



Home Instructions for Patients Receiving the ASTYM® System

STRETCHING:

- Perform the stretches you have been taught at least 4 times per day.
- Stretch before and after aggravating activities and when you hurt.
- Hold your stretches for a minimum of 30 seconds.
- Stretch to the point of pull but not pain.

ACTIVITY:

- Be as active as possible unless your physician instructs you otherwise. Let pain be your guide.
- If your injury has prevented your participation in certain activities, work your way back into them as your pain allows.

HYDRATION:

- Proper hydration is important in the healing process.
- ASTYM treatment will be more comfortable if you are well hydrated.
- Drink plenty of water throughout the day.

ICING:

- You may occasionally ice for 15-20 minutes at a time if you are too uncomfortable.
- Ice before bed if you have discomfort that disrupts your sleep.
- Place a damp washcloth between your skin and the ice.

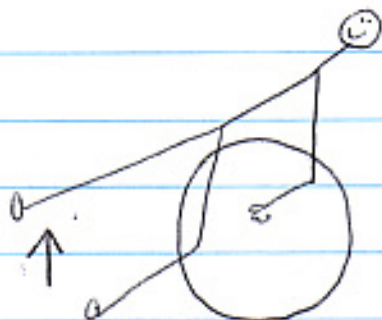
WHAT TO EXPECT:

- You may be sore to touch for 24-48 hours after a treatment, but you will probably notice that you can begin to do things that your pain had prevented you from doing.
- You may develop bruises in the areas that were "rough" when you were treated.
- These responses are part of the normal healing process and show that your body is addressing the problem areas.
- Stretching and ice will help minimize any soreness you might experience.
- You should notice that as the roughness in your tissues decreases, your pain will diminish and your function will improve. Most patients notice these changes in the first 3 or 4 treatments.

If you have questions or concerns, call 206 - 932 - 8363

Ball Exercises:

①

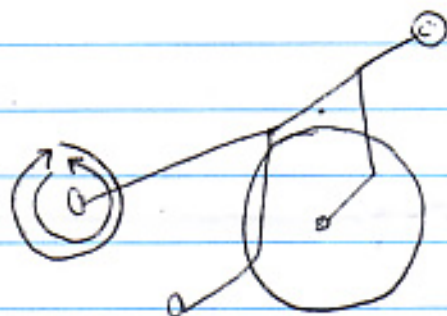


Side Leg Raises

- left hip resting on ball
- hips facing forward
- raise right leg up

Do 2 sets of 10 reps
one/day

②



Hip Circles

- same position as ①
- 20 circles clockwise and counter-clockwise

- start with left knee resting on ground and progress to straight with only left foot contacting ground

CLOSED CHAIN - 32 Side Step
Abduction With Exercise Band

Crab Walk

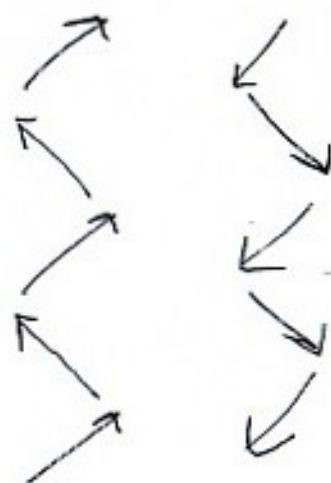
Feet turned out slightly,
squat. Side step 50
feet to each side.

