

**CAREGIVER BODY MECHANICS: TIPS – A**

Follow these general guidelines when assisting another person in an exercise or activity:

- Be in a comfortable position.
- Raise or lower the height of the surface you are working on to avoid bending or leaning forward excessively.
- Keep your body close to the person you are assisting.
- Avoid combining bending, twisting, and lifting.

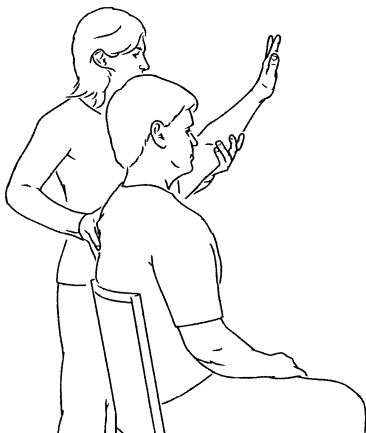
**CAREGIVER BODY MECHANICS: TIPS - B**

Guidelines (continued):

- Keep your back straight when lifting.
- Instead of twisting, turn your feet or break up the activity into smaller steps to avoid twisting.
- Ask the person you are assisting to help as much as possible.
- Use your body weight to shift a person's weight from side to side or to change a person's position.

**ASSISTED - 1 CAREGIVER ASSISTED  
Shoulder Flexion**

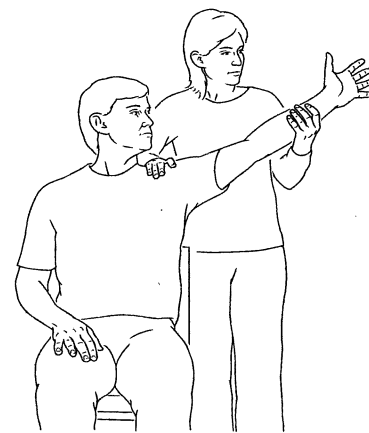
Caregiver raises arm forward, keeping one hand on shoulder blade. Patient looks at arm. Hold \_\_\_\_ seconds.



\_\_\_\_ reps per set,  
\_\_\_\_ sets per day,  
\_\_\_\_ days per week

**ASSISTED - 2 CAREGIVER ASSISTED  
Shoulder Abduction**

Caregiver raises arm away from body, keeping one hand on top of shoulder. Patient looks at arm. Hold \_\_\_\_ seconds.



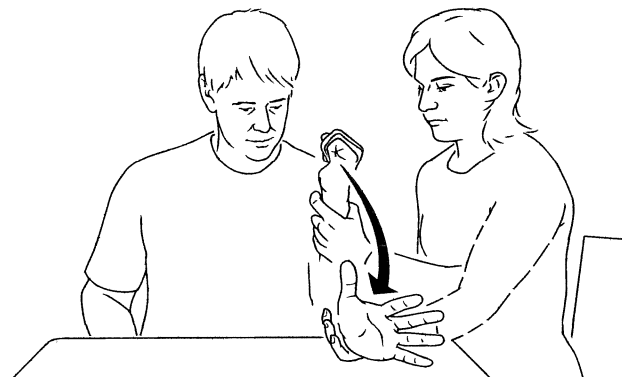
\_\_\_\_ reps per set,  
\_\_\_\_ sets per day,  
\_\_\_\_ days per week

**ASSISTED - 3 CAREGIVER ASSISTED: Elbow Extension  
(Table Top)**



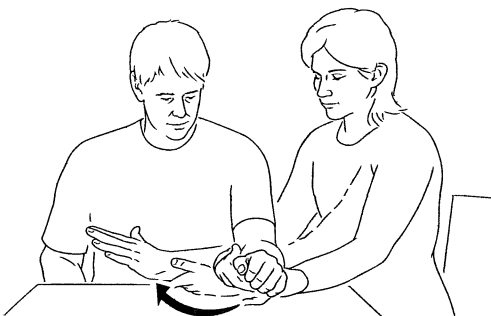
Caregiver straightens elbow. Patient looks at arm. Hold \_\_\_\_ seconds.  
\_\_\_\_ reps per set, \_\_\_\_ sets per day, \_\_\_\_ days per week  
\_\_\_\_ Use towel or pillowcase under arm as needed.

