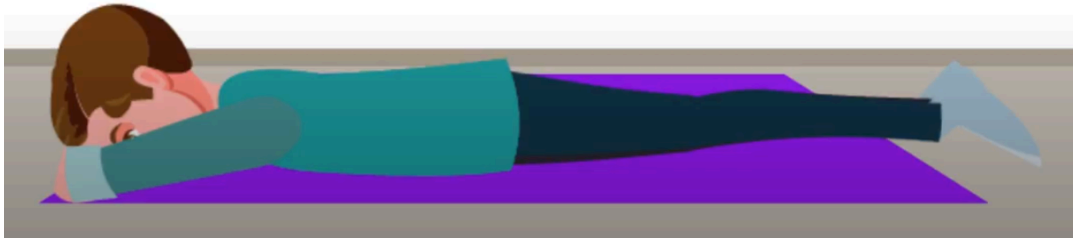


The Knee Joint - Exercise C



Starting Position : Lying face downwards, legs stretched out, hand under the forehead.

Method: Without moving the left leg, raise the right leg upwards from the knee at right angle to the thigh. Repeat with the other leg.

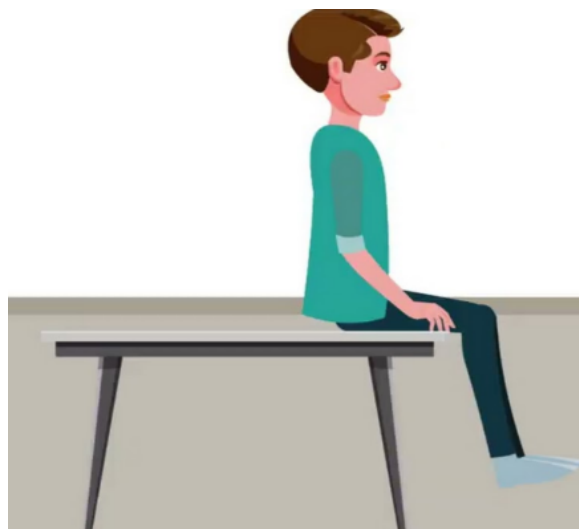


The Knee Joint - Exercise D - Seated upon a table



Starting Position: Sitting upon a table, legs dangling.

Method: Raise the leg slowly stretching the knee. Repeat the exercise picking up a weight of upto 3 kgs. with the foot.

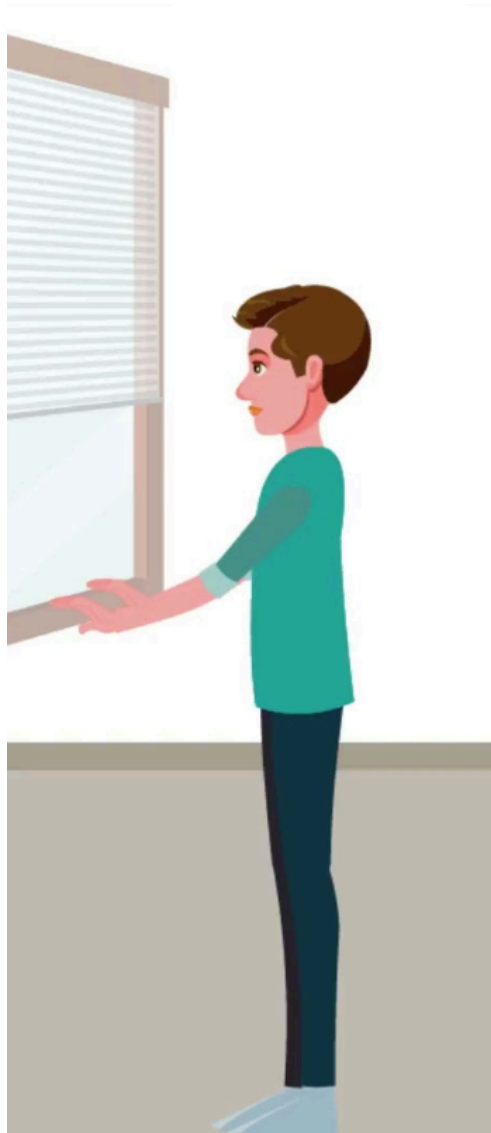


The Knee Joint - Exercise E - Standing



Starting Position: Standing both feet together, holding on tightly to a window-frame, or any other fixed point.

Method: Bend both legs, as if to sit, and lower yourself to the maximum, without losing your balance.



Shoulder Joint Exercise

The Shoulder Joint - Standing Exercise



Starting Position: Standing firmly, trunk bent forwards, with both arms hanging Loose.

Method: Swing the arms sideways, crossing them when they meet in front of the body.



The Shoulder Joint Exercise 1



Starting Position: Lying down on the healthy side.

Method: Raise the upper arm, moving it sideways in semi-circular direction, while resting your head on the other arm, touching your ear.
Revert to starting position.



The Shoulder Joint Exercise 2



Starting Position: Lying down on the healthy side.

Method: 1- Resting your head on the one arm, raise the other arm sideways vertically, then bring it to touch the nape of the neck.
2- Stretch it out vertically again and revert to starting position.



The Shoulder Joint Exercise 3



Starting Position: Standing firmly, trunk bent forwards, both arms hanging loose.

Method: Move the arms in a circular movement on the sides.



The Shoulder Joint Exercise 3a

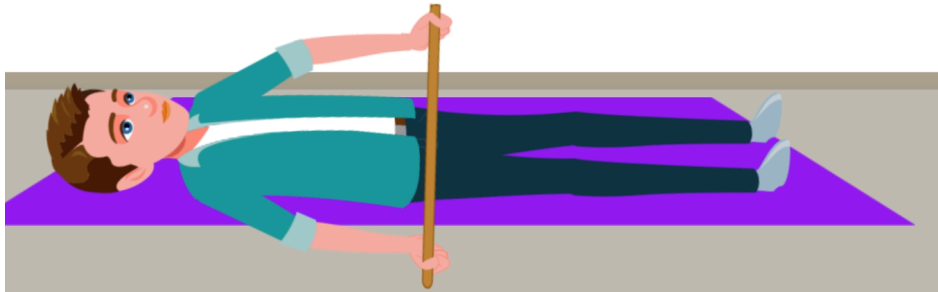


Starting Position: Lying on the back, arms extended over body, holding a stick at both ends, along the width of the shoulders.

Method 1-Stretch the body by raising the arms with the stick, till the hands touch the floor beyond the head,

2- Move the stick down to touch the head.

3 - Revert to the starting position, moving arms in the inverse direction.



The Shoulder Joint Exercise 4a



Starting Position: Lying on the back with arms extended sideways at shoulder level

Method: 1- Raise arms up vertically, then slowly cross them so that the right hand touches left shoulder and left hand touches right shoulder.

2- Bring arms back to a vertical position and revert to starting position.



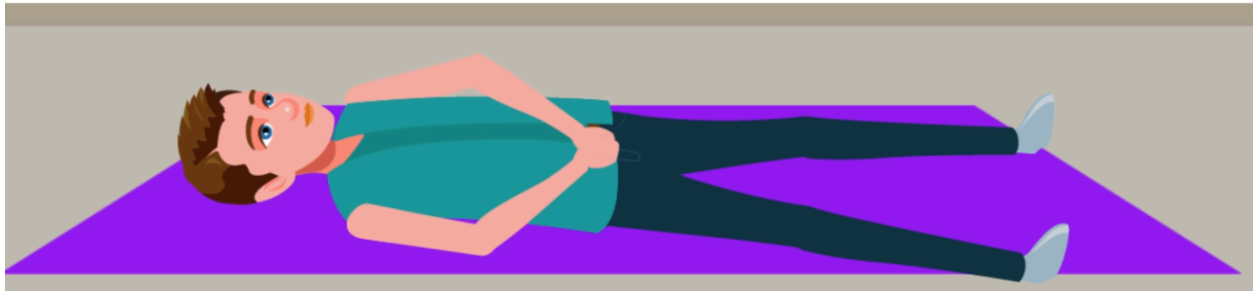
The Shoulder Joint Exercise 5



Starting Position: Lying on the back with hands joined over stomach.

