

Plantar Fasciitis Rehabilitation Exercises

You may begin exercising the muscles of your foot right away by gently stretching them as follows:

1. Towel stretch:

Sit on a hard surface with your injured leg stretched out in front of you. Loop a towel around the ball of your foot and pull the towel toward your body, stretching the back of your calf muscle. Hold this position for 30 seconds. Repeat 3 times. When the towel stretch becomes too easy, you may begin doing the standing calf stretch.

2. Standing calf stretch:

Facing a wall, put your hands against the wall at about eye level. Keep the injured leg back, the uninjured leg forward, and the heel of your injured leg on the floor. Turn your injured foot slightly inward (as if you were pigeon-toed) as you slowly lean into the wall until you feel a stretch in the back of your calf. Hold for 30 to 60 seconds. Repeat 3 times. When you can stand comfortably on your injured foot, you can begin stretching the planter fascia at the bottom of your foot.

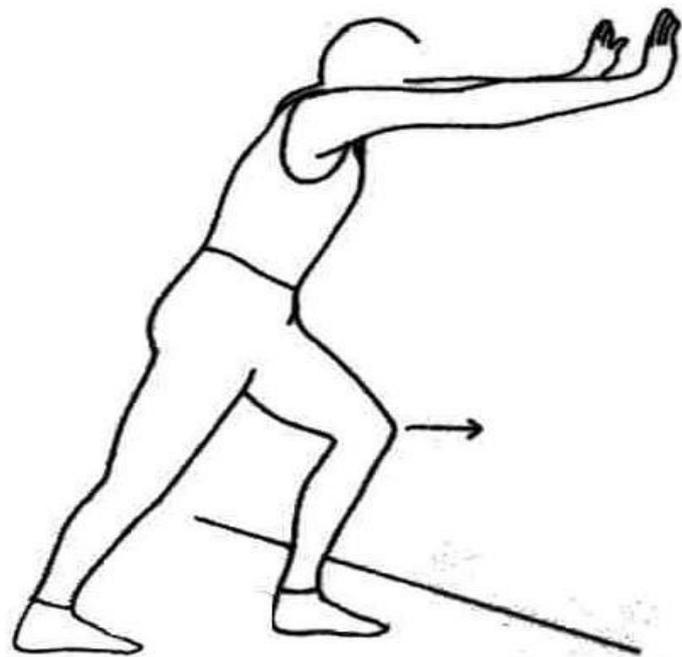
3. Plantar fascia stretch:

Stand with the ball of your injured foot on a stair. Reach for the bottom step with your heel until you feel a stretch in the arch of your foot. Hold this position for 30 to 60 seconds and then relax Repeat 3 times.

After you have stretched the bottom



Plantar fascia stretch



tanding calf stretch

muscles of your foot, you can begin strengthening the top muscles of your foot.

4. Frozen can roll:

Roll your bare injured foot back and forth from mid-arch over a frozen juice can. Repeat for 3 exercise is particularly helpful if done first morning.



your heel to your to 5 minutes. This thing in the

5. Sitting toe raise:

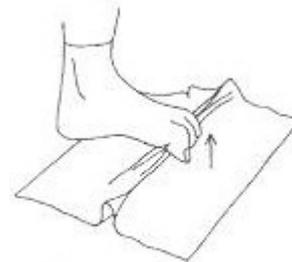


Sitting toe raise

Sit in a chair with your feet flat on the floor. Raise the toes and the ball of your injured foot off the floor while keeping your heel on the floor. Hold for 5 seconds. Repeat 10 times. Do three sets of 10.

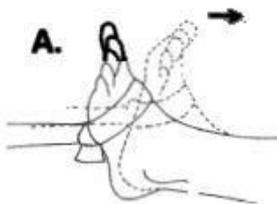
6. Towel pickup:

With your heel on the ground, pick up a towel with your toes. Release. Repeat 10 to 20 times.



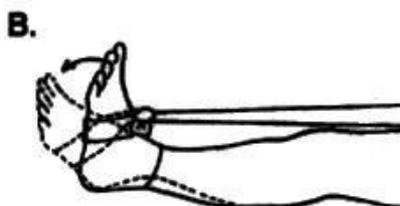
Towel pickup

Next, you can begin strengthening the muscles of your foot and lower leg by using a Thera-Band.