**ASSISTED - 4 CAREGIVER ASSISTED: Elbow Extension**



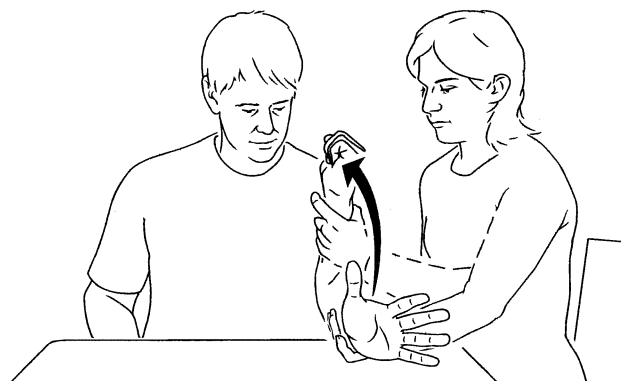
Caregiver straightens elbow. Patient looks at arm. Hold \_\_\_\_ seconds.  
\_\_\_\_ reps per set, \_\_\_\_ sets per day, \_\_\_\_ days per week

**ASSISTED - 5 CAREGIVER ASSISTED: Elbow Flexion (Table Top)**



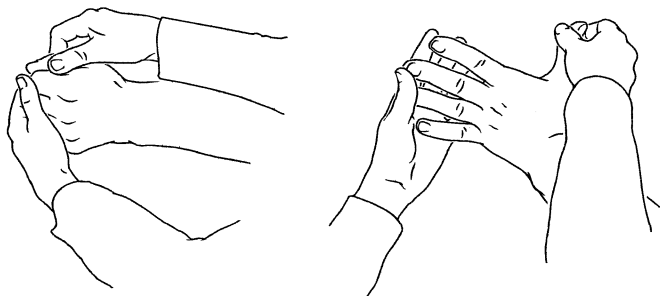
Caregiver bends elbow. Patient looks at arm.  
 Hold \_\_\_\_ seconds.  
 \_\_\_\_ reps per set, \_\_\_\_ sets per day, \_\_\_\_ days per week  
 \_\_\_ Use towel or pillowcase under arm as needed.

**ASSISTED - 6 CAREGIVER ASSISTED: Elbow Flexion**



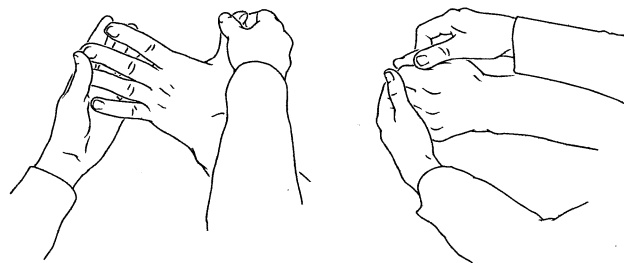
Caregiver bends elbow. Patient looks at arm.  
 Hold \_\_\_\_ seconds.  
 \_\_\_\_ reps per set, \_\_\_\_ sets per day, \_\_\_\_ days per week

**ASSISTED - 7 CAREGIVER ASSISTED Straighten Fingers**



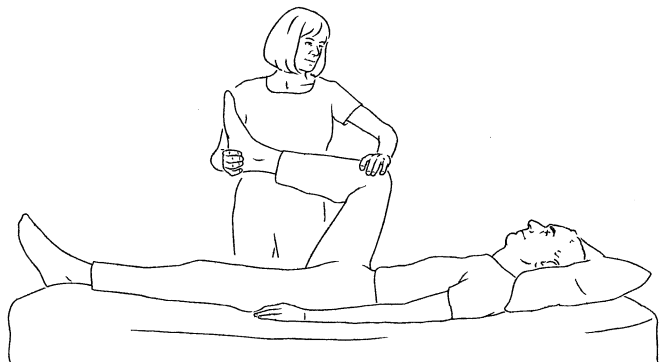
Place arm on table. Caregiver straightens fingers.  
 Patient looks at hand. Hold \_\_\_\_ seconds.  
 \_\_\_\_ reps per set, \_\_\_\_ sets per day, \_\_\_\_ days per week