Method: 1- Raise the arms extending them beyond the head, stretching the body, without unlocking the hands.

2 - Move the joined hands under the nape of the neck, and revert to starting position, moving hands in an inverse direction.



The Shoulder Joint Exercise B -1

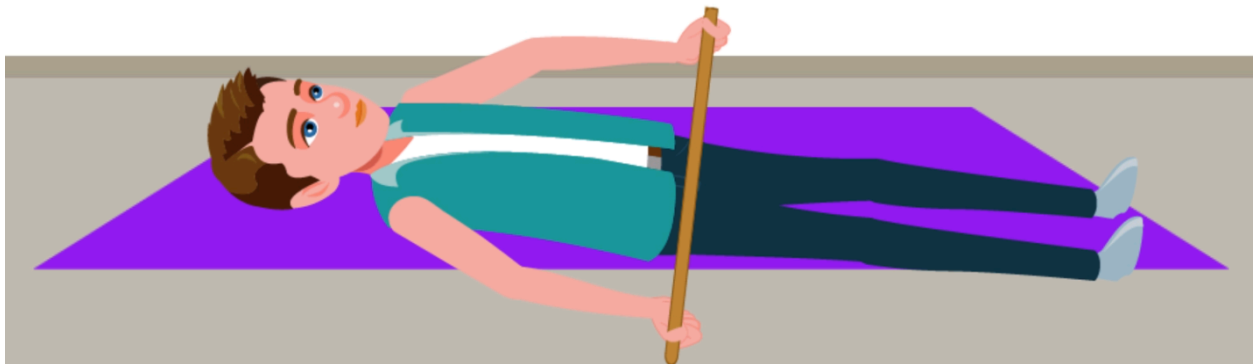


Starting Position: Lying on the back, arms extended over body, holding a stick at both ends, along the width of the shoulders.

Method 1 Move forearms at right angles to the arms keeping elbows on the floor.

2 - Still holding the stick, raise arms vertically upwards.

3- Bring stick down towards chest and revert to original position.



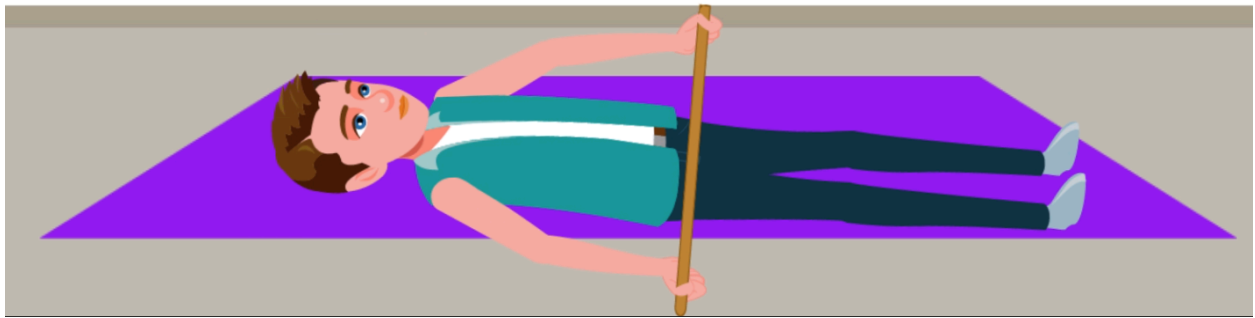
The Shoulder Joint Exercise B - 2



Starting Position: Lying on the back, arms extended over body, holding a stick at both ends, along the width of the shoulders.

Method 1 - Holding the stick, raise the arms till they touch the floor beyond the head, stretching the body.

2 - Return to the original position by moving the arms in the inverse direction.



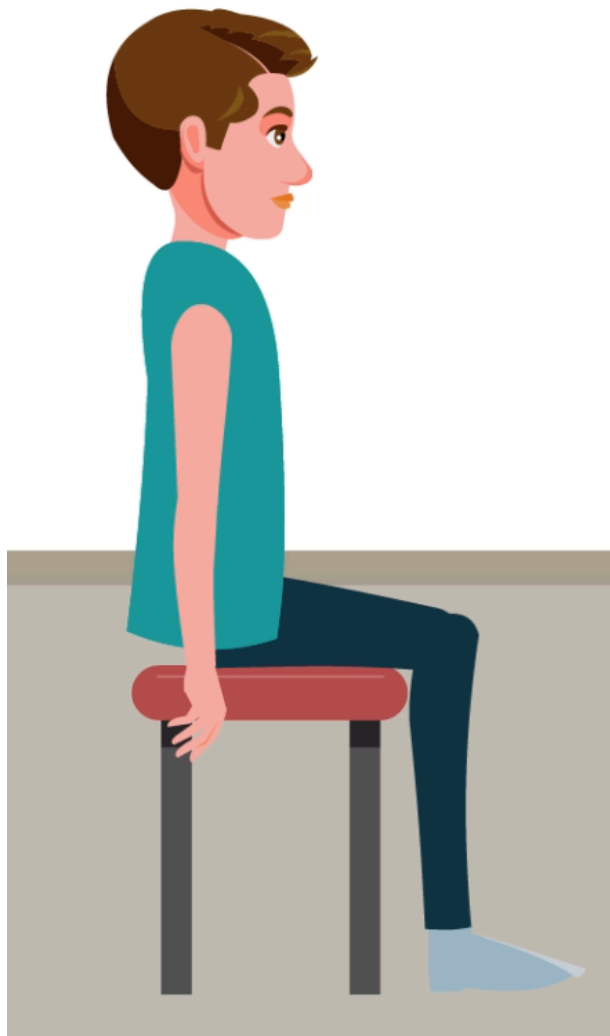
Cervical Column Exercise

Cervical Column - Exercise 1



Starting Position: Sit up straight on a stool, feet together, arms on the side keeping the mouth closed.

Method: Bend the head and let it fall forwards till the chin touches the chest, and then slowly bend the head back as far as it goes.



Cervical Column - Exercise 2



Starting Position: Sit up straight on a stool, feet together, arms on the side keeping the mouth closed.

Method: Sitting straight up, bend the head first to the left and then towards the right, keeping the gaze fixed straight ahead during the exercise.

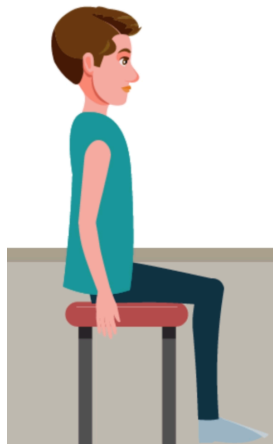


Cervical Column - Exercise 3



Starting Position: Sit up straight on a stool, feet together, arms on the side keeping the mouth closed.

Method: In an upright position, turn the head alternately, first towards the left and then to the right, with eyes looking back over the shoulder.