7. Resisted Thera-Band exercises for the lower leg:

A. Resisted dorsiflexion:



Theraband exercises

Sit with your injured leg out straight and your foot facing a doorway. Tie a loop in one end of the Thera-Band. Put your foot through the loop so that the tubing goes around the arch of your foot. Tie a knot in the other end of the Thera-Band and shut the knot in the door. Move backward until there is tension in the tubing. Keeping your knee straight, pull your foot toward your face, stretching the tubing. Slowly return to the starting position.

Repeat 10 times. Do 3 sets of 10.

B. Resisted plantar flexion:

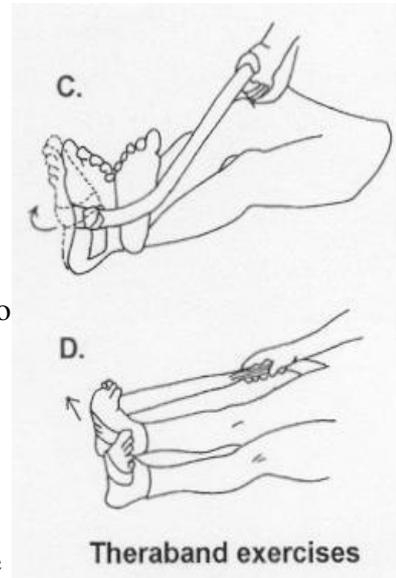
Sit with your leg outstretched and loop the middle section of the tubing around the ball of your foot. Hold the ends of the tubing in both hands. Gently press the ball of your foot down and point your toes, stretching the Thera-Band. Return to the starting position. Repeat 10 times. Do 3 sets of 10.

C. Resisted inversion:

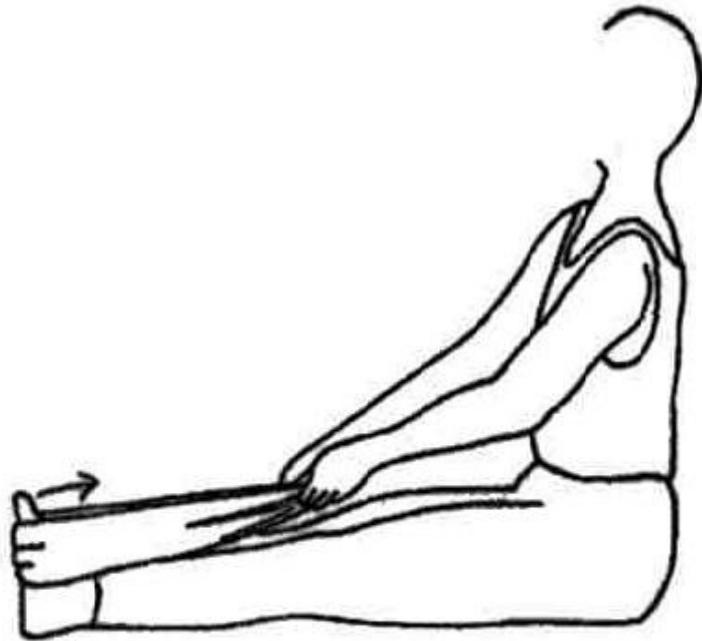
Sit with your legs out straight and cross your un-injured leg over your injured ankle. Wrap the tubing around the ball of your injured foot and then loop it around your uninjured foot so that the Thera-Band is anchored there at one end. Hold the other end of the Thera-Band in your hand. Turn your injured foot inward and upward. This will stretch the tubing. Return to the starting position. Repeat 10 times. Do 3 sets of 10.

D. Resisted eversion:

Sit with both legs stretched out in front of you, with your feet about a shoulder's width apart. Tie a loop in one end of the Thera-Band. Put your injured foot through the loop so that the tubing goes around the arch of that foot and wraps around the outside of the uninjured foot. Hold onto the other end of the tubing with your hand to provide tension. Turn your injured foot up and out. Make sure you keep your uninjured foot still so that it will allow the tubing to stretch as you move your injured foot. Return to the starting position. Repeat 10 times. Do 3 sets of 10.



ACHILLES TENDINOSIS REHABILITATION EXERCISES



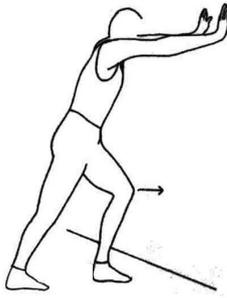
Towel stretch

You can do the towel stretch right away. When the towel stretch is too easy, try the standing calf stretch, soleus stretch, and plantar fascia stretch. When you no longer have sharp pain in your calf or tendon, start exercises 5, 6, and 7.

