

Weight Exercises

for use with Parsons Cuff Weights



LOWER TRUNK FLEXION

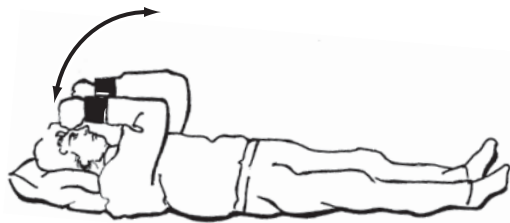
For strengthening the fibers of the lower abdominals. Lay on back with legs straight on floor. Keep legs straight and back flat. Slowly raise both legs together. Release slowly to starting position.

Consult a physiotherapist for the exercise programme best suited to your needs. Not all exercises are appropriate for all patients. Use an appropriate weight for each exercise. Note the location of the cuff weight for each exercise (shown in black). Perform each exercise with a slow, smooth motion.

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ELBOW EXTENSION

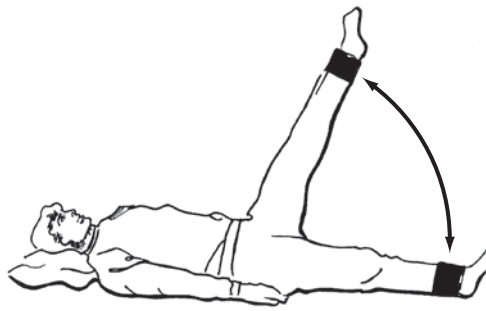
For strengthening the triceps, one of the most important muscles in raising the body.

Lay on back with arms in position shown: upper arm perpendicular to floor; forearm parallel to floor. Extend your forearm until straight: entire arm is now perpendicular to floor. Release slowly to starting position. Repeat with each arm.

PARSONS CUFF WEIGHTS

Wrist and ankle weight cuffs are an excellent means of applying resistance to the upper and lower extremities. They are covered in soft expanded vinyl, sewn in vertical pockets to provide flexibility and comfort when wrapped around the wrist or ankle. Extra long Velcro straps make it easy to put the weight on and off, yet ensure a snug fit. These weights are filled with tiny steel shot which is sealed in poly pouches to prevent any leakage under even the heaviest use. A brass grommet provides a convenient means of hanging the weights up for storage. Colour coded for quick identification in a busy clinic. Sold individually.

Part No.	Colour	Weight	
15W0005	Green	0.5 lb	1 lb
15W001	Light Blue		
15W0015	Green	1.5 lb	
15W002	White	2 lb	
15W003	Gold	3 lb	
15W004	Blue	4 lb	
15W005	Black	5 lb	
15W075	Orange	7.5 lb	
15W010	Brown	10 lb	
15W011	Set of 7	1, 2, 3, 4, 5, 7.5 & 10 lb	



HIP FLEXION 1

For strengthening the iliopsoas group.

Lay on back with legs straight on floor. Keep your legs straight. Slowly raise one leg up to the 60 degree position. Release slowly to starting position. Alternate legs.



HIP ABDUCTION

For strengthening the gluteus medius. Try for synergistic action of the gluteus medius and maximus. Pelvis should be straight or a little forward. Do not substitute the hip and knee flexor group for this exercise.

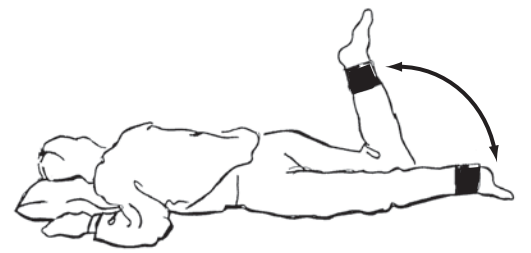
Lay on side with bottom leg bent and top leg extended. Raise leg slowly upward and slightly back keeping the body straight in position. Release slowly to starting position. Turn over on other side and repeat.



HIP EXTENSION

For strengthening the gluteus maximus and hamstrings.

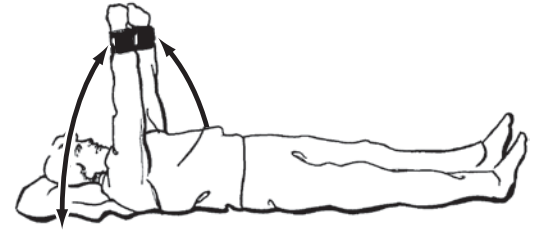
Lay face down with legs straight out and resting on floor. Keep legs straight. Raise one leg about 10" to 12" off the floor and release slowly back down. Alternate legs. Keep trunk of body flat on floor.



KNEE FLEXION

For strengthening the hamstring muscles for walking.

