



# Universal Exercise Unit

## Training Course

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## Table of Contents

Universal Exercise Unit      Part I  
Pulley and Suspension System      3

Universal Exercise Unit      Part II  
Upper Extremities Exercises      39

Universal Exercise Unit      Part III  
SPIDER      93

Universal Exercise Unit      Part IV  
Additional Applications      135

Reciprocal knee extension



Beginning Position

Supine with both lower extremities in neutral position. Upper extremities along side the body.

Goals

Establish normal gait pattern.  
Teach reciprocation and coordinated movement.  
Other goals as in exercise #1.

Movement

Reciprocating hip and knee flexion followed by hip and knee extension with resistance.

Special Considerations

Assure fluent movement.

Unilateral shoulder adduction



Beginning Position

Sitting with exercised upper extremity abducted to 90 degrees.

Goals

To improve range of motion of the shoulder.  
Strengthening: shoulder adductors.

Movement

Unilateral shoulder adduction with resistance followed by controlled, slow abduction.

Special Considerations

Use to target specific deficits in range of motion and upper extremity strength.

Reciprocation: upper extremity flexion and lower extremity extension



Beginning Position

Quadruped position with trunk suspended.  
Weight bearing on upper extremities.

Goals

Preparation for creeping. To improve: shoulder and core stabilization.  
Strengthening: hip extensors, shoulder flexors, head and trunk extensors.

Movement

Heterolateral hip extension, shoulder flexion

Special Considerations

Elbow immobilizers strongly recommended.

Trunk rotation



Beginning Position

Sit facing the side wall in the universal exercise unit. Trunk rotated to the right. Elbow flexed to 90 degrees with hands cupped together.

Goals

Stretching: trunk rotators.  
Strengthening: trunk rotators.

Movement

Trunk rotation to the left with resistance.

Special Considerations

Pelvis and lower extremities may need to be stabilized to obtain isolated trunk rotation.

Creeping



Beginning Position

Quadruped position.

Goals

Preparation for crawling and creeping.  
To improve: coordination, core stabilization.  
Strengthening: elbow extensors, shoulder flexors and hip extensors.

Movement

Pattern movement for creeping:  
1. right shoulder flexion  
2. left hip extension  
3. left shoulder flexion  
4. right hip extension.

Special Considerations

Elbow immobilizers can be used.

Hip extension / flexion



Beginning Position

High kneeling on the bolster.

Goals

Stretching: hip flexors.  
Strengthening: hip and trunk extensors and hip flexors.

Movement

Hip extension/flexion.

Special Considerations

Provide hip abduction with cases of hip subluxation.