1. Towel stretch:

Sit on a hard surface with your injured leg stretched out in front of you. Loop a towel around the ball of your foot and pull the towel toward your body, keeping your knee straight. Hold this position for 30 seconds and repeat 3 times.

2. Standing calf stretch:



Standing calf stretch

Facing a wall, put your hands against the wall at about eye level. Keep the injured leg back, the uninjured leg forward, and the heel of your injured leg on the floor. Turn your injured foot slightly inward (as if you were pigeon-toed) as you slowly lean into the wall until you feel a stretch in the back of your calf. Hold for 30 seconds. Do this several times a day.

3. Standing soleus stretch:

Stand facing a wall with your hands at about chest level. With both knees slightly bent and the injured foot back, gently lean into the wall until you feel a stretch in your lower calf. Once again, slightly toe in with the injured foot and keep your heel down on the floor. Hold this for 30

seconds. Return to the starting position. Repeat 3 times.



Plantar fascia stretch



Standing soleus stretch

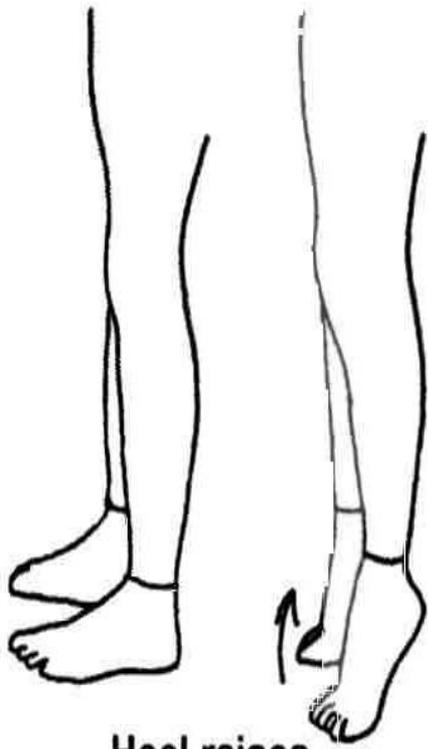
4. Plantar fascia stretch:

Standing with the ball of your injured foot on a stair and slightly toed out, reach for the bottom of the step with your heel until you feel a stretch in the arch of your foot. Hold this position for 30 seconds. Relax and then repeat 3 times.

5. Toe raises:

Stand in a normal weight-bearing position. Rock back on your heels so that your toes come off the ground. Hold this position for 5 seconds. Repeat 10 times. Do 3 sets of 10.

6. Heel raises:



Heel raises

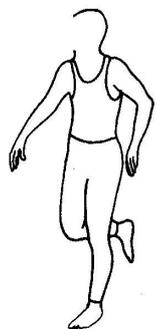
Standing, balance yourself on both feet behind a chair. Rise up on your toes, hold for 5 seconds and then lower yourself down. Repeat 10 times. Do 3 sets of 10.



Toe raises

7. Single leg balance:

Stand without any support and attempt to balance on your injured leg. Begin with your eyes open and then try to perform the exercise with your eyes closed. Hold the single-leg position for 30 seconds. Repeat 3 times.



Single leg balance

Ankle Sprain Rehabilitation Exercises

As soon as you can tolerate pressure on the ball of your foot, begin stretching your ankle using the towel stretch. When this stretch is too easy, try the standing calf stretch and soleus stretch. You can do exercises 4 and 5 when your ankle swelling has stopped increasing. You may do exercises 6 through 10 when you can stand on your injured ankle without pain.

1. Towel stretch:

Sit on a hard surface with your injured leg stretched out in front of you. Loop a towel around the ball of your foot and pull the towel toward your body, keeping your knee straight. Hold this position for 30 seconds. Repeat 3 times.

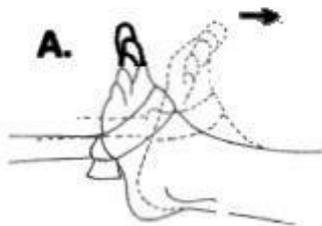
2. Standing calf stretch:

Facing a wall, put your hands against the wall at about eye level. Keep the injured leg back, the uninjured leg forward, and the heel of your injured leg on the floor. Turn your injured foot slightly inward (as if you were pigeon-toed). Slowly lean into the wall until you feel a stretch in the back of your calf. Hold for 30 seconds. Do this several times a day.

