

Practical Exercise: Home Program for GBS, CIDP and MMN

Kaitlyn McLeod
First Steps Wellness Centre

<https://firststepswellnesscentre.ca/>

Regina, SK
Sherbrooke, QC

[GBS, CIDP and MMN Home Program](#)

- Alternate through lower extremity, upper extremity and rest days
- Progress by adding repetitions. Once 15 repetitions feels too easy, add another set, but drop the amount of repetitions back down

Note: There are 2 different lower-body programs. Choose the one you are most comfortable with.

[Lower Extremity \(standing\)](#)

Exercises for ambulatory

1. Bridge | Arms Flat

Sets: 1-3 Reps: 12-15 Rest: As needed

Preparation:

- Lie flat on your back with your arms straight beside you
- Bend knees with your feet flat on the floor

Execution:

- Lift your hips up in the air to make a bridge
- Lower down in a controlled manner



Start Position

Lift hips up

2. Sit to Stand to Sit

Sets: 1-3 Reps: 12-15 Rest: As needed

Preparation:

- Sit with good posture

Execution:

- Scoot forward on chair
- Incline trunk slightly forwards
- Knees over toes
- Rise up to standing
- Bend at the hips
- Stick buttock back
- Sit with control



Sit with good posture



Scoot forward in the seat



Lean forward and lift hips off the chair



Stand up tall



Bend at hips



Lower down to sitting with control

3. Full Tandem

Sets: 1-3 Reps: 30-60 sec

Execution:

- Stand with your feet in-line, like you are on a tight-rope; Hold
- Switch feet placement and repeat



Stand on a tight-rope 'heel to toe'

4. Marching (Chair)

Sets: 1-3 Reps: 12-15 Rest: As needed

Preparation:

- Stand with good posture, feet shoulder width apart
- Use a chair or counter to balance yourself

Execution:

- Lift one knee up as high as you can, then relax it back down. Now lift the other knee up as high as you can, then relax it back down
- Maintain good posture and keep your hips level



Lift knee up high



March

5. Heel + Toe Raise

Sets: 1-3 Reps: 12-15 Rest: As needed

Preparation:

- Attach an ankle weight
- Use a chair for support

Execution:

- Go up on your tip-toes
- Now go up on your heels



Use a chair for support



Go up on your tip-toes



Now go up on your heels

6. Hip Abduction AROM

Sets: 1-3 Reps: 12-15 Rest: as needed

Preparation:

- Stand with good posture
- Hold onto a chair or counter for support

Execution:

- Lift one leg out to the side using your side-buttock muscles
- Return to the start position with control



Stand with good posture,
hold support



Lift leg out to side - do not
lean with your trunk

Low Extremity (seated)

Exercises for power chair/manual chair users or for those not comfortable with standing

7. Weight Shift Sitting (Chair)

Sets: 1-3 Reps: 6-10/side Rest: as needed

Preparation:

- Sit with good posture

Execution:

- Shift weight to one side and lift the opposite buttock
- Repeat the other side



Tall



Long in the trunk



Unweight the buttock

8. Backward Trunk Curl | Post Pelvic Tilt

Sets: 1-3 Reps: 12-15 Rest: as needed

Preparation:

- Sit 'tall' with your hips 'scooted' forward on a sturdy chair

Execution:

- Slowly begin to lean back, letting your pelvis tip back and your spine curl
- Lean back as far as you can without tipping over backwards
- Return to a 'tall' sitting position with your shoulders aligned directly over the hips



Hips scooted forward, feet flat, arms crossed over chest



Lean backwards

9. Marching (Chair)

Sets: 1-3 Reps: 12-15

Preparation:

- Sit in a chair with good posture
- Position your feet flat on the floor, knees and hips at 90°

Execution:

- Maintaining good posture, lift one knee as high off the chair as you can, then relax it back down
- Repeat with the opposite leg



Sit with good posture



Lift knee up



Lift other knee and repeat

10. Knee Extension AROM

Sets: 1-3 Reps: 12-15

Preparation:

