

# CPT Group Therapy Programs

## Lower Extremity Exercise Group

### Purpose

- To improve LE functional ability, strength & endurance
- To improve performance with IADL and ADL tasks
- Educate in order to maintain therapeutic gains and assist with community re-entry

### Admission Criteria

- Free of illness or isolation precautions
- No LE movement restrictions or other medical precautions
- Must have stable vital signs
- Must be able to follow at least one step directions
- Must be able to tolerate sitting for 1 hour

### Objectives/Goals

- Increased lower extremity strength, endurance, activity tolerance
- Attention to task improvement
- Teach / reinforce home exercise program
- Increase strength of specific, targeted muscle groups
- Improve breathing and vital capacity
- Social interaction and learning from others

### Suggested Materials List

- Weights, Dumbbells, Theraband, Cuff weights, various resistance supplies
- Music
- Balls, Towels,
- BP kit
- Handouts-HEP examples

### Suggested Activities

- Review importance of LE strength for safety, balance, functional tasks
- Review anatomy of LE musculature- primary movers of LE and functional tasks associated with weakness of particular muscle groups
- Group exercise lead by therapist:
  - Seated: march in sitting, isometrics, PRE's, theraband, ankle weights, kick ball
  - Standing (if safe):
    - Parallel bars: AROM hip, knee, ankle ex's
- Group activity instructed by therapist:
  - kick ball
- Dance moves to music