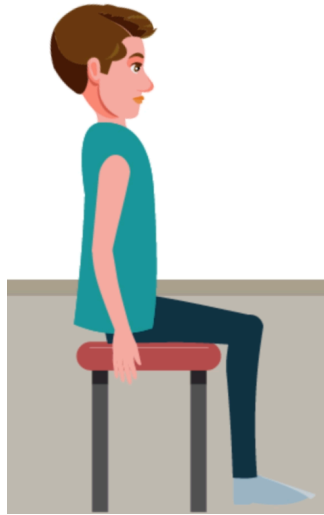


Cervical Column - Exercise 4



Starting Position: Sit up straight on a stool, feet together, arms on the side keeping the mouth closed.

Method: Rotate the head round slowly as if describing a circle.



Cervical Column - Exercise 5



Starting Position: Sit up straight on a stool, feet together, arms on the side keeping the mouth closed.

Method: Extend the arms straight ahead of you, then swing them backwards and forwards in a circular movement.



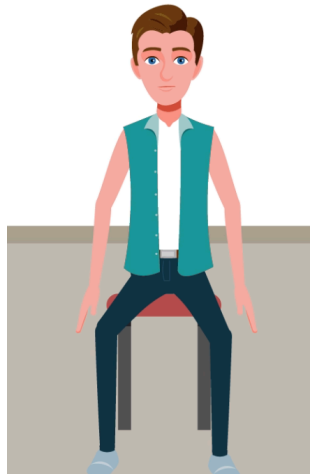
Cervical Column - Exercise 6



Starting Position: Sit upright on a stool.

Method: Stretch the arms out sideways in level with the shoulder.

Without bending your arms, turn the body, waist upwards first towards the left, then to the right, balancing the arms simultaneously in opposite directions, without moving the head and gaze fixed in front.



Cervical Column - Exercise 7



Starting Position: Sitting upright on a stool, hands resting on knees.

Method: Stretch right arm in front at shoulder level.

Slowly turn the body, trunk upwards to the right till outstretched arm goes back in a semi-circular movement, eyes following the arm.



Cervical Column - Exercise 8



Starting Position: Sitting upon a stool, with both arms raised in front at shoulder level.

Method: Swing both arms together first towards the left and then towards the right, turning the body in the same direction, and eyes following arm movement



Cervical Column - Exercise 9



Starting Position: Sitting on a stool, both arms raised sideways at shoulder level.

Method: Vigorously move the arms three times backwards and forwards in a flapping movement.

Raise arms above the head at an angle of 45 degree and repeat above movement, then do the same with arms stretched straight up in a vertical position.



Cervical Column - Exercise 10



Starting Position: Sitting on a stool, arm raised straight above the head.

Method: 1- Turning the body at the waist, take the raised arm backwards, eyes following movement.

2- Then bend forwards at the waist, till right hand touches left toes and forehead touches left knee. Repeat the same movement with the left hand



Group 4

Exercise 1



Starting Position: Sitting straight upon a stool, arms by your side.

Method: Raise both arms sideways at shoulder level, move them backwards vigorously three times then repeat the movement with arms at an angle of 45 degree above the head, & then with the arms parallel to the head.



Exercise 2



Starting Position: Sitting upon a stool, with both arms meeting across the chest at shoulder level, both the hand touching.

Method: Turn the body sideways, trunk upwards and move the elbows backwards without separating the arms.



Exercise 3



Starting Position: On your knees, with head and arms extending downwards, hand touching the floor.

Method : 1 - Bring the chest down several times as if to touch the floor.
2 - Come back to the position of standing on all-four for few seconds and then repeat chest movement.

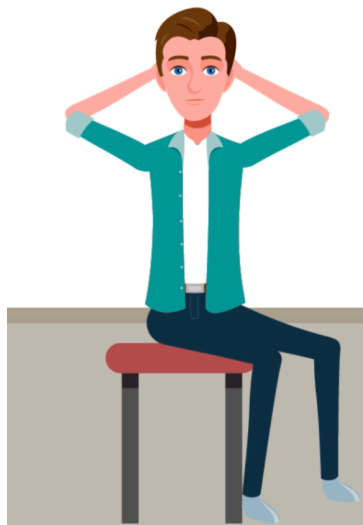


Exercise 3a



Starting Position: Sitting upon a stool, with both hands joined behind the head, the feet 50 cms. Apart.

Method: Bend the body, trunk upwards, first to the right side & then to the left.

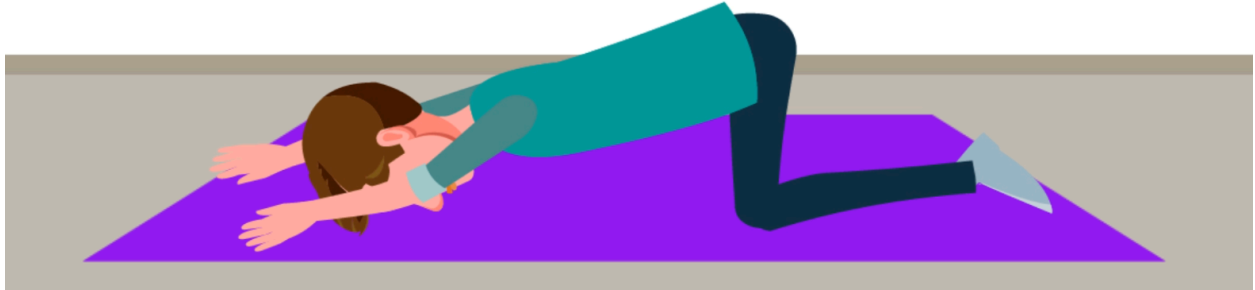


Exercise 4



Starting Position: On your knees, with head and arms slanting downwards, hands touching the floor.

Method: Raise the arms up alternately, without moving the chest



Exercise 4a



Starting Position: Sitting upon a stool, facing the wall, arms extended above the head, hands and toes touching the wall.

Method: Bend forward and try to touch the chest to the wall.



Exercise 5



Starting Position : Sitting upon a stool, facing the wall, arms extended above the head, hands and toes touching the wall.

Method: Bend the chest forward and in this position take the hands off the wall alternately



Exercise 6



Starting Position : Sitting upon a stool, facing the wall, arms extended above the head, hands touching the wall.

Method: Bend the chest forward and in this position take both the arms off the wall simultaneously.



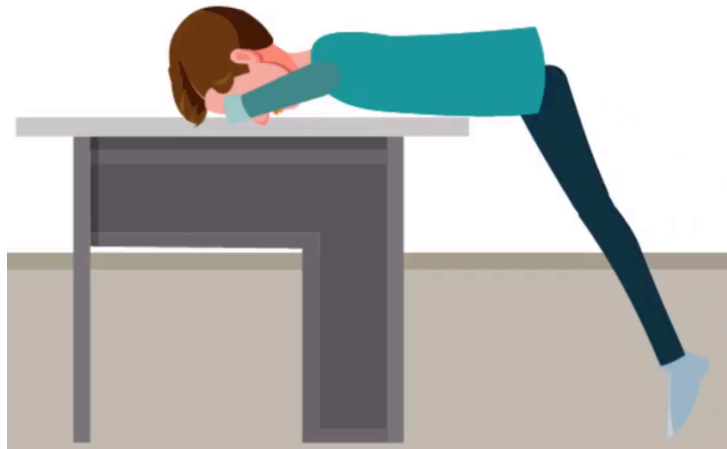
Hips Exercise

Hips - lying face downwards on table - Exercise



Starting Position: Lying face downwards, upper part of the body on table or bed, legs stretched out, feet touching the floor.

Method: Raise the legs alternately at a horizontal level with the body.