3. Standing soleus stretch:

Stand facing a wall with your hands at about chest level. With both knees slightly bent and the injured foot back, gently lean into the wall until you feel a stretch in your lower calf. Once again, angle the toes of your injured foot slightly inward and keep your heel down on the floor. Hold this for 30 seconds. Return to the starting position. Repeat 3 times.

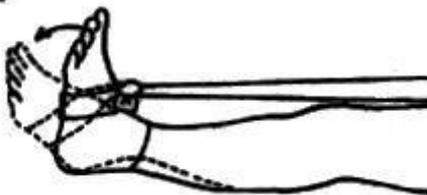
4. Ankle range of motion:



You can do this exercise sitting or lying down. Pretend you are writing each of the letters of the alphabet with your foot. This will move your ankle in all directions. Do this twice.

5. Thera-Band exercises

B.



A. Resisted dorsiflexion:

Sitting with your leg out straight and your foot near a door, wrap the tubing around the ball of your foot. Anchor the other end of the tubing to the door by tying a knot in the tubing, slipping it between the door and the frame, and closing the door. Pull your toes toward your face.

Theraband exercises

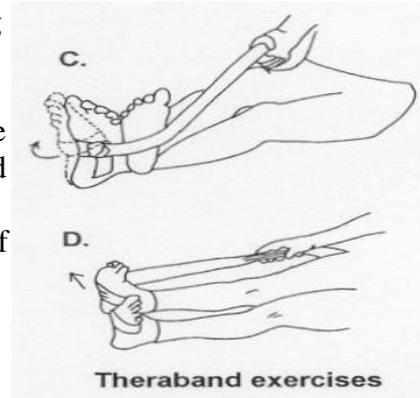
Return slowly to the starting position. Repeat 10 times. Do 3 sets of 10.

B. Resisted plantar flexion:

Sitting with your leg outstretched, loop the middle section of the tubing around the ball of your foot. Hold the ends of the tubing in both hands. Gently press the ball of your foot down and point your toes, stretching the Thera-Band. Return to the starting position. Repeat 10 times. Do 3 sets of 10.

C. Resisted inversion:

Sit with your legs out straight and cross your un-injured leg over your injured ankle. Wrap the tubing around the ball of your injured foot and then loop it around your uninjured foot so that the Thera-Band is anchored at one end. Hold the other end of the Thera-Band in your hand. Turn your injured foot inward and up-ward. This will stretch the tubing. Return to the starting position. Repeat 10 times. Do 3 sets of 10.



D. Resisted eversion:

Sitting with both legs out stretched and the tubing looped around both feet, slowly turn your injured foot upward and outward. Hold this position for 5 seconds. Repeat 10 times. Do 3 sets of 10.

6. Heel raises:

Standing, balance yourself on both feet behind a chair. Rise up on your toes, hold for 5 seconds and then lower yourself down. Repeat 10 times. Do 3 sets of 10.

7. Toe raises:

Stand in a normal weight-bearing position. Rock back on your heels so that your toes come off the ground. Hold this position for 5 seconds. Repeat 10 times. Do 3 sets of 10.

8. Single leg balance:

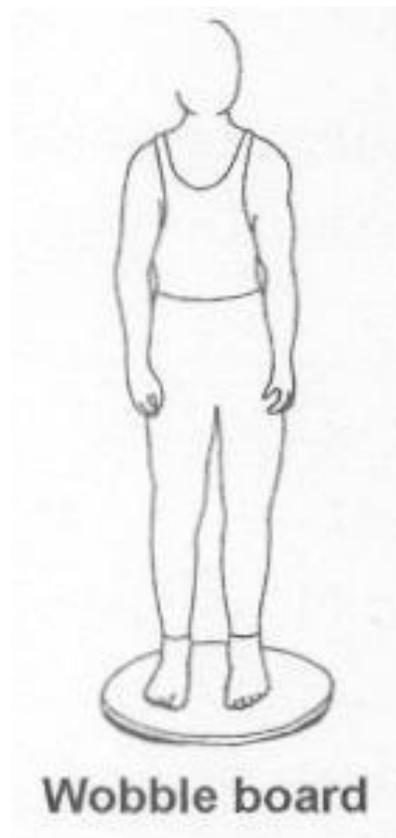
Stand without any support and attempt to balance on your injured leg. Begin with your eyes open and then try to perform the exercise with your eyes closed. Hold the single-leg position for 30 seconds. Repeat 3 times.

