Universal Exercise Unit

Training Course

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Reciprocal knee extension

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

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

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

**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.
Universal Exercise Unit Part II

Upper extremity exercises

Reciprocation: upper extremity flexion and lower extremity extension

**Beginning Position**

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

**Goals**


**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.
### Universal Exercise Unit Part III

#### Exercise

**SPIDER**

## 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.
Universal Exercise Unit  Part IV  Additional applications