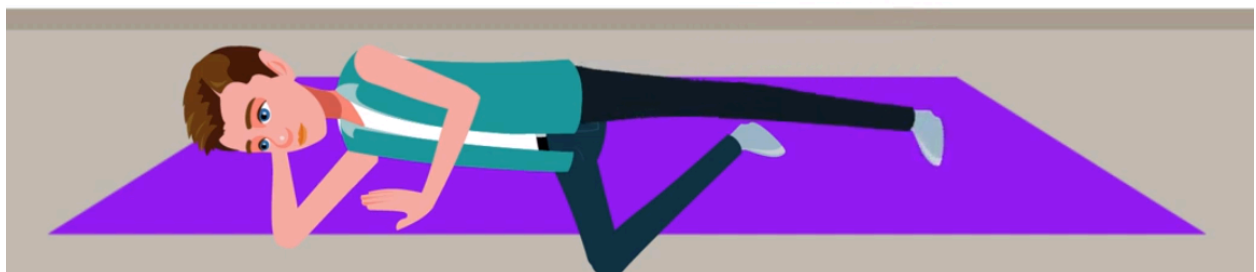


Hips - lying on floor - Exercise 1



Starting Position: Lying on the side, lower arm tucked under the neck, lower knee bent, the upper leg stretched out, with toes touching the floor.

Method: Raise the upper leg straight to the highest possible level.

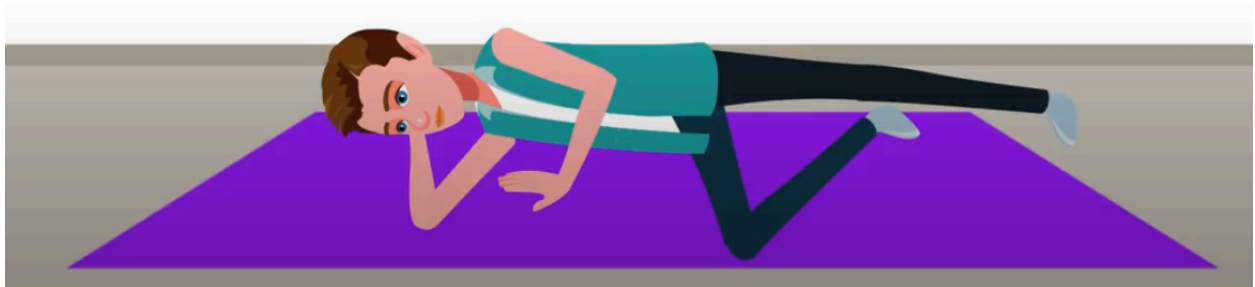


Hips - lying on floor - Exercise 2



Starting Position : Lying on the side, lower arm tucked under the neck, lower knee bent double, the upper leg stretched out with toes touching the floor.

Method: Raise the upper leg, bend the knee upwards towards the chest and then stretch the leg out backwards. Revert to starting position.

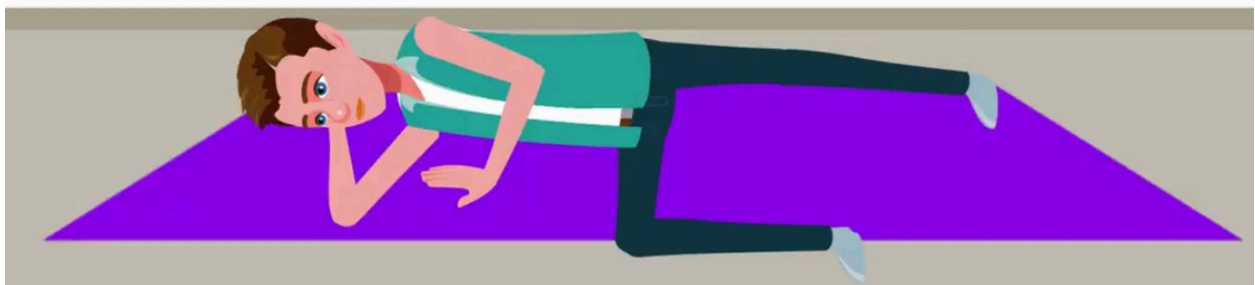


Hips - lying on floor - Exercise 3



Starting Position: Lying on the side, lower arm tucked under the neck, the lower leg stretched out straight, upper leg bent double on the floor.

Method: Bring the lower leg, knee bent, towards the chest and then stretch it out backwards.



Hips - lying on floor - Exercise 4



Starting Position: Lying on the side, the lower arm tucked under the neck, lower leg bent double, and the upper leg stretched out in front.

Method: Raise the upper leg upwards vertically and lower it to floor behind the body. Repeat the movement in the inverse direction.

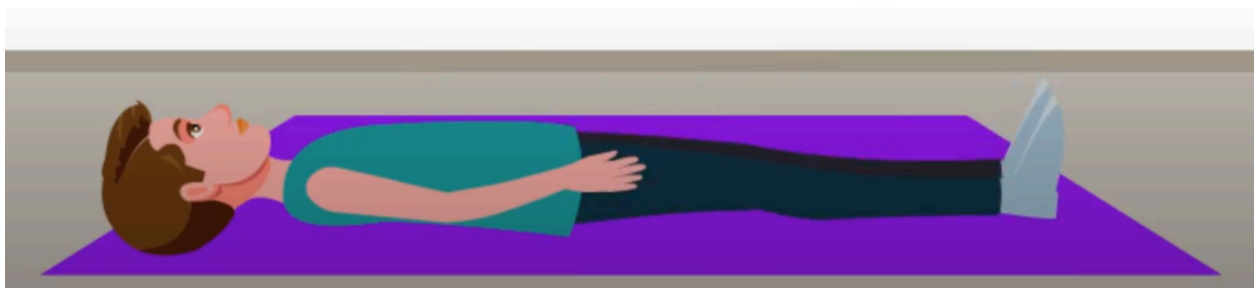


Hips - lying on the back - Exercise A-1



Starting Position: Lying on the back with legs stretched out straight.

Method: Without lifting the left leg from the floor, bend the right leg and bring it over the chest. Return to starting position and repeat the same movement with the left leg.

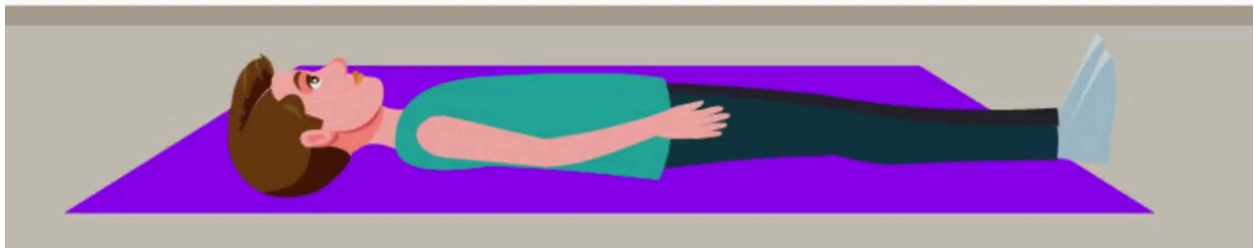


Hips - lying on the back - Exercise A-2



Starting Position: Lying on the back with legs stretched out straight.

Method: Without lifting the left leg from the floor, bend the right leg and bringing it over the chest, then take it upwards vertically, lower it slowly to starting position. Repeat the exercise with the other leg.

