



Physiotherapy Charts

Size : 20"X26"

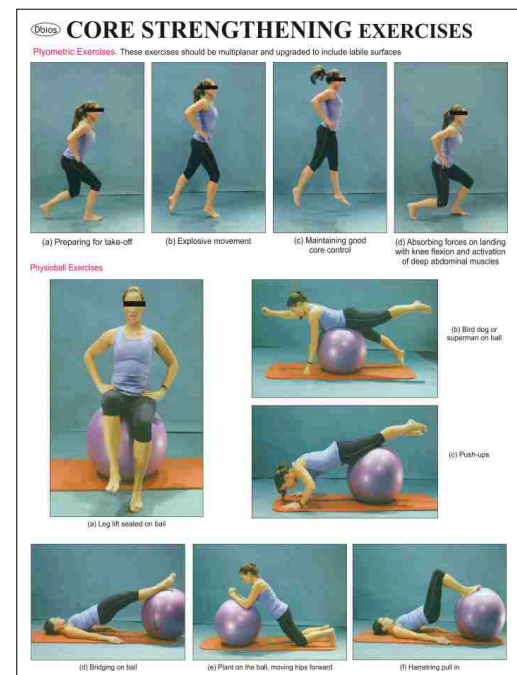
Laminated & Fitted with plastic strips

Laminated & Mounted on Board

All Charts Also Available Size: 30"x40"

Laminated & Fitted with Plastic Rollers

1. Classification of Sporting Injuries
2. Neural Tension Tests –I,
3. Neural Tension Tests - II
4. Core Stability Assessment
5. Core Strengthening Exercises
6. Muscle Conditioning Exercises
7. Neck Pain Examination
8. Neck Pain Treatment
9. Shoulder Pain Examination
10. Shoulder Pain Treatment
11. Lateral Elbow Pain Examination
12. Lateral Elbow Pain Treatment
13. Wrist pain Examination
14. Finger Pain Examination
15. Thoracic pain examination
16. Lower Back Pain Examination
17. Lower Back pain Treatment
18. Rehab following Low Back Pain
19. Buttock Pain Examination
20. Buttock Pain Treatment
21. Hip & Groin Pain Examination
22. Hip & Groin Pain Treatment
23. Anterior Thigh Pain Examination
24. Anterior Thigh Pain Treatment
25. Posterior Thigh Pain Examination
26. Posterior Thigh Pain Treatment
27. Acute Knee Injury Examination
27. Acute Knee Injury Examination
28. Anterior Knee Pain Examination
29. Posterior Knee Pain Examination
30. Lateral Knee Pain Examination
31. Leg Pain Examination
32. Leg Pain Treatment
33. Calf Pain Examination
34. Calf Pain Treatment
35. Achilles region Pain examination
36. Ankle Injury Pain Examination
37. Foot Pain Treatment
38. Resistance Exercises –I
39. Resistance Exercises – II



WRIST PAIN EXAMINATION

Active Movement



Examination of the patient with an overpronated wrist



Radio-ulnar deviation: Normal ranges: radial 30° and ulnar 15°

Flexion/Extension



Prayer position: The prayer position: Normal range of motion for both extremes is 70°



Prayer position: The prayer position: Normal range of motion for both extremes is 70°

Passive



The third forearm is positioned for the force production pattern

Build up/effort



The patient is asked to make a fist (passive) positioned to the middle forearm. The middle forearm is the site of the force production pattern. The other forearm is over the ulnar/ulnar joint

Flexion of the wrist with force



Flexion of the wrist with force

Extension of the wrist with force



Extension of the wrist with force

Stabilization



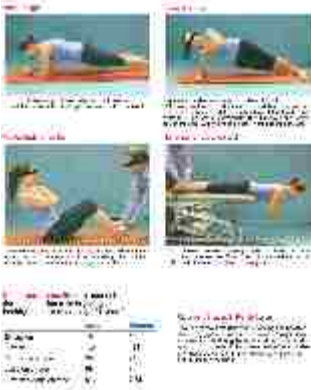
The patient is positioned at the base of the wrist or the wrist joint

NEURAL TENSION TESTS II



Neural tension tests II: Various exercises


CORUS FAMILY ASSESSMENT



Corus family assessment: Various exercises

CORE STRENGTHENING EXERCISES

Physiotherapist: These exercises should be multiphase and adapted to include side surfaces



Core strengthening exercises: Various exercises


MUSCLE CONDITIONING EXERCISES

Types of Exercise

- Isometric
- Dynamic
- Plyometric

Isometric Exercises


Isometric exercises are performed when the joint moves through a range of motion against a constant resistance or weight




Muscle conditioning exercises: Various exercises

NECK PAIN EXAMINATION


Examination of the patient with neck pain




Active Movement: upper cervical flexion




Active Movement: lower cervical flexion




Active Movement: upper cervical extension with cross pressure



Active Movement: upper cervical extension with cross pressure



Active Movement: upper cervical extension with cross pressure




Active Movement: upper cervical extension with cross pressure


Central treatment, using a combination of manual and exercise techniques

Passive neck exercises: assisting cervical motion


Stretching exercises




Leaning back



Flexion




Lateral rotation



Pronation


NECK PAIN TREATMENT

Soft tissue therapy



Soft tissue therapy: Various techniques

Mobilization techniques for the cervical spine



Mobilization techniques for the cervical spine: Various techniques


SHOULDER PAIN EXAMINATION



Shoulder pain examination: Various exercises


SHOULDER PAIN TREATMENT

Active Movements




Active Movements: Various exercises

Soft Tissue Techniques




Soft Tissue Techniques: Various exercises

Ward exercise for active-assisted range of motion




Ward exercise for active-assisted range of motion

Support exercises



Support exercises: Various exercises

Progressive exercises



Progressive exercises: Various exercises

THORACIC PAIN EXAMINATION



Thoracic pain examination: Various exercises

THORACIC PAIN TREATMENT



Thoracic pain treatment: Various exercises

HAND PAIN EXAMINATION



Hand pain examination: Various exercises

THORACIC PAIN EXAMINATION

Observation



Observation: Various exercises

Any scoliosis or kyphosis should be noted

Special test



Special test: Various exercises

Treatment by Manipulation Techniques



Treatment by Manipulation Techniques: Various exercises

Palpation



Palpation: Various exercises

Spine process



Spine process: Various exercises

Repetitive motion: Prepare for tightness and the presence of fast bands and active trigger points



Repetitive motion: Various exercises

Stretching exercises



Stretching exercises: Various exercises