9. Skipping rope:

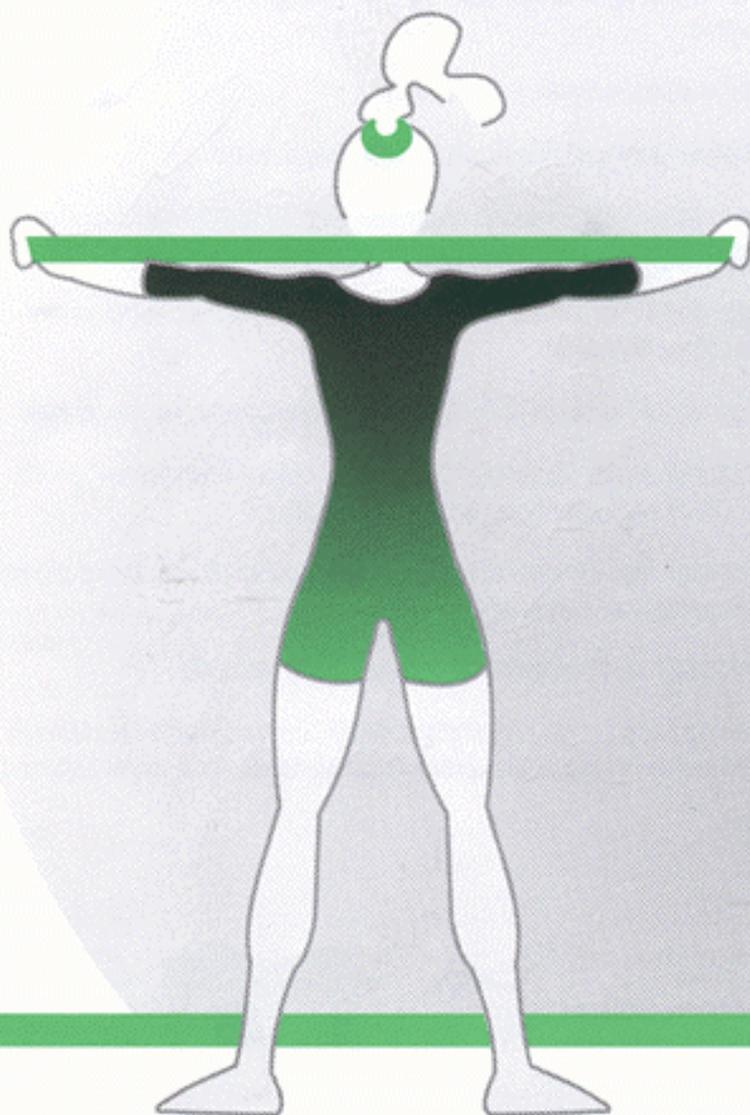
Jump rope landing on both legs for 5 minutes, then on only the injured leg for 5 minutes.

10. Wobble board:

This exercise is important to restore balance and coordination to your ankle. Your physiotherapist can instruct you on their use and will use them in your rehabilitation. Make a wobble board by cutting a circle of plywood two feet across. Place it on top of a 5 or 10 pound weigh, from a barbell set. Stand on the wobble board. Balance first on both legs, then on the injured leg. Do this for 2 to 5 minutes 3 times a day. You may need to hold onto a chair or table for balance.