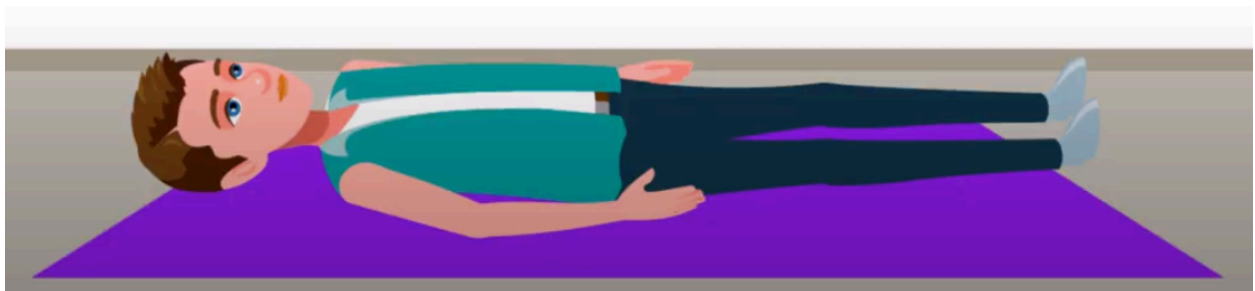


Hips - lying on the back - Exercise A-3



Starting Position: Lying on the back with legs stretched out straight.

Method: Without lifting the left leg from the floor, move the right leg outwards to the side. Revert to starting position and repeat the exercise with the other leg.

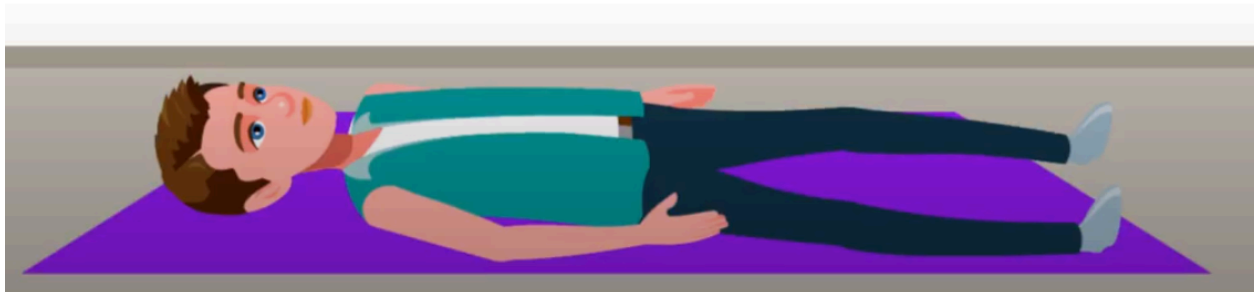


Hips - lying on the back - Exercise A-4



Starting Position : Lying on the back, with legs stretched out at a slight distance from each other.

Method: Move both legs simultaneously, first outwards and then inwards



Hips - lying on the back - Exercise A-5



Starting Position: Lying on the back with knees drawn up, feet resting on the floor.

Method: Keeping the arms on the floor, raise the buttocks to the maximum possible level.



Hips - lying on the back - Exercise A-6



Starting Position: Lying on the back, knees bent, legs drawn up.

Method: Lower one knee sideways, trying to touch the floor. Revert to starting position. Repeat the movement with the other knee.

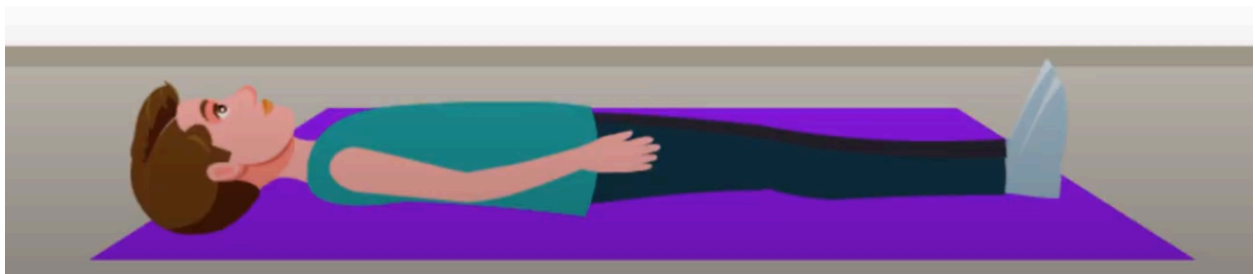


Hips - lying on the back - Exercise A-7



Starting Position: Lying on the back, legs stretched out straight.

Method: Sit up and try and touch your toes with your hands.



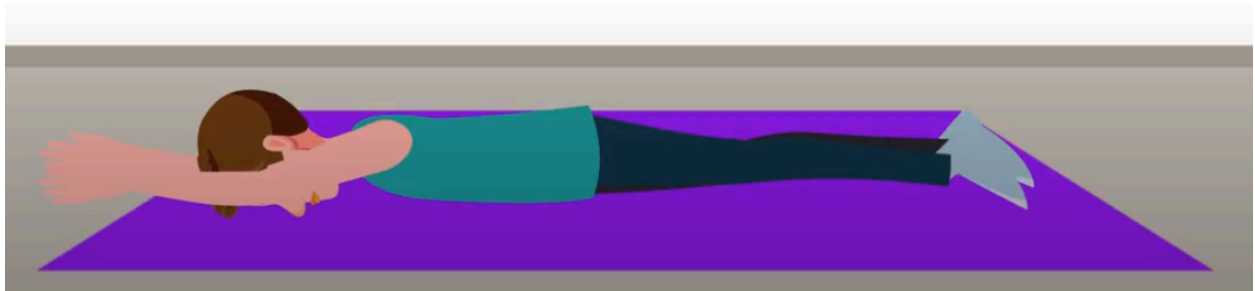
Spinal Column Exercise

Spinal Column exercise A-3



Starting Position : Lying face downwards, arms extended upwards by the side of the head.

Method : Raise the arms alternately without moving the head.

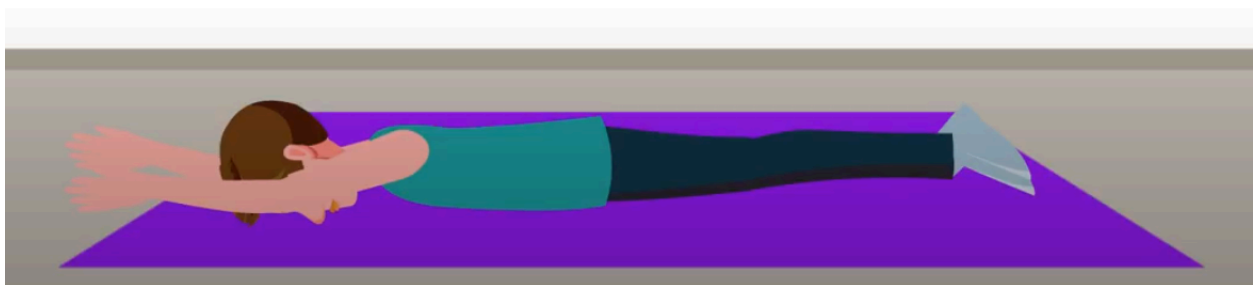


Spinal Column exercise A-4



Starting Position: Lying face downwards with both arms extended in line with the head, forehead resting on the floor.

Method: Raise both arms simultaneously without moving the head.

