

FULL BODY REHAB EXERCISES FOR BRAIN INJURY PATIENTS



HEY THERE!

If you're a brain injury survivor looking to improve mobility and strength, then you're in for a real treat.

In this ebook, you'll discover 20 exercises for brain injury recovery that will help improve mobility in your legs, core, arm, shoulder, and hand.

Each exercise features pictures of our licensed therapists Lili, Cassi, and Barbara.

MEET THE THERAPISTS



LILI MOLANO, DPT



BARBARA BREWER, COTA



CASSI CHURCH, DPT

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LEG EXERCISES

With Lili Molano, DPT

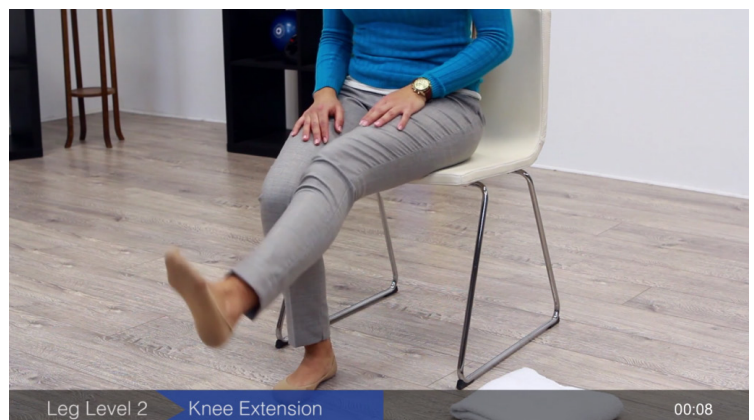
LEG EXERCISE #1: HIP FLEXION WITH HOLD



Use your hands to lift your affected leg up into your chest, and hold there for a second before slowly letting your leg back down. Repeat on the other leg.

Try your best to keep a straight back and tight core. Repeat both sides 10 times each.

LEG EXERCISE #2: KNEE EXTENSION



From a seated position, extend your left leg out in front of you parallel to the floor. Avoid locking your knee. Then, slowly bring your foot back down to the floor. This will feel like a kicking motion.

Then repeat with your right leg, alternating back and forth between your right and left legs for a total of 20 repetitions (10 on each leg).

LEG EXERCISE #3: HIP EXTERNAL/INTERNAL ROTATION

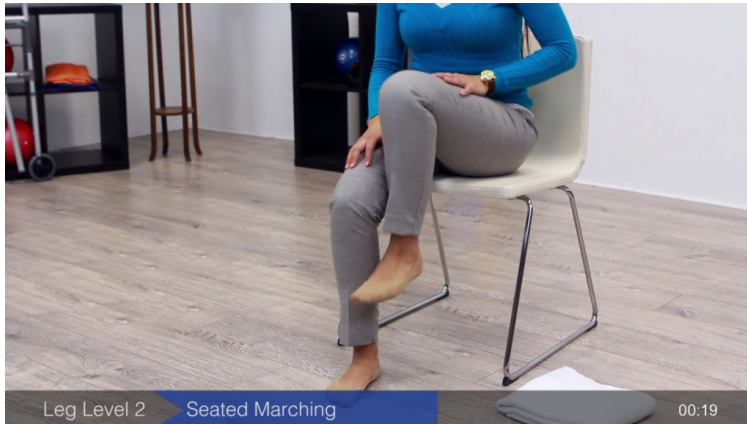
**You will need a towel*



For this exercise, you can place a towel underneath your affected foot to help make it easier.

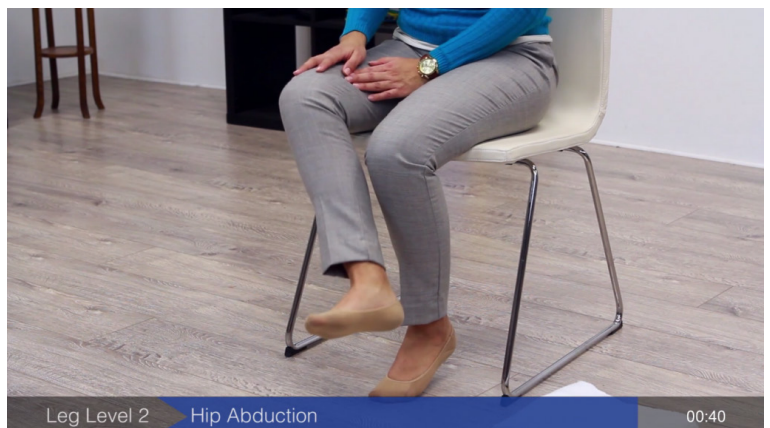
From a seated position, use your hands to assist your affected leg and slide your foot towards your midline. Then, push your leg outwards, using your hands for assistance if necessary. Repeat 10 times.