Do 1 times
per day.

band
around
ankles



Monster Walk



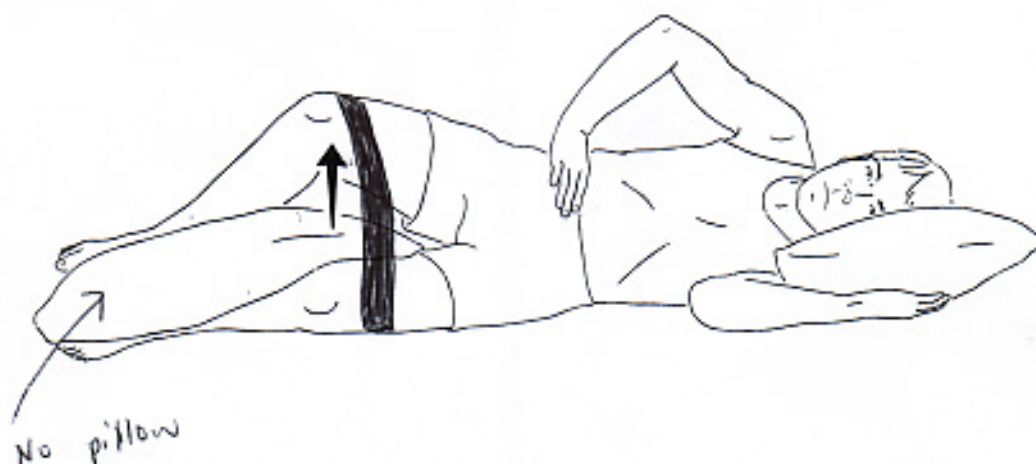
HIP / KNEE - 61
Modified Hip Flexor Stretch

Support knee and lower leg
on chair as shown. Use chair
in front for balance. Slowly
bend stance leg until stretch
is felt in thigh of supported
leg. Hold 30 seconds.

Repeat 3 times per set.
Do 1 sets per session.
Do 1-2 sessions per day.



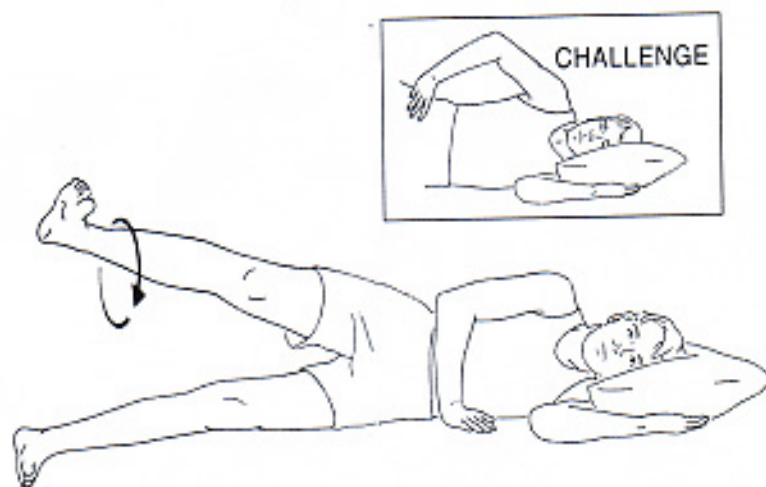
LOWER TRUNK - 36 Clam Shell 45 Degrees



Lying with hips and knees bent 45°, and TheraBand above both knees. Lift knee. Be sure pelvis does not roll backward. Do not arch back.

Do 20 times, each leg, 1 times per day.

LOWER TRUNK - 41 Hip External Rotation Circles: Transverse Plane Stability



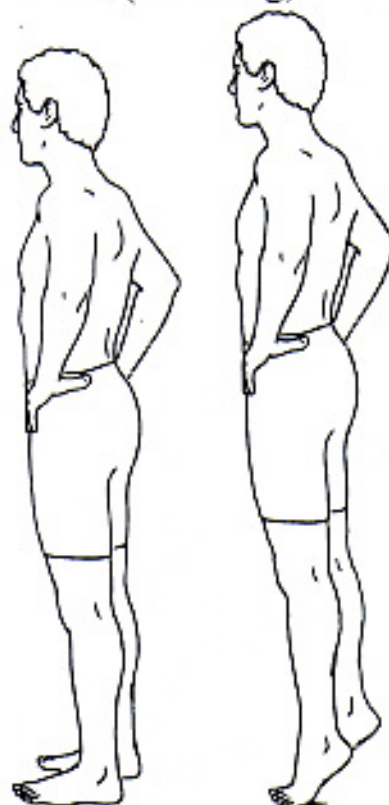
Side-lying, legs slightly forward. Lift top leg above hip height. Make 15 circles clockwise, then repeat counterclockwise keeping pelvis still. Repeat with other leg. Challenge: Hand on hip not floor.

