



A Guide Of Active Exercises For SMA

Remarks:

- ☐ Please consult your therapist to have a thorough understanding of the range of motion and muscle power of the clients ;
- ☐ Encourage active movement of the clients.

		Exercises Guidelines
		Because of muscle weakness, the client cannot move the limbs upward against gravity, reposition of the clients such that he can move the limbs in the horizontal plane on a large plastic board.
		



The client with weaker muscles strength cannot move the limb against gravity or the friction of the plastic board. Sling suspension is used to support the limb to move in horizontal plane. Reposition of the client to achieve different movement directions for different joints.





Same as above, theraband (resistive and recoil) is used for suspension instead. The client can move the limb downward against the resistance of the band. The recoil of the theraband assists in moving the limb away from the bed.



Flexistand
(Rehabilitation equipment for standing training)





Fitball training:
Supine and side lying on the
ball for stretching of the
spine. Maintain each
position for 2 minutes