LEG EXERCISE #4: SEATED MARCHING



From a seated position, lift your affected leg up into your chest, and then place it back down onto the floor. Keep your back straight and maintain a controlled movement. Then repeat on the other leg, alternating back and forth for a total of 10 repetitions.

LEG EXERCISE #5: HIP ADDUCTIONS



For this exercise, sit in a chair and lift your affected leg slightly off the floor. Your leg should remain bent at 90 degrees, but your foot should hover over the floor. Then, kick your leg outward like you're kicking a ball to the side. Then, kick your leg inward toward your midline. Repeat 10 times.

CORE EXERCISES

With Cassi Church, DPT

CORE EXERCISE #1: TOE TAPS

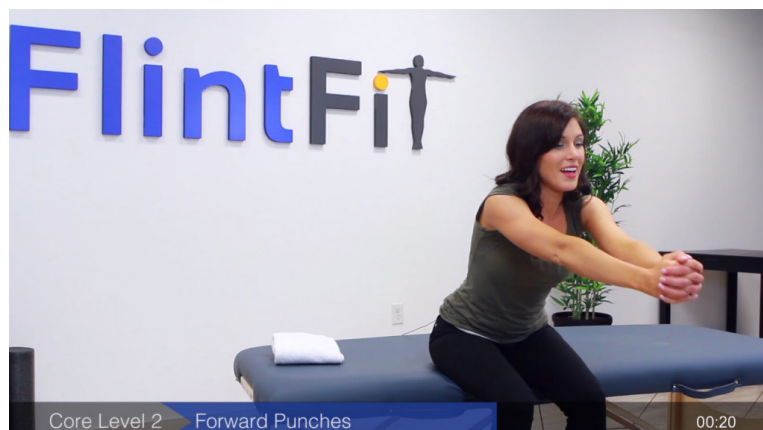


While lying on your back, lift your legs up and bend your knees at a 90 degree angle. Your core should be fully engaged. This is your starting position.

From there, bring your left leg down and gently tap the floor with your left foot. Then, bring your leg back up by using your core muscles. Maintain a 90 degree bend in your knee the entire time.

Repeat on the other leg, all while keeping your core as tight as possible. This completes one set.

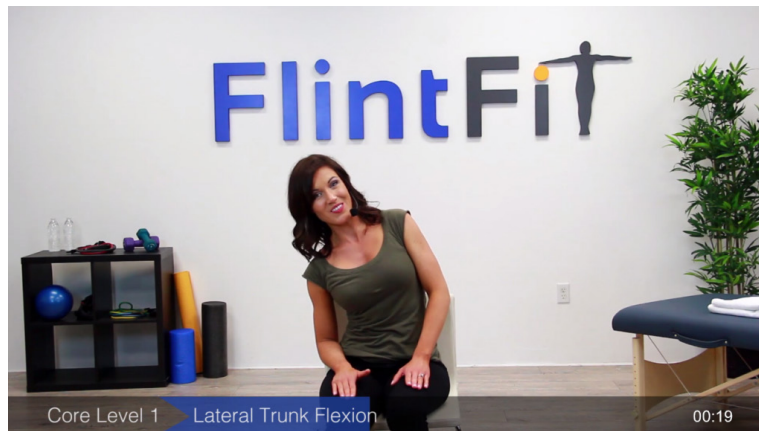
CORE EXERCISE #2: FORWARD PUNCHES



Clasp your hands together, then punch forward while keeping your arms parallel to the floor. Use your back muscles to come back up. You should really feel this in your core.

Repeat 10 times. But if you feel any pain in your back, stop immediately.

CORE EXERCISE #3: LATERAL TRUNK FLEXION (OBLIQUE CRUNCHES)



From a seated position, dip your left shoulder down towards your left hip. Then, return to an upright position by focusing on using your core to pull yourself up. If you can't fully complete this exercise yet, then you can use your arm to push yourself back up.

Repeat on each side 15 times.