- Sit in a chair with good posture

Execution:

- Straighten your knee as much as you can
- Relax your knee back to the start position in a controlled manner

* You can use your stronger leg, towel or scarf to help assist if needed



Sit with good posture



Lift your foot off the ground



Straighten your knee as much as you can

11. Heel + Toe Raise

Sets: 1-3 Reps: 12-15

Preparation:

- Sit in a chair with good posture

Execution:

- Go up on your tip-toes
- Lower your heels to the ground
- Lift your toes off the ground



Sit in a chair with good posture



Go up on your tip-toes



Now lift your toes

Upper Extremity

For both ambulatory and chair users

12. Shoulder Abduction AROM | Late Range

Sets: 1-3 Reps: 12-15

Preparation:

- Sit in a chair with good posture

Execution:

- Raise arm to the side and above head



Sit in a chair with good posture



Raise arm to the side and above head

13. Shoulder Flexion AROM | End Range

Sets: 1-3 Reps: 12-15

Preparation

- Sit with good posture
- Raise your arm up above your shoulder.
- Raise your arm to _____° for the start position.

Execution

- Now raise your arm forward and up all the way above in pain free range of motion.
- Slowly lower back down to the starting position.



Raise arm to start position



Raise arm overhead

14. Scapular Retraction

Sets: 1-3 Reps: 12-15

Preparation:

- Sit in your wheelchair with good posture

Execution:

- Squeeze your shoulder blades down and back
- Roll your shoulder blades forward
- Repeat



Squeeze your shoulder blades down and back



Roll your shoulder blades forward

15. Elbow Flexion | Full-Range (Wrist Weight)

Sets: 1-3 Reps: 12-15

Preparation:

- Attach weight to wrist
- Sit in a chair with good posture

Execution:

- Do a bicep curl



Sit in a chair with good posture



Do a bicep curl

16. Dips (Wheelchair/chair/counter)

Sets: 1-3 Reps: 12-15

Preparation:

- Put the brakes on the chair
- Move to the edge of the chair
- Hold the arm rests as shown

Execution:

- Press your body upwards using your arms
- Lower back down with control



Forward on seat, arms ready to press



Press body upwards using your arms



Push all the way up



Lower back down with control



Holding arm rests



17. Upper Extremity Weight Bearing | Partial Push Up

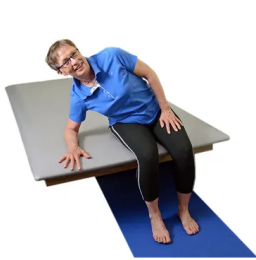
Sets: 1-3 Reps: 12-15

Preparation:

- Sit at the side of the bed with the affected hand positioned approximately 12 inches out from the hip and forward;
- Palm down, fingers straight and pointing forward
- Bend the elbow, lowering the weight of your upper body onto the elbow and forearm

Execution:

- Push your upper body back into the upright position by pressing down on the hand and straightening the elbow



Palm down, fingers straight and pointing forward.



Push up, Shoulder positioned directly over the elbow



Fine Motor Warm up

18. Finger Abduction + Adduction AROM (Tabletop)

Sets: 1-3 Reps: 12-15

Preparation:

- Place your hands on a table.

Execution:

- Spread your fingers wide as you can.



Hands on table-top



Spread fingers

19. Finger Pinch AROM

Sets: 1-3

Preparation:

- Start with an open hand

Execution:

- Touch your thumb to each finger



Start Position



1st Finger



2nd Finger



3rd Finger



4th Finger

20. Hand Squeeze (Ball)

Sets: 1-3 Reps: 12-15

Preparation:

- Hold a squeeze ball in the palm of your hand

Execution:

- Squeeze the ball
- Hold, Relax, Repeat



Hold ball



Squeeze with all fingers

Fine Motor Activities (putty)

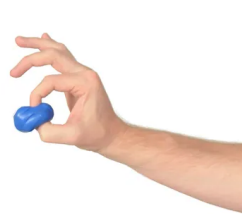
21. Finger Pinch (Putty)

