

Exercise & Rehab Image Collection

AVAILABLE IN CINAHL ULTIMATE

Visual Health Information (VHI) provides eight structured exercise libraries covering orthopedic, geriatric and specialty rehabilitation needs. The categories are organized by body part or by exercise type, including balance, strengthening, stretching, spinal stabilization and mobility exercises. Together, they provide nearly **2,300+ images**.

Activities of Daily Living

Body mechanics, bed mobility, lifting, bending, reaching and basic strength training

Pre- and Postnatal

Exercise plans for pregnant and postpartum patients

Body Mechanics

Exercises covering posture, lifting techniques and functional activities

Occupational Therapy

Exercises covering orthopedic, geriatric, pediatric and functional activity needs

Geriatric Strengthening

Specialized exercises to enhance functional mobility, independence and postural stability in older adults

Pediatric

Exercises designed for rehabilitation and sensory-motor development in children from birth to 3+ years

Orthopedic

Movements designed to treat orthopedic conditions through targeted therapeutic exercises aimed at restoring strength, flexibility, and function

Lymphedema

Exercises to help individuals build a tailored routine, including self-manual lymph drainage, to improve mobility and reduce swelling

