

# Contents

Author biography	IX
Foreword	XII
Understanding spastic paresis...	XII
Introduction	XVI
Neuroloco	XVII

## PART ONE: LOWER LIMB ANATOMICAL REVIEW 1

### **HIP**

1 Gluteus maximus – Passive stretch	5
2 Gluteus maximus – Active hip flexion, knee flexed	7
3 Hamstrings – Passive stretch	9
4 Hamstrings – Active hip flexion, knee extended	11
5 Hip flexor-adductors – Passive stretch	13
6 Hip extensor-adductors – Passive stretch	15
7 Hip adductors – Active hip abduction	17
8 Hip internal rotators – Passive stretch	19
9 Hip internal rotators – Active hip external rotation	21

### **KNEE**

10 Rectus femoris – Passive stretch	23
11 Rectus femoris – Active knee flexion, hip extended	25
12 Vastus muscles – Passive stretch	27
13 Vastus muscles – Active knee flexion, hip flexed	29

**ANKLE**

- |  |           |
|--|-----------|
| <b>14 Soleus – Passive stretch</b>                             | <b>31</b> |
| <b>15 Soleus – Active ankle dorsiflexion, seated</b>           | <b>33</b> |
| <b>16 Gastrocnemius (medial and lateral) – Passive stretch</b> | <b>35</b> |
| <b>17 Gastrocnemius – Active ankle dorsiflexion, standing</b>  | <b>37</b> |

**LOWER LIMB FUNCTIONAL EXERCISES**

- |                               |           |
|-------------------------------|-----------|
| <b>18 Sit-to-stand</b>        | <b>39</b> |
| <b>19 Long stride walking</b> | <b>41</b> |
| <b>20 Fast walking</b>        | <b>43</b> |

**PART TWO: UPPER LIMB ANATOMICAL REVIEW****SHOULDER**

- |  |           |
|--|-----------|
| <b>21 Pectoralis major – Passive stretch</b>                               | <b>51</b> |
| <b>22 Pectoralis major – Active shoulder abduction</b>                     | <b>53</b> |
| <b>23 Latissimus dorsi and long head of triceps – Passive stretch</b>      | <b>55</b> |
| <b>24 Latissimus dorsi – Active shoulder flexion, elbow extended</b>       | <b>57</b> |
| <b>25 Long head of triceps – Active shoulder flexion,<br/>elbow flexed</b> | <b>59</b> |
| <b>26 Sub-scapularis – Passive stretch</b>                                 | <b>61</b> |
| <b>27 Sub-scapularis – Active shoulder external rotation</b>               | <b>63</b> |

**ELBOW**

- |  |           |
|--|-----------|
| <b>28 Elbow flexors – Passive stretch</b>        | <b>65</b> |
| <b>29 Elbow flexors – Active elbow extension</b> | <b>67</b> |

<b>30 Pronator quadratus – Passive stretch</b>	<b>69</b>
<b>31 Pronator quadratus – Active supination, elbow flexed</b>	<b>71</b>
<b>32 Pronator teres – Passive stretch</b>	<b>73</b>
<b>33 Pronator teres – Active supination, elbow extended</b>	<b>75</b>
<b>WRIST</b>	
<b>34 Wrist flexors – Passive stretch</b>	<b>77</b>
<b>35 Wrist flexors – Active wrist extension</b>	<b>79</b>
<b>HAND</b>	
<b>36 Flexors of digits II and III – Passive stretch</b>	<b>81</b>
<b>37 Flexors of digits IV and V – Passive stretch</b>	<b>83</b>
<b>38 Flexors of digits II–V – Active whole hand opening</b>	<b>85</b>
<b>39 Flexors of digits II–V – Active extension of each digit</b>	<b>87</b>
<b>40 Interosseus muscles – Passive stretch</b>	<b>89</b>
<b>41 Interosseus muscles – Active extension of the first phalanx</b>	<b>91</b>
<b>THUMB</b>	
<b>42 Long thumb flexor – Passive stretch</b>	<b>93</b>
<b>43 Long thumb flexor – Active long thumb extension</b>	<b>95</b>
<b>44 Short thumb flexor – Passive stretch</b>	<b>97</b>
<b>45 Short thumb flexor – Active short thumb extension</b>	<b>99</b>
<b>46 Opponens pollicis – Passive stretch</b>	<b>101</b>
<b>47 Long abductor of the thumb – Passive stretch</b>	<b>103</b>

<b>48 Opponens pollicis/Long abductor of the thumb – Active thumb deopposition/opposition</b>	<b>105</b>
<b>49 Adductor pollicis – Passive stretch</b>	<b>107</b>
<b>50 Adductor pollicis – Active short thumb abduction</b>	<b>109</b>

**APPENDIX**

<b>Personal log sheet – Lower limb</b>	<b>111</b>
<b>Personal log sheet – Upper limb</b>	<b>114</b>
<b>Neuroloco</b>	<b>118</b>