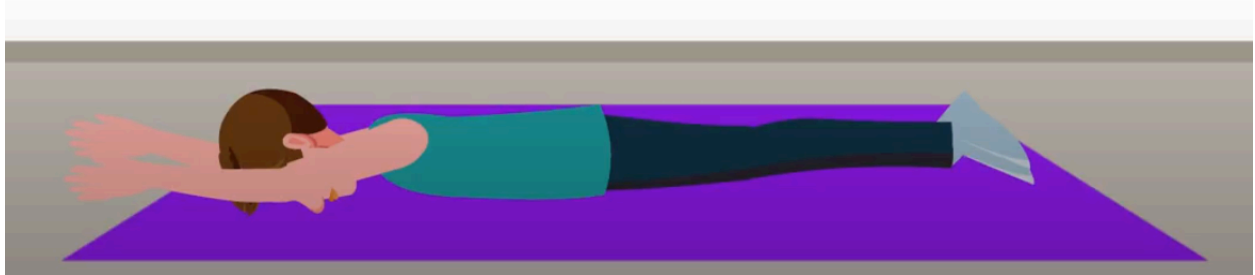


Spinal Column exercise A-5



Starting Position: Lying face downwards with both arms extended in front in line with the head.

Method: Slowly raise both arms, the head and the upper part of chest.

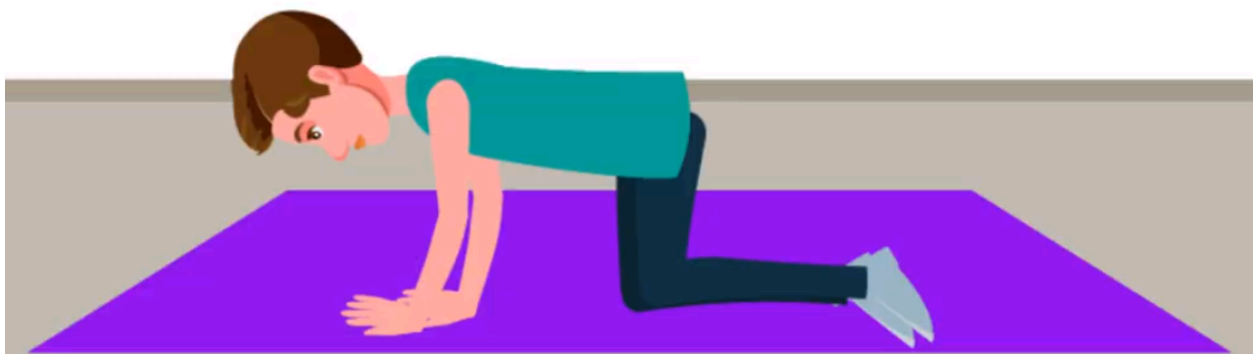


Spinal Column exercise D-1



Starting Position: Standing on all-fours, back straight, arms at right angles to the body.

Method: Raise the right arm upwards turning the head and upper part of the body in the same direction. Return to starting position and repeat the action with the other arm.

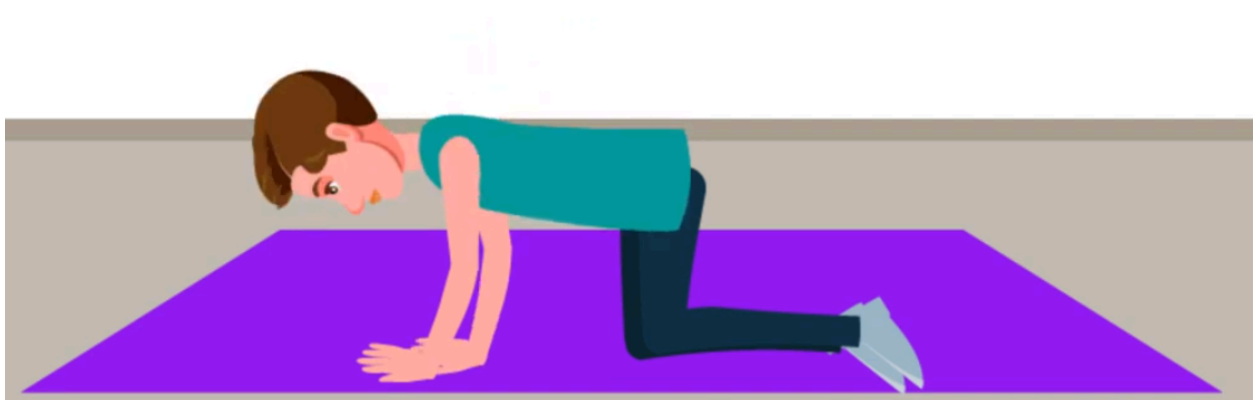


Spinal Column exercise D-2



Starting Position: Standing on all-fours, back straight, arms at right angles to the body.

Method: Raise the right arm above the head and describe a semi-circle moving the arm down towards the back, with the eyes following the movement of the arm. Bring the arm back to starting position in the semi-circular movement. repeat the action with the other arm.

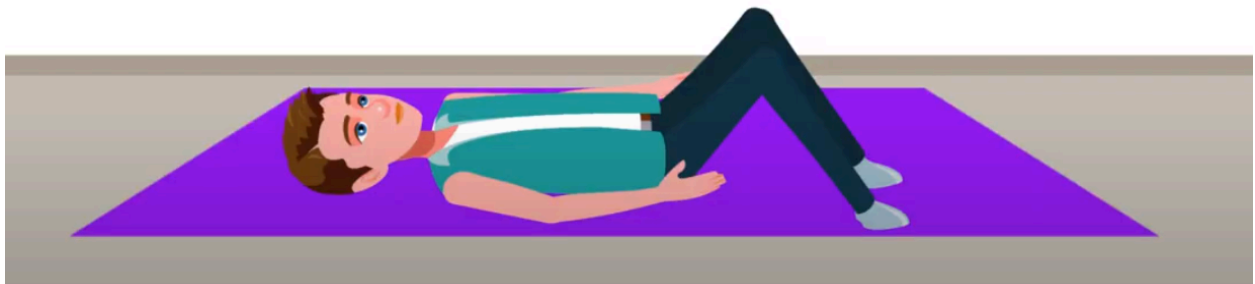


Spinal Column Exercise E-1



Starting Position: Lying on back, legs drawn up, knees bent, feet touching, arms alongside body.

Method: 1- Breath in, raising both arms, stretching them beyond the head on the floor. Bring arms down extending them sideways to the floor at shoulder level while breathing out, then revert to starting position. After several sessions, the exercise should be performed with a weight of 0.5-1.0 kg. in each hand.

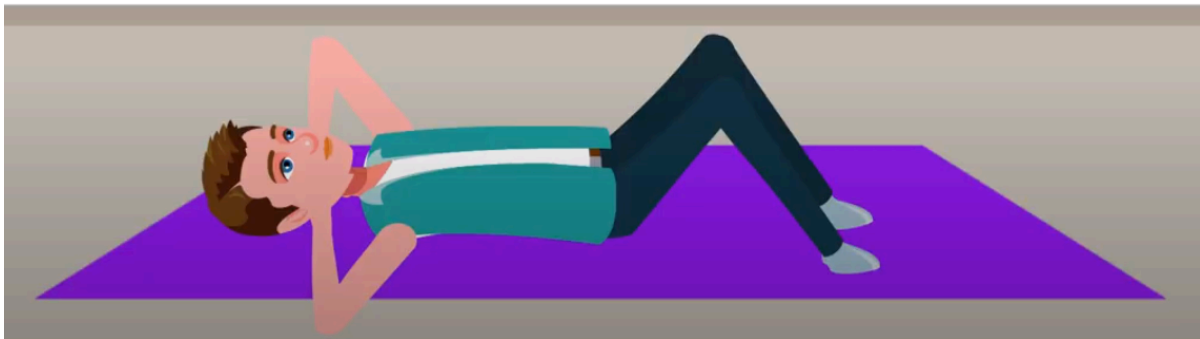


Spinal Column Exercise E-2



Starting Position: Lying on back, legs drawn up, knees bent, feet touching floor, arms folded under the nape of the neck.