HARJUTUSI
THERA BANDI
KUMMILINTIDEGA

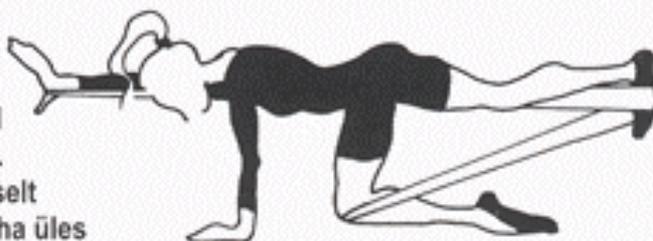


KEHALISE TREENINGUGA PEAB KAASNEMA ÕIGE TOITUMINE

- Suurendage oma igapäevaseid liikumisharjumusi - käige rohkem jalgsi, sõitke jalgrattaga, minge trepist alati jalgsi üles
- Suurenenud liikumisega suureneb ka energiakulu ning tõuseb söögiisu
- Toituge mitmekülgset ja tervislikult
- Toit peab olema süsivesikurikas, aga rasvavaene
- Ühe tunni jooksul omastab organism vaid 60 grammi süsivesikuid (vastab 2 banaanile), seepärast on oluline süüa 5-7 korda päevas
- Valige endale spordiala, mis teile just kõige paremini sobib ja mis teile rõõmu valmistab
- Valige endale sobiv ja jõukohane treeningkoormus, tempo ja maht
- Harjutama peaks vähemalt 2-3 korda päevas, korraga umbes 40 min. (koos eelsoojenduse ja stretchinguga)
- Võtke alati õige lähteasend ja sooritage liigutus lõpuni, tehke pigem aeglasemalt kui liiga kiiresti
- Stretching - venitusasendites püsige 15-20 sekundit
- Treeningu ajal ja peale treeningut peab piisavalt jooma (soovitavalt spordijooke), et taastada kaotatud vedelikubilanss ja mineraalained

Kogu keha

Toengpõlvitus, töötavad vastaskäsi ja vastasjalg. Keha hoida horisontaalselt ning suruda jalg otse taha üles

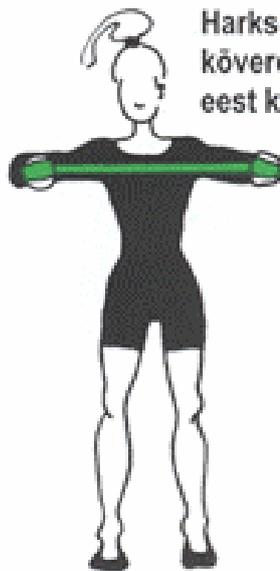


HARJUTAMISEL KUMMILINTIDEGA PEA MEELES :

- Kummilintidega võib treenida kõiki lihasrühmi
- Harjutused on sobivad igale vanusele
- Kummilintidega on võimalik teha nii venituse- kui jõuharjutusi
- Optimaalse tugevusega kummi korral tunded lihasväsimust peale 8-10 kordust
- Kui Sa tunned, et lihased hakkavad väsima alles peale 12-15 kordust, vali tugevam kumm
- Kummilintide värvus tugevuse suurenedes: punane-roheline-sinine must-hall-kuldne

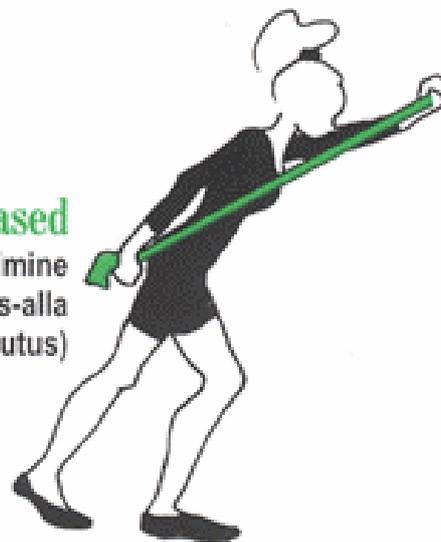
Õla- ja ülaseljalihased

Harkseis, käed õlgade kõrguselt kõverdatud. Käte surumine eest kõrvale



Kätelihased

Sammudes käte viimine vaheldumisi üles-alla (suusatamisliigutus)



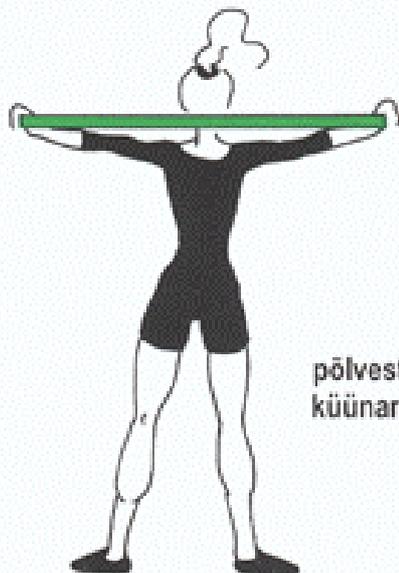
Sääre- ja reielihased

Selililamang, üks jalg ülal. Kõverdatud põlve sirutamine üles



Seljalihsed

Harkseis, sirgete käte toomine ülalt kõrvale



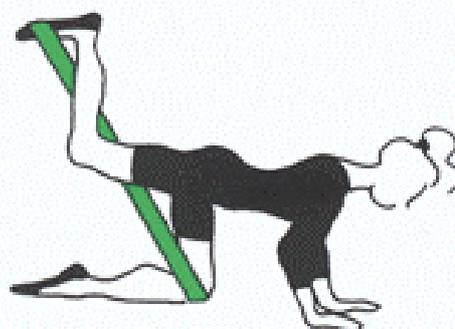
Õla- ja ülaseljalihsed

Algseis jalad veidi kõverdatud põlvest, käed painutatud täisnurgaga küünarliigesest. Käte surumine lahku



