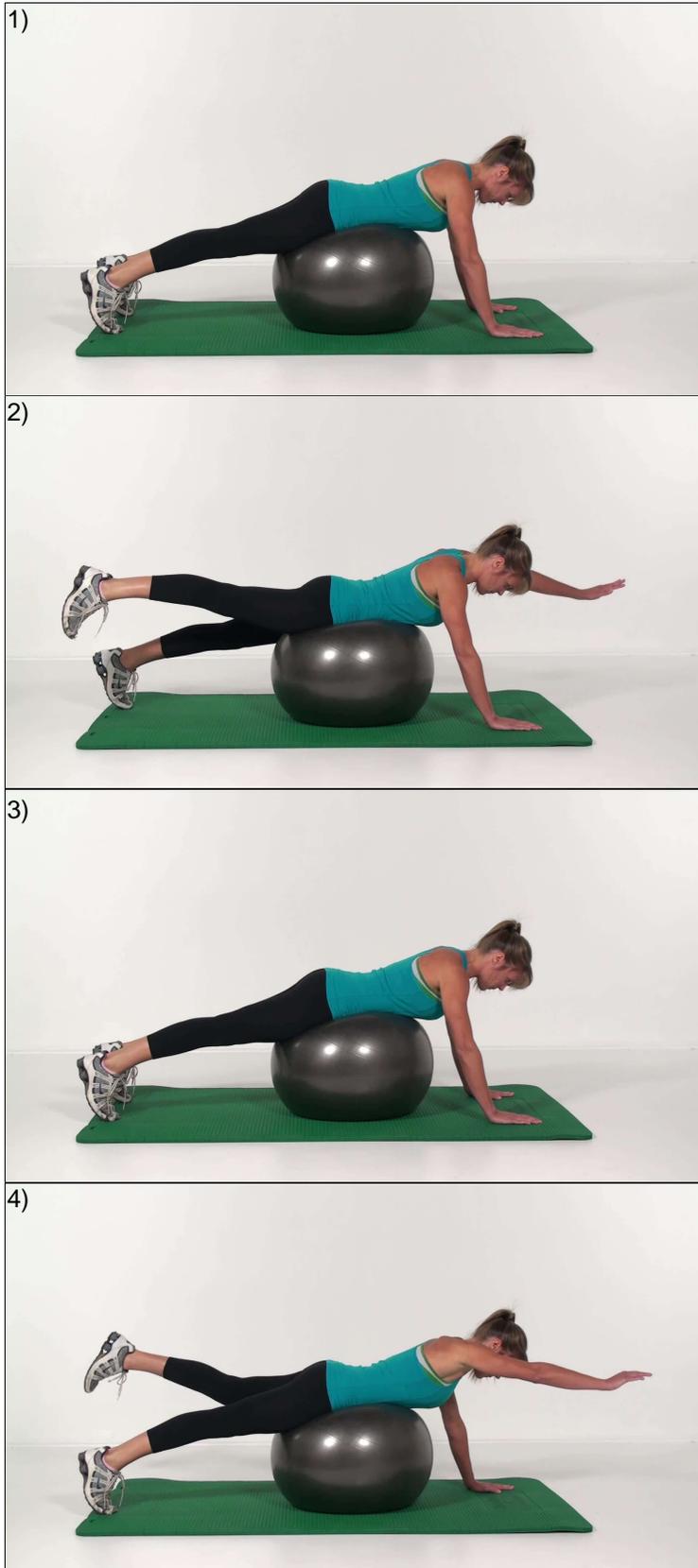


Comment:

Place your notes for the client here.



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.

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These exercises are to be used only under the direction of a licensed, qualified professional.

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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.



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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.

6/26 6/27 6/28 6/29 6/30

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7/1 7/2 7/3 7/4 7/5 7/6 7/7

--	--	--	--	--	--	--

7/8 7/9

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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.



		6/26	6/27	6/28	6/29	6/30
7/1	7/2	7/3	7/4	7/5	7/6	7/7
7/8	7/9					



Resist shld chest press (vert) palm in w/mach

Perform 1 set of 1 repetition(s), every hour.

Use Lbs.