CORE EXERCISE #4: KNEE TO CHEST

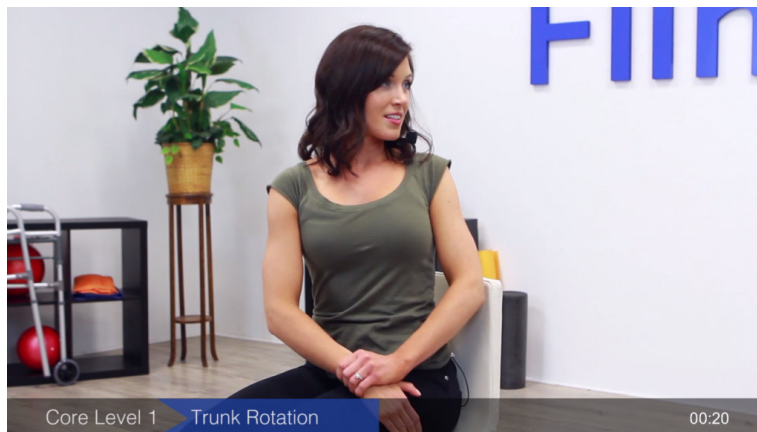


From a comfortable lying position, hug your knees into your chest. Then, hold on to left leg with your left arm and then extend your right leg onto the floor. This is your starting position.

From your starting position, bring you right leg back into your chest. Try not to use your leg muscles to achieve this movement. Focus specifically on engaging your core and using your core muscles to lift your leg up.

Once your leg is back in your chest, give your core muscles a good squeeze, then release your leg back down. Perform 10 repetitions with each leg.

CORE EXERCISE #5: TRUNK ROTATION (TWISTS)



From a seated position, place your right hand on the outside of your left thigh. With your back straight, use your arm to help twist your torso to the left. And if you can't move your right hand, then you can use your left hand to assist it.

Be sure to keep your spine straight and don't twist to the point of pain. Aim to engage your core and get a good core exercise in.

ARM & SHOULDER EXERCISES

With Barbara Brewer, COTA

ARM EXERCISE #1: STRAIGHT PUSH

**You will need a water bottle and a table*



Place the water bottle on the table away from you at arm's length. Then, interlace your fingers and rest your hand and forearm on the table. Then, stretch and reach your arm across the table to tap the water bottle. If you can, try pushing the water bottle a little farther away from you.

Then, pull your arms back down in front of you and rest your shoulders down. Put just as much attention and focus into pulling your arms back in as you do pushing them out. Complete 10 pushes.

ARM EXERCISE #2: PUSHING MOVEMENT



Place a water bottle on the left side of the table within your range of motion. Then, hook your wrist on the outside of the bottle and use your arm to push the bottle across the table. Then, perform the same movement to push the bottle back.

ARM EXERCISE #3: WEIGHTED BICEP CURL



Hold a water bottle in your affected hand and hang your arm down by your side. Then, while keeping your elbow glued to your side, bring the bottle up to your shoulder. Then bring it back down just as slowly.

You are working your tricep when you bring your arm down, and your bicep when you bring it up; and they both need equal amounts of attention. Complete 10 bicep curls.

ARM EXERCISE #4: OPEN ARM MOVEMENT



Sit comfortable and hold a water bottle with your affected hand. If it's too heavy, try the exercise with no weight and work up from there. For the exercise, keep your elbows glued to your sides at all times.

With your arms bent at 90 degrees, open your arms up so that your forearms come out to your sides. Really focus on squeezing your shoulder blades together when your arms are opened up the widest. Then, move your arms back to center. Repeat this movement 10 times.

ARM EXERCISE #5: SIDE ARM RAISE



While sitting on the edge of your bed or couch, hold a water bottle in your affected hand and place your arm out to your side.

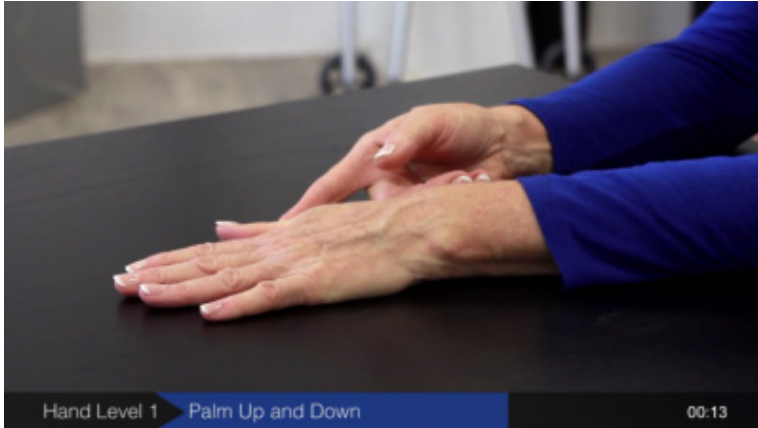
Then, lift the water bottle up while keeping your arm straight. Make sure that the entire movement is happening in your arm. Try not to let your shoulder hike up.