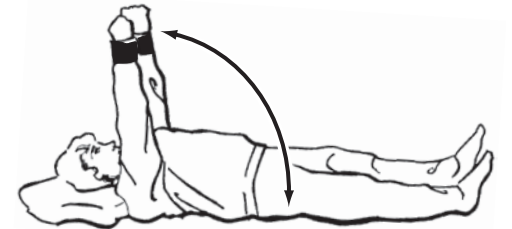
Lay face down with legs straight out and resting on floor. Bend one knee to perpendicular position. Release slowly to starting position. Alternate legs.



SHOULDER PROTRACTION

For strengthening the pectorals.

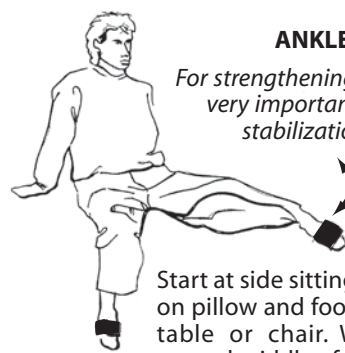
Lay on back with arms straight out perpendicular to the body. Keep arms straight. Raise both arms together until they meet. Release slowly to starting position.



SHOULDER FLEXION

For strengthening the anterior deltoids.

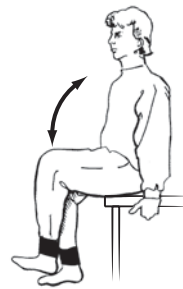
Lay on back with arms straight at sides. Raise both arms straight together to perpendicular position. Release slowly to starting position.



ANKLE EVERSION

For strengthening the peroneal group; very important exercise for ankle stabilization and balance.

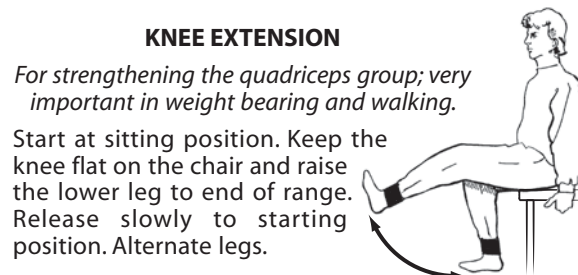
Start at side sitting position with one leg on pillow and foot laterally over edge of table or chair. Weight is positioned around middle of foot. Look over edge of chair while raising one foot from the ankle to end of range. Keep toe pointed away and raise foot from the ankle sideward to end of range. Release slowly to starting position. Alternate ankles.



HIP FLEXION 2

For strengthening the iliopsoas group.

Sitting position utilizing the stretch reflex position. Raise one knee slowly and release to starting position. Alternate legs.



KNEE EXTENSION

For strengthening the quadriceps group; very important in weight bearing and walking.

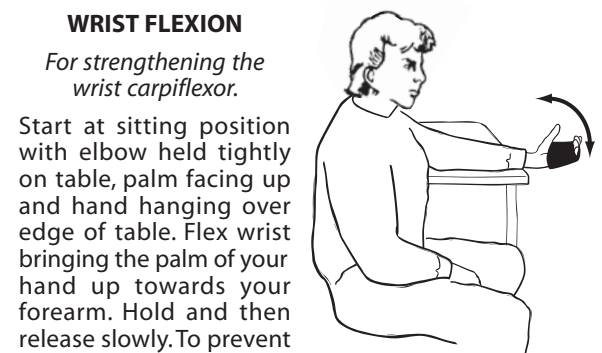
Start at sitting position. Keep the knee flat on the chair and raise the lower leg to end of range. Release slowly to starting position. Alternate legs.



ANKLE DORSI-FLEXION

For strengthening the anterior tibialis; important to prevent foot drop and aid in lifting the foot properly in walking.

Start at sitting position. Look over edge of chair while raising one foot from the ankle to end of range. Release slowly to starting position. Alternate feet.



WRIST FLEXION

For strengthening the wrist carpi flexor.

Start at sitting position with elbow held tightly on table, palm facing up and hand hanging over edge of table. Flex wrist bringing the palm of your hand up towards your forearm. Hold and then release slowly. To prevent substituting wrist flexion with strength from other muscle groups, hold your fingers in a curled position towards your palm while doing this exercise. Alternate wrists.



WRIST EXTENSION

For strengthening the wrist extensors.

Start at sitting position with elbow held tightly on table, palm facing down and hand hanging over edge of table. Extend wrist by raising hand, bringing the back of your hand towards your forearm. Hold and then release slowly to starting position. To prevent substituting wrist extension with strength from other muscle groups, hold your fingers in a curled position towards your palm while doing this exercise. Alternate wrists.



SHOULDER ABDUCTION

For strengthening the middle deltoids.

Sitting position with arms straight down at sides. Keep arms straight. Raise both arms together to a horizontal position. Release slowly to starting position.