Do 1 times per day.

ANKLE / FOOT - 20 Heel Raise: Bilateral (Standing)

Rise on balls of feet.

Repeat 10 times per set.
Do 1 sets per session.
Do 2 sessions per day.

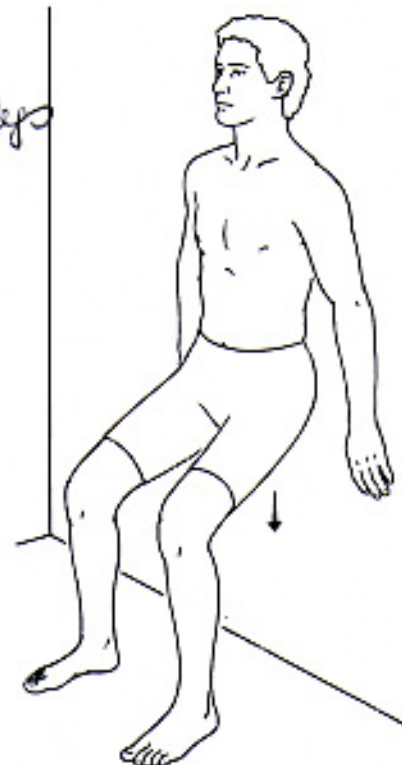


HIP / KNEE - 25 Strengthening: Wall Slide

Make sure you are putting
equal weight through both legs

Leaning on wall, slowly lower
buttocks until thighs are parallel
to floor. Hold 20-30 seconds.
Tighten thigh muscles and return.

Repeat 5 times per set.
Do 1 sets per session.
Do 1 sessions per day.



ANKLE / FOOT - 10 Toe Curl: Unilateral



With right foot resting on towel, slowly bunch up towel by curling toes.

Repeat 10 times per set. Do 2 sets per session.
Do 1-2 sessions per day.

ANKLE / FOOT - 13 Soleus Stretch

Stand with right foot back, both knees bent. Keeping heel on floor, turned slightly out, lean into wall until stretch is felt in lower calf.
Hold 20 seconds.



Repeat 3 times per set.
Do 1 sets per session.
Do 2 sessions per day.

ANKLE / FOOT - 15 Balance: Unilateral

Attempt to balance on right leg, eyes open. Hold 10 seconds (increase up to 20 then 30 seconds).

Repeat 5 times per set.
Do 1 sets per session.
Do 2 sessions per day.



Repeat on left leg.

STANDING STATIC - 12
Eyes Closed: Feet Heel-Toe "Tandem"

Stand with right foot directly in front of the other. Close eyes and visualize upright position. Perform with arms at sides. (Start with your eyes open and arms outstretched). Switch and put left leg in front.



Hold 15 seconds.
Repeat 3 times per session.
Do 2 sessions per day.

Gastroc Stretch

- right foot up and resting against a phone book
- keep knee straight and GENTLY lean forward until you feel a stretch at the back of your calf



- hold 20 seconds, 3reps, 2x/day

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ECCENTRIC EXERCISES FOR ACHILLES TENDONITIS

Standing with the front part of foot on a 2 x 4

Both Feet

Week 1 Down slow, up slow

Week 2 Down slow, up fast

Week 3 Down fast, up fast

One Foot

Week 4 Down slow, up slow

Week 5 Down slow, up fast

Week 6 Down fast, up fast

Perform 3 repetitions of 10, 2-3 times per day.