

HealthSouth 5 Session IM Bedside Protocol (Seated or Supine Position)

KEY:

Exercises: Both Hands | Left Hand | Right Hand | Both Feet | Left Foot | Right Foot | Right Hand Left Foot | Left Hand Right Foot

Standard Metronome: | Reps: | Difficulty: | Guide Sounds: ON | OFF | Visual Indicator: | Auditory Only: | Visual Mode With Score: MS

DAY 1 - 15 Minutes

TAU
(treatment as usual)
to a metronome beat
at 54 bpm

DAY 2 - 15 Minutes

TAU to a metronome
beat at 54 bpm

or if patient tolerates
TAU with IM

DAY 3 - 15 Minutes

DAY 4 - 15 Minutes

DAY 5, DAY 6, DAY 7 ...ETC. 15 Minutes

*tolerated by patient