**ASSISTED - 8 CAREGIVER ASSISTED: Bend Fingers**



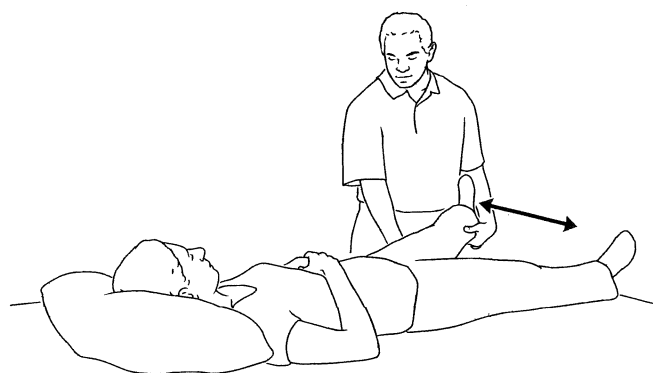
Place arm on table. Caregiver bends fingers into fist.  
 Patient looks at hand. Hold \_\_\_\_ seconds.  
 \_\_\_\_ reps per set, \_\_\_\_ sets per day, \_\_\_\_ days per week

**ASSISTED - 9 CAREGIVER ASSISTED Hip / Knee Flexion**



Caregiver holds leg at knee and heel; raises knee to chest.  
 Hold \_\_\_\_ seconds.  
 \_\_\_\_ reps per set, \_\_\_\_ sets per day, \_\_\_\_ days per week

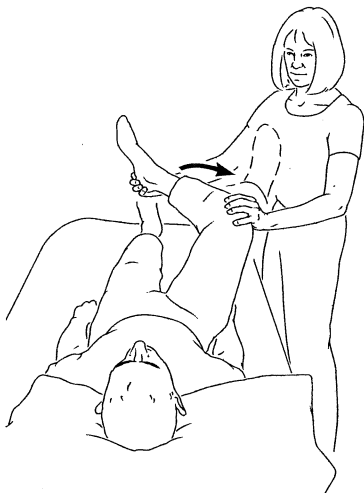
**ASSISTED - 10 CAREGIVER ASSISTED Hip Abduction / Adduction**



Caregiver moves leg out to side, back to center, keeping toes pointed up. Hold each position \_\_\_\_ seconds.  
 \_\_\_\_ reps per set, \_\_\_\_ sets per day, \_\_\_\_ days per week

**ASSISTED - 11 CAREGIVER ASSISTED**  
**Hip External / Internal Rotation**

Caregiver holds leg at knee and heel; moves heel in and out to rotate lower leg. Hold each position \_\_\_\_\_ seconds.



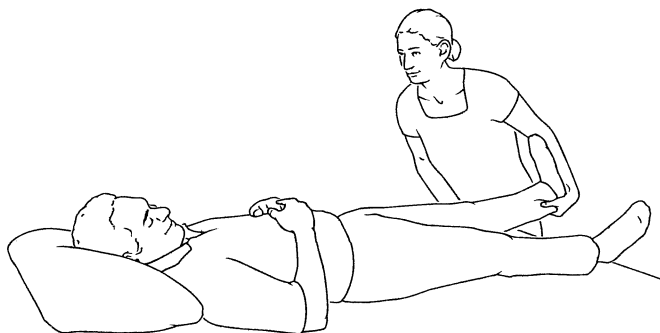
\_\_\_\_\_ reps per set,  
 \_\_\_\_\_ sets per day,  
 \_\_\_\_\_ days per week

**ASSISTED - 12 CAREGIVER ASSISTED**  
**Straight Leg Raise**



Caregiver holds leg at ankle and over knee; raises leg straight until gentle resistance is felt. Hold \_\_\_\_\_ seconds.  
 \_\_\_\_\_ reps per set, \_\_\_\_\_ sets per day, \_\_\_\_\_ days per week

**ASSISTED - 13 CAREGIVER ASSISTED**  
**Ankle Dorsiflexion**



Caregiver cups hand under heel, rests foot on forearm; leans forward to move foot toward head. Hold \_\_\_\_\_ seconds.  
 \_\_\_\_\_ reps per set, \_\_\_\_\_ sets per day, \_\_\_\_\_ days per week