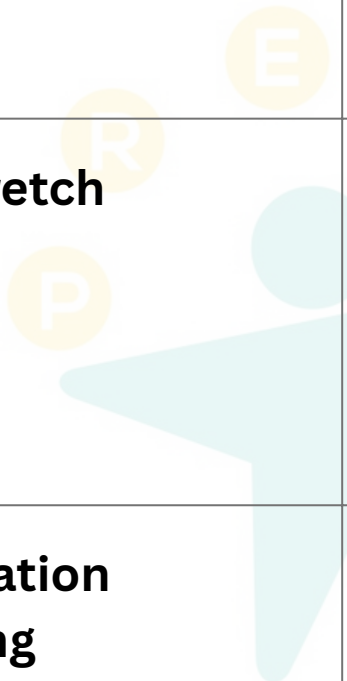


## Induction Materials for Physiotherapy Students

	Ultrasound therapy	Interferential therapy IFT
<u>Theory</u>		
<u>Feeling</u> (What should you feel and what should not)		
<u>Dosage</u>	<ul style="list-style-type: none"> <li>• Time (e.g. 6 minutes)</li> <li>• Intensity (e.g. 1.2 W/cm<sup>2</sup>)</li> <li>• Carrier frequency</li> </ul> 1MHz = deep tissue 3MHz = superficial tissue	<ul style="list-style-type: none"> <li>• Time</li> <li>• Intensity</li> <li>• 2P/4P/TENS (When to use?)</li> <li>• Motor (suction)</li> </ul>
<u>Remarks</u>	Any differences between ultrasound used here and the one used for pregnant	Sponges

STRETCHING/ STRENGTHENING EXS (UPPER BACK)	<u>How to do</u>	<u>Muscles involved</u>	<u>Common mistakes</u>	<u>Variations</u>
<b>Pectoral Stretch</b>			<ul style="list-style-type: none"> <li>• head / spinal posture</li> </ul>	
<b>Sideways Stretch</b>				
<b>External Rotation Strengthening</b>			<ul style="list-style-type: none"> <li>• elbow flexion degree</li> <li>• elbow tucked in?</li> </ul>	
<b>Thoracic Rotation</b>				



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STRENGTHENING EXERCISE	<u>How to do</u>	<u>Muscles involved</u>	<u>Common mistakes</u>	<u>Variations</u>
<b>Bridge</b>			<ul style="list-style-type: none"> <li>• Thigh, Glutes, Lower Back?</li> <li>• Pelvic level?</li> <li>• Foot, knee, pelvis?</li> <li>• Direction of toes pointing?</li> </ul>	
<b>(Hamstring Curl)</b>				
<b>Clamshell</b>				





STRENGTHENING EXERCISE	How to do	Muscles involved	Common mistakes	Variations
Squat			<ul style="list-style-type: none"> <li>Direction of feet and knee pointing?</li> </ul> 	
Lunges	 		<ul style="list-style-type: none"> <li>Front leg / Back leg?</li> </ul> 	
(Straight Leg Raise)				

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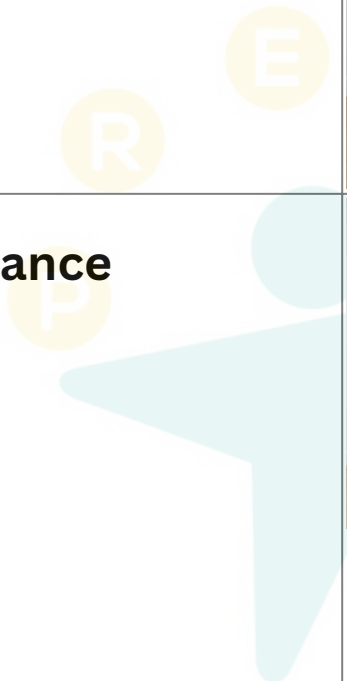
STRENGTHENING EXERCISE (POSTERIOR)	How to do	Muscles involved	Common mistakes	Variations
<b>Hip Hinge</b>	 <p>Which 3 points?</p>		<ul style="list-style-type: none"> <li>• lower back curvature?</li> <li>• pelvic tilt?</li> <li>• knee?</li> </ul>	
<b>RDL</b>			<ul style="list-style-type: none"> <li>• differences between RDL and squat</li> </ul>	
<b>Bent over-row</b>			<ul style="list-style-type: none"> <li>• differences between RDL and bent over-row?</li> <li>• elbow position?</li> </ul>	

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STRENGTHENING / BALANCING EXERCISE	How to do	Muscles involved	Common mistakes	Variations
(Single leg RDL)				
(Hip Aeroplane)			<ul style="list-style-type: none"> <li>• pelvic level?</li> </ul>	



BALANCING EXERCISE	How to do	Muscles involved	Common mistakes	Variations
Heel Raise				
Single Leg Stance				



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STRETCHING EXERCISE	How to do	Muscles involved	Common mistakes	Variations
Quad Stretch				
Hamstring Stretch				
Calf Stretch				
(Cobra)				
(Scorpion)				

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FOAM ROLLER	How to do	Common mistakes	Variations
Quad (general)			Quad Medial side / Lateral side 
Hamstring			
Calf			
Glutes			
Back			



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