Movement Impairment Correction Exercises

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This module is based on Shirley Sahrmann’s book ‘Diagnosis and Treatment of Movement Impairment Syndromes’ published by Elsevier Mosby. It includes exercises that are components of basic movements used in daily activities and will only be effective if the correct performance of the person's most frequently performed daily activities is also addressed in the treatment program. Optimal control of alignment and specific joint movement is the necessary foundation upon which to add the strengthening and endurance exercises. The control exercises provide the means of not only remediating but also preventing musculo-skeletal pain problems.

The exercises are for the trunk, upper quarter and lower quarter, and are performed in different positions (lying, quadruped, sitting, standing). The purposes of the exercises are to improve the performance and control of the muscles, decrease or increase flexibility, improve balance control, stretch the muscles, prevent compensatory movement.

The content of this module can be sorted as follows:

Sort 1: Trunk, Upper Quarter, Lower Quarter, About.
Standing, Quadruped, Side Lying, Sitting, Miscellaneous.
Sort 2: Lying (Supine), Lying (Prone),
Sort 3: Exercise, Miscellaneous.

Dr. Shirley Sahrmann FAPTA, PhD, PT is Professor of Physical Therapy/Neurology/Cell Biology and Physiology at Washington University School of Medicine, St. Louis, Missouri. She received her bachelor's degree in Physical Therapy, masters and doctorate degrees in Neurobiology from Washington University. She is a Catherine Worthingham Fellow of the American Physical Therapy Association and is a recipient of the Association’s Marion Williams Researchers Award, the Lucy Blair Service Award, and the Kendall Practice award, the John H.P. Maley Lecture and Mary McMillan Lecture awards. Dr. Sahrmann has also received Washington University’s Distinguished Faculty Award and an honorary doctorate from the University of Indianapolis. She has served on the APTA Board of Directors. In addition to her numerous national and international presentations, Dr. Sahrmann has been a keynote speaker at the World Confederation of Physical Therapy, and at the Canadian, Australian, and New Zealand national congresses. Dr. Sahrmann's research interests are in development and validation of classification schemes for movement impairment syndromes as well as in exercise based interventions for these syndromes. Her book, Diagnosis and Treatment of Movement Impairment Syndromes describes the syndromes and methods of treatment. She maintains an active clinical practice specializing in patients with musculoskeletal pain syndromes.

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Name of Exercise: Single-leg Standing
(left side)

Movement: Unilateral Hip and Knee Flexion in Standing

Purposes:
- To improve the performance of the gluteal hip muscles.
- To improve the isometric control by the abdominal muscles.
- To prevent compensatory movements of the hip, pelvis, and spine.
- To prevent the thigh from turning inward.

Method:
- Stand with your feet close together so you do not shift too far.
- Shift your weight to your left foot.
- Tighten the muscles in your left buttock.
- Lift your right thigh upward in front of your body.
- Bend your right knee as you lift your thigh upward.
- Repeat the entire sequence with your other leg.

Repetitions: _____

Name of Exercise: Supported Forward Bending - Step 3

Method (cont.):
- Let your elbows bend.
- Bend your hips as far as possible, but STOP if you feel PAIN.
- To begin the return movement, tighten the muscles in your buttocks.
- As you are moving upward, be sure to keep moving in your hips.
- Do NOT allow your pelvis to sway forward.

Repetitions: _____

Movement Impairment Correction
Provided by: Your Name
Provided for: Patient's Name

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