Complete this movement a total of 5 times and take a well-deserved break.

HAND EXERCISES

With Barbara Brewer, COTA

HAND EXERCISE #1: PALM UP AND DOWN



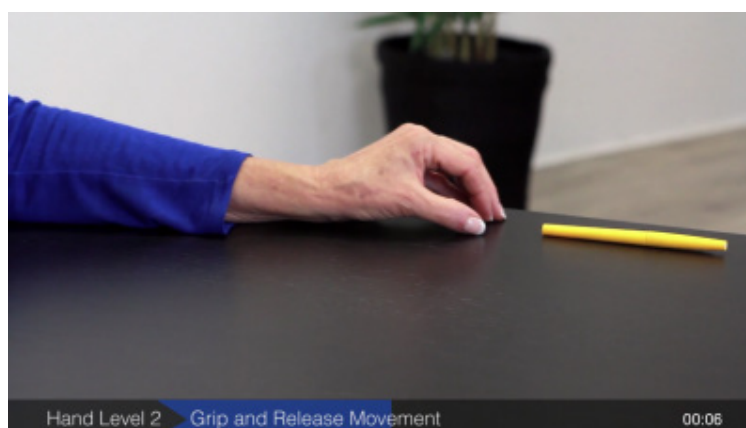
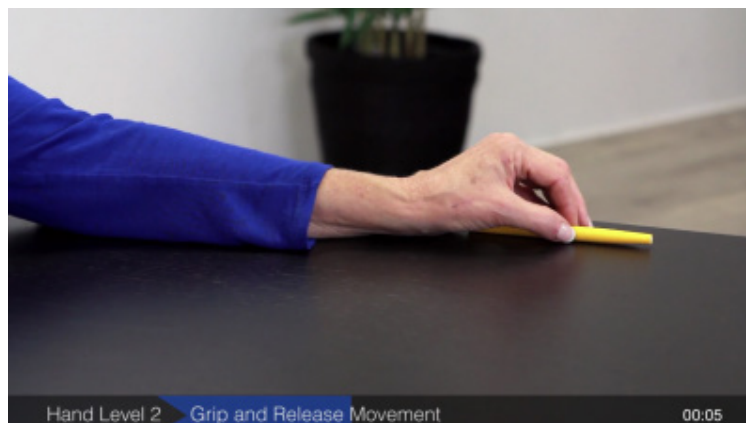
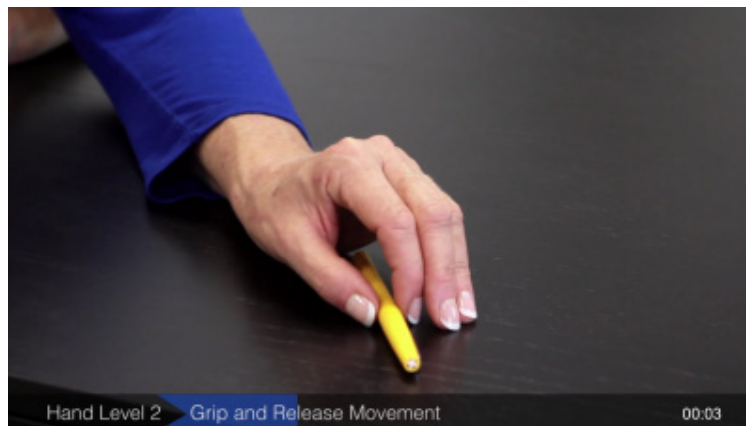
Place your hand on a table top with your palm facing up. Then, use your non-affected hand to help flip your palm down. Repeat back and forth. Palm up, palm down. Repeat 10 times total.

HAND EXERCISE #2: WRIST BEND MOVEMENT



While keeping your elbow on the table, use your non-affected hand to stretch your affected hand at the wrist. Stretch backward, then stretch forward. Perform this movement slowly for a total of 5 reps.