Preparation:

- Hold a ball of putty or Squeeze ball in your hand

Execution:

- Pinch the ball or putty between your thumb and fingertips
- Repeat for each finger



Pinch putty between thumb and forefinger



Repeat for each finger

22. Finger Extension Mobilization (Putty)

Preparation:

- Putty on table

Execution:

- Roll putty out with hand
- Keep wrist and fingers straight



Roll putty out with hand



Keep wrist and fingers straight

23. Four Finger Flexion (Putty)

Preparation:

- Hold putty in hand

Execution:

- Use fingers to squeeze putty



Use fingers to squeeze putty

24. Finger Adduction (Putty)

Preparation:

- Hold putty between your fingers

Execution:

- Squeeze the putty between your fingers
- Keep your fingers straight
- Repeat with the other fingers



Squeeze putty between fingers

25. Wrist Supination / Pronation (Putty)

Preparation:

- Hold putty in both hands

Execution:

- Twist putty with one hand



Hold putty in both hands



Twist putty with one hand

26. Twisting and Pulling (Putty)

Preparation:

- Hold putty

Execution:

- Twist and pull off pieces



Hold putty



Twist and...



...pull off pieces



[Reaching and placing activities](#)

27. Forward Arm Reach - Grasp -Table Top + Object

Preparation:

- Sit “tall” with one arm on table top
- Grasp a water glass or bottle in this hand (with assistance, as required)

Execution:

- Slide your hand forward along the table top until the elbow is straight
- Slide your hand further forward by pushing your shoulder blade forward

Practice with different-sized objects



Hold water-bottle



Reach forwards



Far as you can

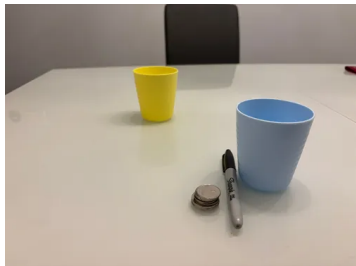
28. Placing object in a cup

Preparation:

- Sit “tall” with one arm on table top
- Place a cup in front of you
- Grasp a object (pen, chip clip/clothes pin, another cup) in your hand (with assistance, as required)

Execution:

- Move the object in your hand towards the cup in front of you
- place that object in the cup or for clips place it on the rim of the cup
- Pick the object back up and take it out or off of the cup



Place a cup out in front of you, and have your objects close to you.



Try placing a cup into the cup in front of you



Try picking up and placing a pen into the cup in front of you



Try picking up and placing a coin into the cup in front of you

29. Stacking (cups or coins)

Preparation:

- Sit “tall” with arms on table top
- have some cups or coins within reach on the table

Execution:

- Pick up one coin or cup at a time and stack it on another one
- continue until you build a stack or pyramid
- Unstack objects one at a time without knocking the rest over

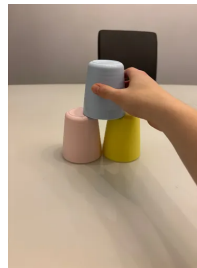
Once you have done it with one hand, try with your other one.



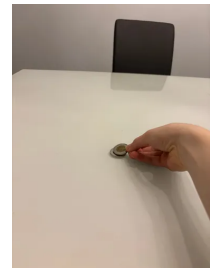
Sit tall with arms on the table top. Have coins, cups or any objects you can stack close to you.



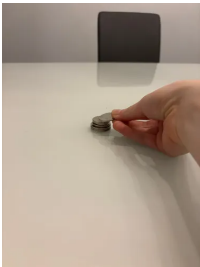
Try stacking the cups on top of one another.



Try building a pyramid with the cups.



Start with one coin out in front of you.



Stack the coins on top of one another to build a tower.

[Other activities you can try to work on fine motor skills](#)

Treading/sorting beads, playing with elastic bands, zipping zippers and Ziplock bags, Practicing button up shirts, Pegboard/crib board, drawing/tracing, typing games