

Download Physical Exercises Manual

Physical therapy (PT) is care that aims to ease pain and help you function, move, and live better. You may need it to: Relieve pain. Improve movement or ability. Prevent or recover from a sports injury. Prevent disability or surgery. Rehab after a stroke, accident, injury, or surgery. Work on balance to prevent a slip or fall. Description. This manual was developed in conjunction with our distribution partner and lead educator in physical therapy, OPTH. It provides Physical Therapists and corrective exercise specialists with education on the ActivMotion Bar products as well as a framework for integrating AMBs into patient treatment plans as they relate to common areas of weakness or injury. In general, manual physical therapy techniques employ the following types of movement: Soft tissue work, including massage, which applies pressure to the soft tissues... Mobilization/manipulation, which uses measured movements of varying speed (slow to fast),... The manual therapy and therapeutic exercise programs targeted impairments each patient presented with at each treatment session. The HipTrac, applied in the clinic and in each patient's home, was used for mobilizing the joint capsule and to provide pain relief.