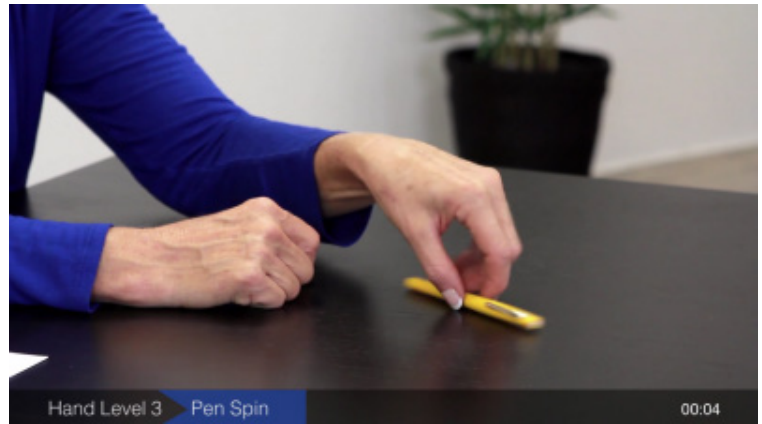
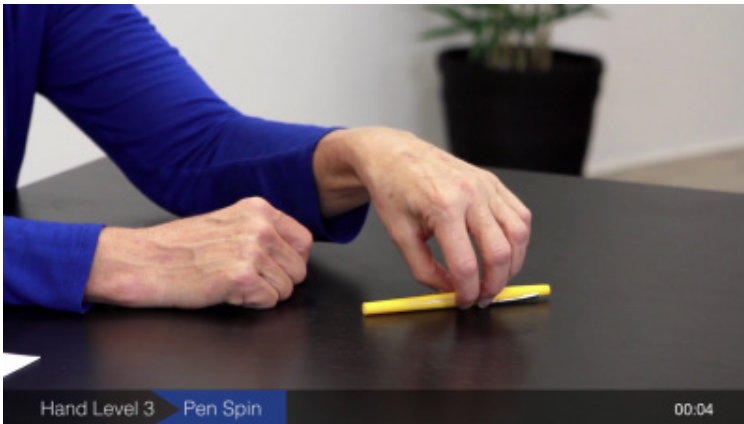
HAND EXERCISE #3: GRIP AND RELEASE



Place a pen to the side of the table and then grip it with your affected fingers. Then, slide the pen across the table, and then release.

Make sure you grip the pen gently, using as little force as necessary to move the pen. Repeat a total of 5 times back and forth across the table.

HAND EXERCISE #4: PEN SPIN



Place the pen on the table and use your thumb and fingers to spin it. Try not to use your shoulder during this movement. You really want to isolate your thumb and fingers.

If you can, aim for speed during this exercise. Spin the pen as fast as you can for 15 seconds.

HAND EXERCISE #4: FINGER CURL



Bend your affected arm and place your elbow on the table.

Then, make little "O's" with your fingers by bringing the tip of your index finger to the tip of your thumb. Pinch, and release.

Then, repeat with your middle, ring, and pinkie finger. Pinch, and release. Repeat on all 4 fingers for a total of 7 sets.

*We hope you enjoyed these full body exercises for stroke recovery.
You're almost to the end...*

BRAIN INJURY SURVIVORS LOVE USING FITMI FOR RECOVERY



Want to improve mobility even faster than following written exercises?

Check out what caregiver Melinda said about her son's recovery from traumatic brain injury:

"Every year we search for a tool to help our son Nicholas in his recovery from the traumatic brain injury.

The Flint Rehab FitMi is the best tool we have found in the 13 years we've been caring for our son!

Not only is it helping him with movements but it is stimulating his brain! We are very happy and thankful for the FitMi!"

FitMi helps you improve mobility by harnessing the power of neuroplasticity and repetition.

When you exercise with FitMi, your brain has the stimulation it needs to create new neural pathways.

The more you practice, the more your mobility improves!

If you're ready to improve your wellbeing, click the link below to learn more about FitMi:

<https://www.flintrehab.com/product/fitmi/>

A product shot of the FitMi Full-Body Therapy system. It includes a laptop displaying a game interface with the text 'Reach to Target #1', a black base unit, and two small circular sensors, one blue and one yellow. The entire setup is enclosed in a white rounded rectangle.

FITMI FULL-BODY THERAPY
\$299
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