

HealthSouth 10 Session IM Inpatient Protocol (Seated or Supine Position)

***Modified LFA:** Only perform LFA Tasks 1, 2, 3, 4 (flex/extend ankles to tap the trigger), 10, 11, & 14. During IM Training, provide hands-on assistance as needed and modify positioning of the patient/trigger(s) for comfort & best access. Remove visual mode if it is more distracting than helpful.

KEY:

Exercises

- Both Hands
- Left Hand
- Right Hand
- Both Feet
- Left Foot
- Right Foot
- Right Hand Left Foot
- Left Hand Right Foot

Reps

Difficulty

Guide Sounds ON OFF

Visual Indicator Visual Only Auditory Only Visual Mode with Score

DAY 1 - 15 Minutes

***Modified LFA (6 minutes)**

| |
|----------------|
| 200 100 |
| 200 100 |
| 200 100 |
| 200 100 |
| 200 100 |

DAY 2 - 15 Minutes

| |
|----------------|
| 100 100 |
| 100 100 |
| 100 100 |
| 210 200 |
| 210 200 |
| 210 200 |

DAY 3 - 15 Minutes

| |
|----------------|
| 210 200 |
| 150 200 |
| 150 200 |
| 210 100 |
| 150 100 |
| 150 100 |

DAY 4 - 15 Minutes

| |
|----------------|
| 210 200 |
| 150 200 |
| 150 200 |
| 210 100 |
| 150 100 |
| 150 100 |

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KEY:

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

Reps **Difficulty** **Guide Sounds** ON OFF **Visual Indicator** Auditory Only Visual Mode with Score

DAY 5 - 15 Minutes

| | | | | |
|--|-----|--|-----|--|
| | 300 | | 100 | |
| | 50 | | 100 | |
| | 50 | | 100 | |
| | 50 | | 100 | |
| | 50 | | 100 | |
| | 150 | | 100 | |

DAY 6, DAY 7, DAY 8, DAY 9, DAY 10...ETC. 15 Minutes

| | | | | |
|--|-----|--|-----|--|
| | 300 | | 100 | |
| | 50 | | 100 | |
| | 50 | | 100 | |
| | 50 | | 100 | |
| | 50 | | 100 | |
| | 100 | | 100 | |
| | 100 | | 100 | |
| | 100 | | 100 | |

LAST SESSION - 15 Minutes

| | | | | |
|--|-----|--|-----|--|
| | 200 | | 100 | |
| | 200 | | 100 | |
| | 200 | | 100 | |
| | 200 | | 100 | |

***Modified LFA
(6 minutes)**