Seljalihsed

Istes eesolevate sirgete käte kõverdamine taha



Tuhara-, selja- ja reie tagumised lihased

Toengrõhtpõlvitus, üks jalg ülal. Jala üles ja alla viimine

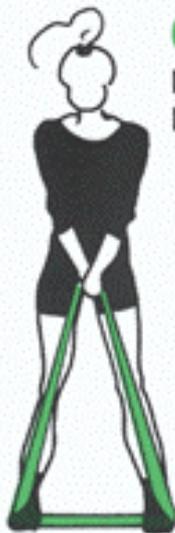
Reie tagumised lihased

Külgtõnglamang, sirge jala tõstmine üles



Reie tagumised ja vaagnavöötme lihased

Külgtõnglamang, kõverdatud jala tõstmine kõrvale üles



Õlavöötme ja seljalihased

Harkseis, käed risti all.
Käte viimine risti üles

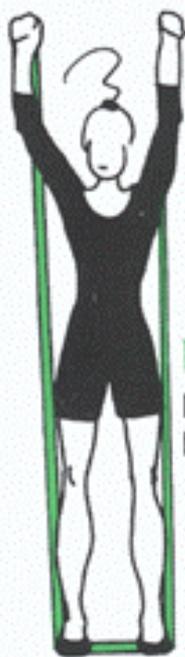
Kätelihased

Harkseis, sirutatud käte
painutamine õlgade kõrguseni



Õlavöötme ja ülaselja lihased

Istudes, küünarnukist kõverdatud käte
viimine kõrvale õlgade kõrgusel



Ülakeha lihased

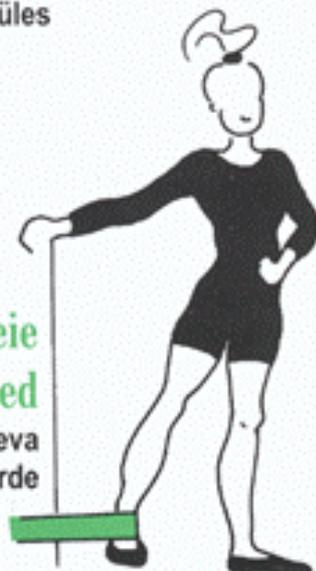
Harkseisust käte viimine
kõrvalt üles



Reie

lähendajalihased

Harkseisust eemaloleva
jala toomine juurde



Reie eesmised lihased

Seistes ühel jalal kõverdatud
põlve tõstmine ette üles



Õlavarre lihased

Harkseis, küünarvarrest painutatud käe sirutamine üles

Õlavarre lihased (küünarvarre painutajad)

Seistes küünarvarre kõverdamine



Reie tagumised ja vaagnavöötme lihased

Seistes eesoleva kõverdatud põlve surumine taha



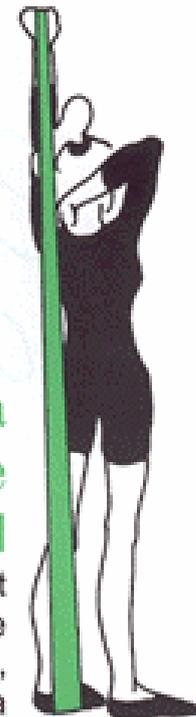
Reie eesmised ja vaagnavöötme lihased

Istes kõverdatud jala sirutamine ette



Ülakeha ja õlavöötme lihased

Küünarliigesest painutatud käe sirutamine üles, kumm pea taga



Maaletooja: SALUTARIS OÜ

Kalevi 4, Tartu

Tel/faks (27) 477222

e-post: salutaris@hot.ee

www.salutaris.ee



System of Progressive Resistance

Pounds/Kilograms of Force at 100% Elongation

Gold	26/11.8
Silver	19/8.6
Black	11/4.9
Blue	9.5/4.3
Green	7/3.1
Red	6/2.7
Yellow	4/1.8
Tan	2.5/1.1

Nazwa: **Taśma rehabilitacyjna**

Dzisiaj opowiem Wam o Taśmie ☺, oczywiście już widzieliście ją przy innych ćwiczeniach... ale co to jest:

Opis:

OGÓLNE INFORMACJE:

W wielu dziedzinach medycyny taśma THERA-BAND® wykorzystywana jest z powodzeniem już od wielu lat. Znajduje ona zastosowanie przede wszystkim w rehabilitacji na oddziałach ortopedycznych, gdzie używana jest w ćwiczeniach oporowych do odbudowy funkcji mięśni i stawów. Ciągłe zwiększa się zakres stosowania taśm THERA-BAND® w ortopedii, medycynie sportowej, neurologii, geriatryi, pediatrii oraz domowej opiece medycznej. Dla wielu grup sportowych taśma THERA-BAND® pozostaje podstawowym przyborem do ćwiczeń.

