Products commonly sold at Pharmacies for Injury management and prevention:

- Ice Packs and Hot Packs:
  - Reusable small → large sizes
  - Use for 10-15 minutes
  - No longer than 20 minutes due to reverses the effect on swelling after 20 minutes.

Ankle Braces:

- A. Rigid Ankle Brace:
  - AirCast

Ankle Braces:
A. Rigid ankle brace: aircast brand
Soft lace up ankle braces:

- Arizona, Sweedo (fit in most shoes)
  - Ankle braces are designed to support the ankle, usually for medial and lateral (valgus / varus) support.
  - Most commonly sprained ligament is the anterior talofibular ligament with a Inversion and Plantarflexed movement
  - Safe to wear with athletic or demanding situations for up to 1 year without detriment.

Ankle Sprain Rehab

- Acute Stage:
  - Sign: pain with Weight Bearing
  - Treatment: PRICE
    - Protect: crutches, ankle brace, cane, walker (usually not on crutches for longer than 2 weeks)
    - Rest:
    - Ice: cold packs (15 minutes)
    - Compression: ace wrap
    - Elevate: above the level of the heart with gentle ankle circles.
Crutch / Cane / Walker fitting:

- Have patient stand up tall
- Foot end 6” in front and 6” laterally from the little toe or (a dollar bill diagonally from the little toe)
- Hand piece to crease of the wrist on the pinky side of the hand
- Axillary (arm pit) end 2-3 finger widths from the axilla.
- Pinch axillary piece between arm and ribs
- Cane on good side

Using an assistive device with ADL’s

- “Good go to heaven, and bad goes to hell”
  - good foot goes up first
  - bad foot goes down first

Sub acute / Chronic Stage:

- Range of Motion:
  - Ankle pumps
- Therapy (me)
- Pharmacy may want to carry:
  - Theracord and Theraband
McConnell Tape

- Therapist trains the patient in use, and uses on current patients
- Hypoallergenic
- May need to use Maalox for antacid properties.

Fat Pad of Knee and the VMO

Medial glide taping

- For PFPS and CMP:
  - Common in women and after ACL surgery
  - Poor patellar tracking in trochlear groove of femur
Patellar Tendinosis / Fat Pad
- taping relieves pressure

Other uses for Taping in Therapy
Achilles tendinosis:
- realigns achilles and calcaneous, and changes it’s wear and tear
Arch support / and Plantar Fascitis:
- keeps arch supported and in stretched position (like truck spring)

Upper Trapezius
inhibiting

Postural Correction
Thoracic and Lumbar “X”

Deltoid un-weighting
Ankle Tape:
- increases proprioception input and
  increases protective reflexes.
- proven to have no protective property after
  7-15 minutes, just feedback (like a back
  belt)

Heel Lifts
- shortens the achilles tendon
- decreases tension on the achilles
- extreme example (high heels chronic
  shortening)
- also for LLD and Sacral / Lumbar pain
Arch Supports

Firm: good for structural support with no inflammation involvement
Soft: good for support with and without inflammation process occurring
- affects arch, knee, hip, pelvis and back
- good for treatment of Plantar Fascitis, Achilles tendinosis, CMP, PFPS, Greater Trochanteric bursitis, SIJ pain, Lumbar pain, meniscal pain in the knee with pronated feet, and stress fractures and shin splints due to Cavus (or supinated) feet, etc.

Shoe inserts / Air cushions

Small amount of padding makes a big difference (ex: shock carpets, pads)
Good for Metatarsalgia, Plantar fascitis, and shock absorption for the lumbar spine.
Doughnuts:
- un-weight and spread small area of metatarsalgia

Patellar Pad
- compresses at patellar tendon
- like a tennis elbow pad
- changes point of force by changing the lever arm for the Quadriceps pull allowing injured area some relief.
Theraband / Theratubing

Isotonic resistance
(changes over ROM)
Convenient and cheap
Multiple uses

Theraband Exercises

Theratubing Exercises
Thera-tubing Exercises
Thera-putty
- comes in a variety of resistances
- good for hand and finger therapy

Theraball

Knee Braces
Compression Style:
- controls swelling
- proprioception and input to protective reflexes
Knee Braces
Valgus / Varus stress reduction
-hinges with side support

Knee Braces
Alignment changing
-elastic, velcro, straps, silicon and felt patellar pads
-good for PFPS, CMP, and subluxations
-attempt to change the patellar tracking, glide, etc.
-Custom order (BENIK) or OTC

Back / Lumbar Braces
Good for feed-back on posture and lifting technique
-not a cure, or a substitute for good body mechanics
-soft, hard inserts, and suspender versions, etc.
Sleeping Splint

Used for Plantar Fascitis, and Achilles lengthening
-foot held in Dorsiflexion instead of resting in Plantarflexion all night while asleep
-makes first steps in morning bearable and stops the cycle
The End

Any Questions ?????

Please pass all handed out materials and supplies to the front
Thank you