Method: While breathing in, press the elbows against the floor and relax them while breathing out.

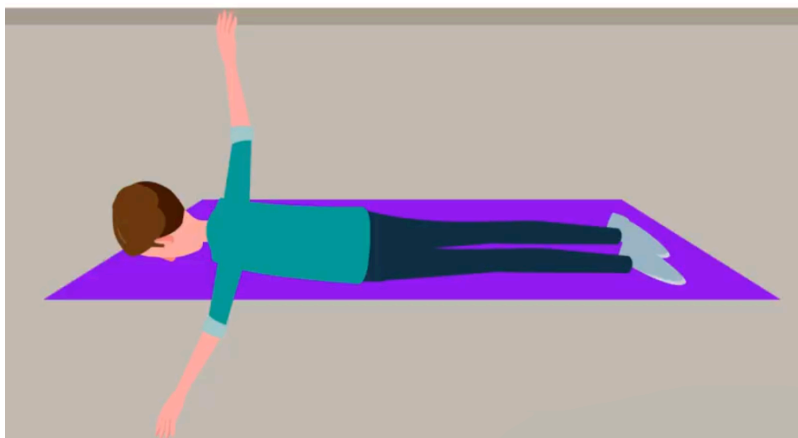


Spinal Column Exercise G-1



Starting Position: Lying face downwards, arms extended on either side at shoulder level. (In case of a bent spine or pronounced lumbar raise, place a small cushion under the stomach).

Method: Raise stretched out arms without moving the head.

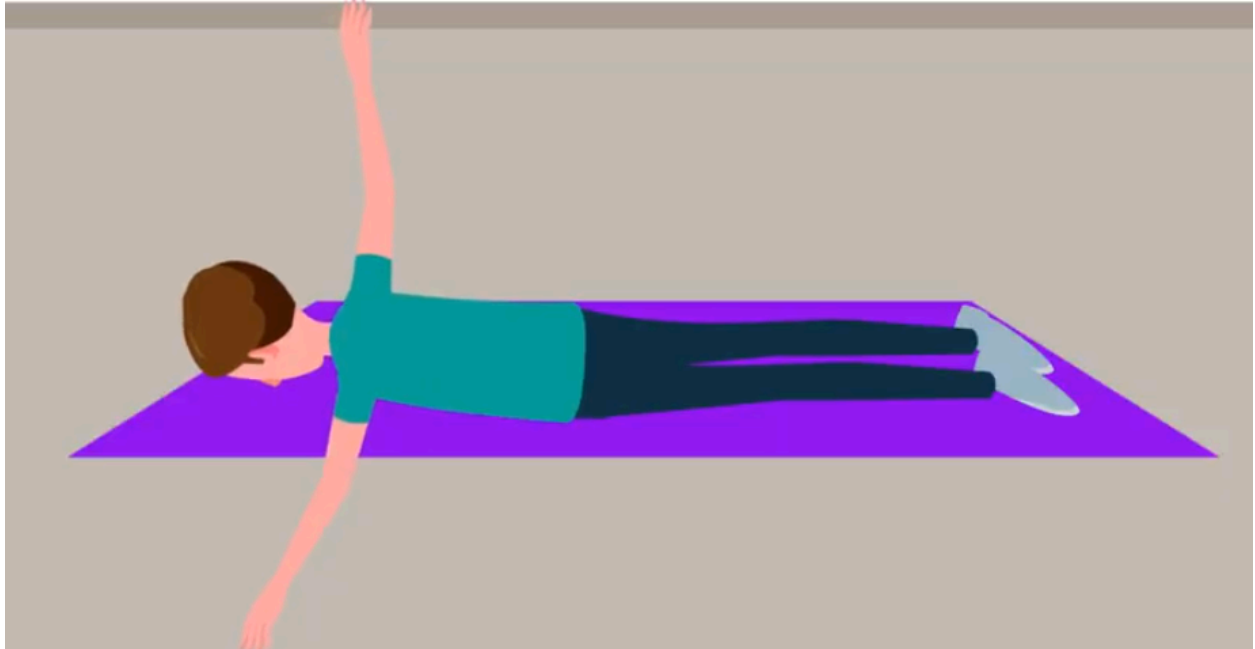


Spinal Column Exercise G-2



Starting Position: Lying face downwards, arms extended on either side, at shoulder level.

Method: Raise the head, the outstretched arms and the upper part of the chest.



Elbow exercise



Starting Position : Sitting upon a stool, arms by the side, each hand holding a maximum weight of 2 kgs.

Method: Flex and extend the forearms over the arms.



Wrist & Finger exercise A-1



Starting Position: Sitting, with forearms and hands resting on a table.

Method: Raise the hands without moving forearms.



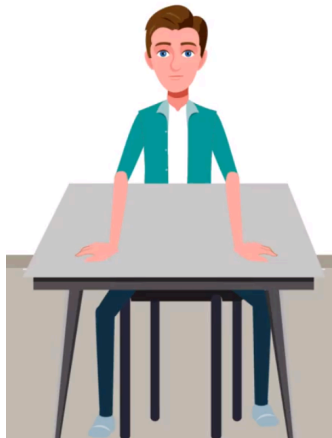
Wrist & Finger exercise A-2



Starting Position: Sitting with forearms and hands resting on a table.

Method: 1 - Move the hands along the table from side to side from wrist, without moving the forearms.

2 - Carry out the same exercise, raising hands from the table, wrist upwards making a semi-circular movement.



Wrist & Finger exercise A-3



Starting Position: Sitting at table with the hand over the edge.

Method: Bend and extent the hand from the wrist. Continue the same exercise by holding a maximum weight of 2kgs in each hand.



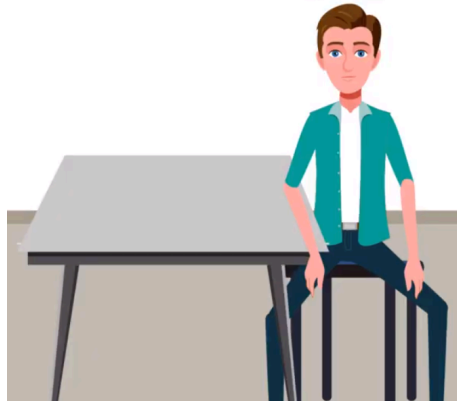
Wrist & Finger exercise A-4



Starting Position: Sitting at the table with the hand going beyond the edge.

Method: 1- Rotate the hand in circular motion in both directions.

2 - Continue the exercise alternately by holding in each hand a weight not exceeding 2 kgs.



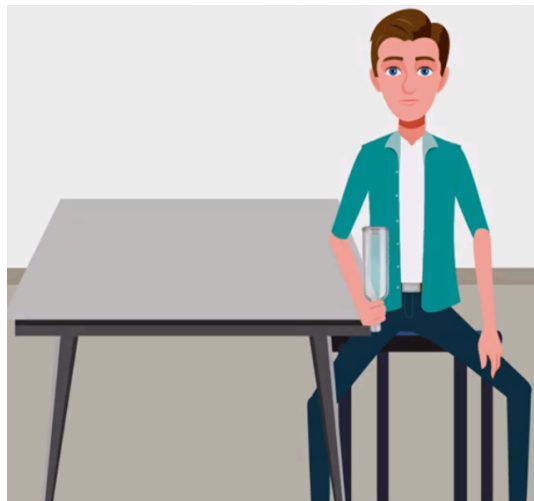
Wrist & Finger exercise A-5



Starting Position: Sitting at the table with the hand over the edge.

Method: 1 - Rotate the forearm, making the palm face upwards, & then repeat the movement in the inverse direction, palm facing the floor.