Zastosowanie jej jest niezbędne, a zarazem skuteczne zarówno w rehabilitacji, jak i w działaniu prewencyjnym. Regularny a zarazem prosty trening z THERA-BAND® pociąga za sobą wymieralne efekty w postaci przyrostu siły mięśniowej i wytrzymałości. Zostało to udowodnione po kilkuletnich doświadczeniach treningowych. Znajduje ona także pełną akceptację podczas ćwiczeń: Body-Gym, Body-Styling, P.-class itp. ze względu na jej wielostronne zastosowanie. Po osiągnięciu lepszych wyników treningowych przechodzimy do użycia taśm o większym oporze.

ZALETY TAŚM THERA-BAND®:

- naturalny produkt z czystego lateksu
- przyczynia się do polepszenia sprawności
- tania, łatwa w użyciu, do wielostronnego wykorzystania, lekka i elastyczna
- do zastosowania: w domu, przychodni, pracy, podróży itp.
- do nabycia w ośmiu stopniach oporu, odpowiadającym kolorom od beżowej do złotej
- produkowana od 18 lat w USA, gdzie podlega stałej kontroli. Nie ulega większemu zniszczeniu, nawet po wielokrotnym użyciu
- oznaczona znakiem towarowym THE HYGIENIC CORPORATION ARKON® OHIO USA

WSKAZÓWKI:

- nigdy nie zapominamy o rozgrzewce
 - stopniowo powiększamy zakres treningu
 - zwiększamy obciążenie nie obciążając organizmu
 - dążymy do regularnego, codziennego treningu
 - w czasie ćwiczeń oddychamy spokojnie i równo miernie, unikając wstrzymywania powietrza
 - taśmę chwytamy i mocujemy w taki sposób aby nie wysunęła się podczas ćwiczeń.
- Wykorzystujemy szerokość taśmy, aby nie dochodziło do ucisku i ograniczenia dopływu krwi
- opór - kolor taśmy dobieramy tak, aby początkujący mogli bez problemu wykonać

ćwiczenie 8 - 12 razy, a zaawansowani 12 - 26. Gdy ten pulap zostanie osiągnięty rozpoczynamy trening z taśmą o większym oporze

- ćwiczenia wykonujemy starannie zważając na prawidłową postawę
- ćwiczenia przeprowadzamy dla obydwu stron

DANE TECHNICZNE (początkowa dł. 30 cm) dla złotej

- dł. 50cm = ciąg 5,45kg
- dł. 60cm = ciąg 6,80kg
- dł. 70cm = ciąg 7,88kg
- dł. 80cm = ciąg 9,07kg
- dł. 90cm = ciąg 10,42kg

DODATKOWE AKCESORIA

- komplet uchwytów paskowych (24 szt.)
- uchwyt paskowy (1 szt.)
- uchwyt paskowy (gąbka) stabilizujący taśmę w ćwiczeniach indywidualnych
- uchwyt drzwiowy stabilizujący jednostronnie w ćwiczeniach indywidualnych
- uchwyt sortowy z gąbką (dł. 30 cm)
- elastyczna, neoprenowa manżeta na rzep
- komplet uchwytów plastikowy (2 szt.), drzwiowy, paskowy

No 😊, tyle słowem wstępu.

Powyżej macie ćwiczenia, które wykorzystują to чудо.

Jeszcze coś, nie kupujcie z dużo, max 2 metry powinny wam wystarczyć.

Kolory:

Najtwardsza jest złota, ja używałem żółtej i zielonej. Żółta jest wystarczająca dla małych obciążeń. Zielona naprawdę jest twarda 😊

Niestety powyższe opisy są po angielsku albo w innym języku, którego ja nie znam, i raczej nie za mierzam się uczyć 😊

Używajcie tej taśmy, bo jest bardzo dobra 😊

Pozdrawiam

Marek