AROM lumbar alt arm/leg (hip bird dog) w/ball

- Begin lying with hips over ball as shown.
- Extend the right leg while lifting the left arm.
- Hold 2-3 secs.
- Return to start position and repeat with left leg and right arm.

Perform 5 sets of 1 minute(s), once a day.

Use Ball.
Rest 1 Minute between sets.
Perform 1 repetition every 4 Seconds.
Resist shld ext bil stand w/elastic
• Secure elastic at waist level as shown.
• Face toward elastic.
• Grasp elastic in hands, and pull backwards, keeping elbows straight.
• Return to start position.

Special Instructions:
Maintain neutral spine in low back.
Perform 3 sets of 10 repetition(s), once every other day.

Use Elastic.
Rest 1 Minute between sets.
Perform 1 repetition every 4 Seconds.

Resist shld chest press (vert) palm in w/mach
• Sit in overhead press machine.
• Place hands on handles, palms inward.
• Press upward.
• Lower and repeat.
Perform 1 set of 1 repetition(s), every hour.

Use Lbs.
AROM lumbar alt arm/leg (hip bird dog) w/ball
Perform 5 sets of 1 minute(s), once a day.

Use Ball. 
Rest 1 Minute between sets. 
Perform 1 repetition every 4 Seconds. 

1) 

2) 

3) 

4) 

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Mountain View Physical Therapy

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Resist shld ext bil stand w/elastic
Perform 3 sets of 10 repetition(s), once every other day.

Use Elastic.
Rest 1 Minute between sets.
Perform 1 repetition every 4 Seconds.

Resist shld chest press (vert) palm in w/mach
Perform 1 set of 1 repetition(s), every hour.

Use Lbs.

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Mountain View Physical Therapy
AROM lumbar alt arm/leg (hip bird dog) w/ball
Perform 5 sets of 1 minute(s), once a day.
Use Ball.
Rest 1 Minute between sets.
Perform 1 repetition every 4 Seconds.

Resist shld ext bil stand w/elastic
Perform 3 sets of 10 repetition(s), once every other day.
Use Elastic.
Rest 1 Minute between sets.
Perform 1 repetition every 4 Seconds.

Resist shld chest press (vert) palm in w/mach
Perform 1 set of 1 repetition(s), every hour.
Use Lbs.
758 - Stretch Piriformis sit
- Begin sitting on floor as shown, involved leg in front.
- Lean forward and toward involved side until stretch is felt in buttocks.
Perform 1 set of 4 repetition(s), twice a day.
Hold each repetition 20 Seconds.
Rest 30 Seconds between sets.

1850 - AROM lumbar alt arm/leg (hip bird dog) w/ball
- Begin lying with hips over ball as shown.
- Extend the right leg while lifting the left arm.
- Hold 2-3 secs.
- Return to start position and repeat with left leg and right arm.
Perform 5 sets of 1 minute(s), once a day.
Use Ball.
Rest 1 Minute between sets.
Perform 1 repetition every 4 Seconds.

125 - Resist shld ext bil stand w/elastic
- Secure elastic at waist level as shown.
- Face toward elastic.
- Grasp elastic in hands, and pull backwards, keeping elbows straight.
- Return to start position.

**Special Instructions:**
Maintain neutral spine in low back.
Perform 3 sets of 10 repetition(s), once every other day.
Use Elastic.
Rest 1 Minute between sets.
Perform 1 repetition every 4 Seconds.
Stretch Piriformis sit
Perform 1 set of 4 repetition(s), twice a day.
Hold each repetition 20 Seconds.
Rest 30 Seconds between sets.

AROM lumbar alt arm/leg (hip bird dog) w/ball
Perform 5 sets of 1 minute(s), once a day.
Use Ball.
Rest 1 Minute between sets.
Perform 1 repetition every 4 Seconds.

Resist shld ext bil stand w/elastic
Perform 3 sets of 10 repetition(s), once every other day.
Use Elastic.
Rest 1 Minute between sets.
Perform 1 repetition every 4 Seconds.
Stretch Piriformis sit
Perform 1 set of 4 repetition(s), twice a day.
Hold each repetition 20 Seconds.
Rest 30 Seconds between sets.

AROM lumbar alt arm/leg (hip bird dog) w/ball
Perform 5 sets of 1 minute(s), once a day.
Use Ball.
Rest 1 Minute between sets.
Perform 1 repetition every 4 Seconds.

Resist shld ext bil stand w/elastic
Perform 3 sets of 10 repetition(s), once every other day.
Use Elastic.
Rest 1 Minute between sets.
Perform 1 repetition every 4 Seconds.