2 - Continue the same exercise alternately with a weight in each hand, preferably holding an empty bottle.

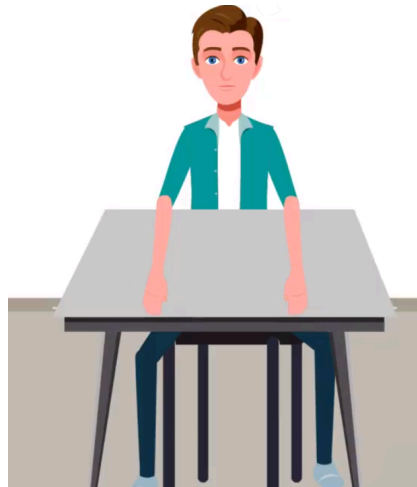


Wrist & Finger exercise A-6



Starting Position: Hands and forearms resting on a table.

Method: Spreading the fingers and thumbs, separating each one.

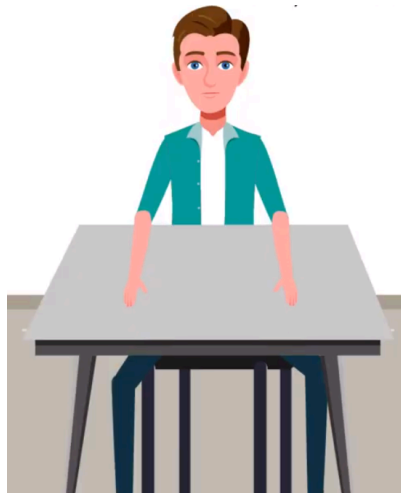


Wrist & Finger exercise A-7



Starting Position: Forearms and outer sides of palms resting on a table.

Method: Bending the arms at the elbows, bringing forearms up, open and close fists; revert to starting position.

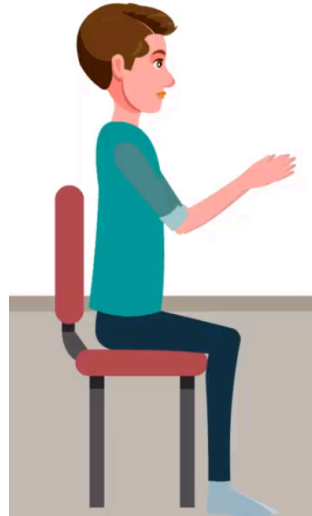


Wrist & Finger exercise A-9



Starting Position: Sitting at the table with palm together.

Method: Without separating the palms, direct the fingers first towards the floor and then towards the chest.

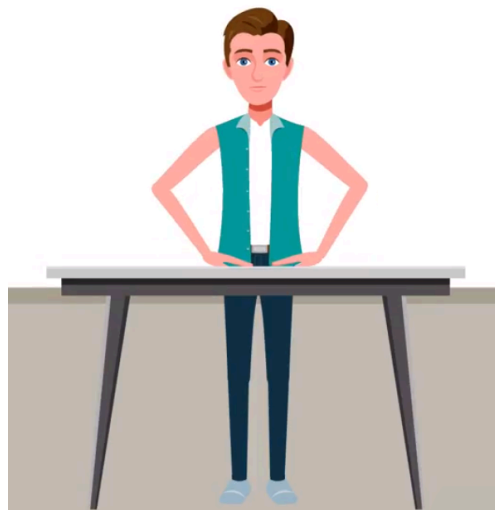


Wrist & Finger exercise A-11



Starting Position : Standing, hands turned inwards supporting yourself on a table.

Method: Bend downwards, letting the chest touch the table, straighten the arms and then repeat the movement again.



Foot Exercise

Exercises D with foot exercise 1



Starting Position: Stand on foot-stool and support the weight of the body upon the healthy leg while leaving the other foot hanging in air.

Method: Swing the leg forwards and backwards.

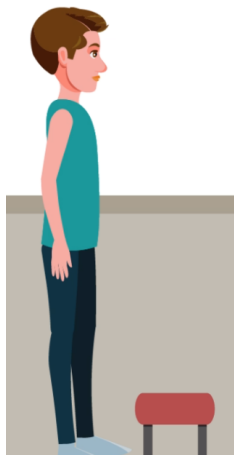


Exercises D with foot exercise 2



Starting Position: Standing before a low foot-stool. (Practical exercise: climb up and down the stairs)

Method: Step on the stool by putting the affected leg up first and then climb down on the other side by putting the healthy leg forward. Repeat the exercise by practicing on a staircase.



Exercises D with foot exercise 3



Starting Position: Standing with the stool placed just behind you, (Practical exercise: Sitting down and getting up)

Method: Sit down and then get up(in the beginning and in order to make the exercise easy, cushion should be put upon the stool)



Exercises D with foot exercise 4



Starting Position: Standing in front of a stool, upon which you will rest the foot of the sick leg.(Practical exercise: to wear shoes and tie shoe laces).

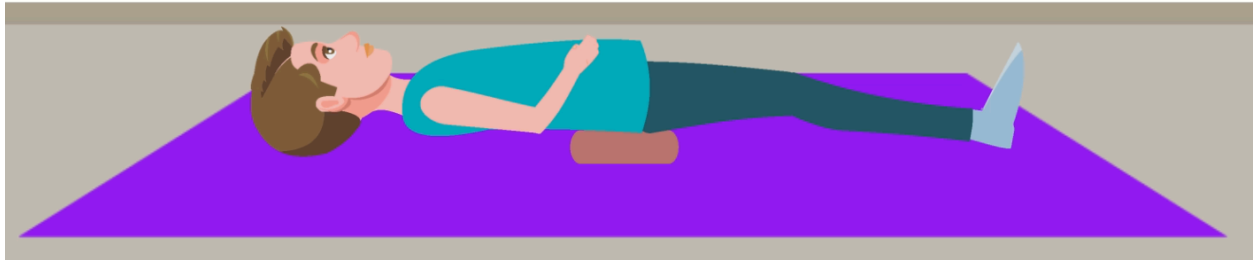
Method: Bend forwards in front and try touching the foot simultaneously with both the hands.



Exercises E posture which help in extending the hip



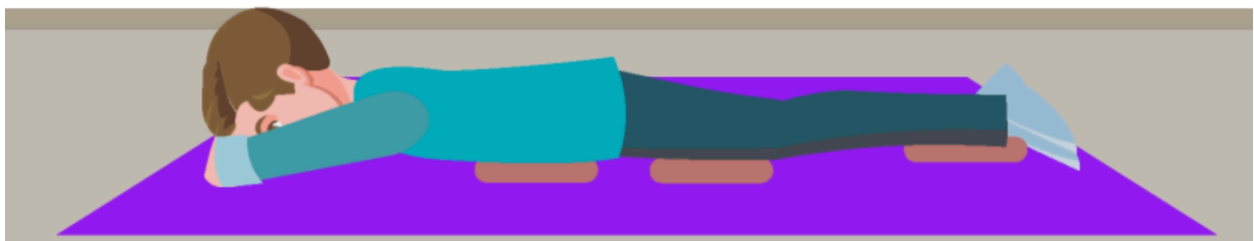
Method: The bust slightly raised, legs extended, a hard cushion is placed or a double folded blanket is placed under the buttocks. There should be nothing under the thighs. Remain in this position for 10 to 30 minutes per day.



Exercises E - 2 lying on stomach - posture which help in extending the hip



Method: Place a cushion under the stomach, another cushion under the thighs and third cushion under the feet. The region of the groin should have no support. Remain in this position for 10 to 30 minutes per day.



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