		6/26	6/27	6/28	6/29	6/30
7/1	7/2	7/3	7/4	7/5	7/6	7/7
7/8	7/9					

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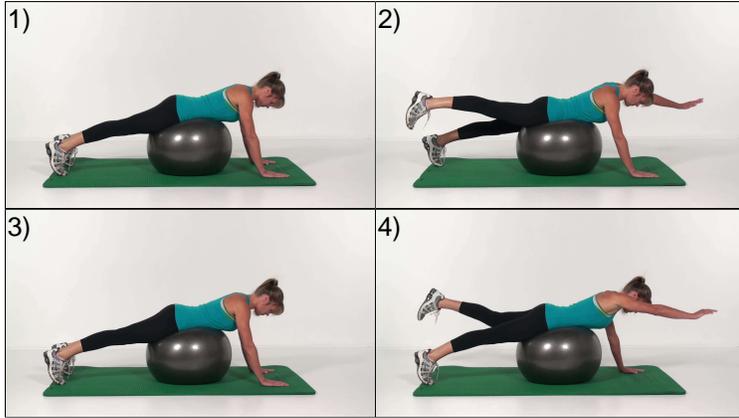
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Comment:

Place your notes for the client here.

Chart Comment:

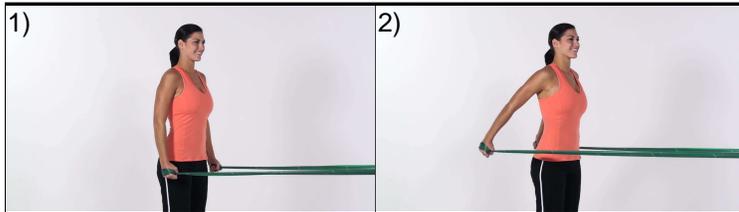
These are notes for the Chart



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.

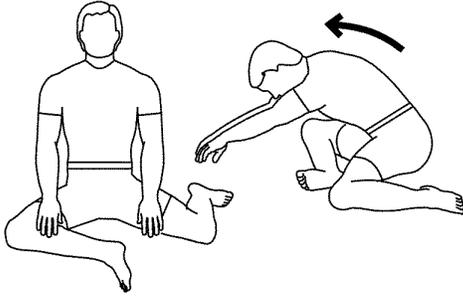
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Comment:

Place your notes for the client here.



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.

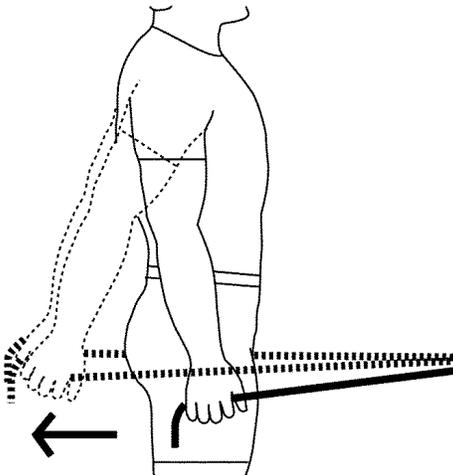
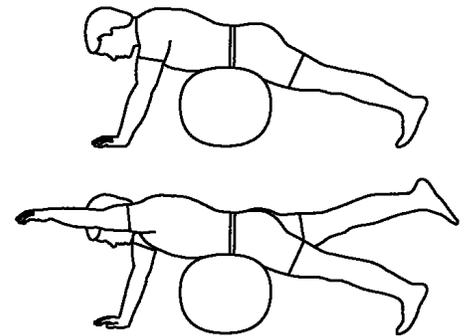
Hold each repetition 20 Seconds.
Rest 30 Seconds between sets.

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.

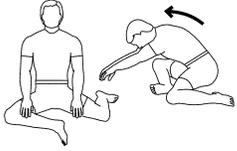
Use Elastic.
Rest 1 Minute between sets.
Perform 1 repetition every 4 Seconds.

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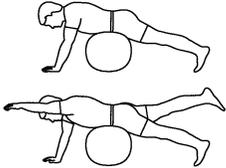
Stretch Piriformis sit



Perform 1 set of 4 repetition(s), twice a day.
Hold each repetition 20 Seconds.
Rest 30 Seconds between sets.

				6/27	6/28	6/29	6/30
7/1	7/2	7/3	7/4	7/5	7/6	7/7	
7/8	7/9	7/10					

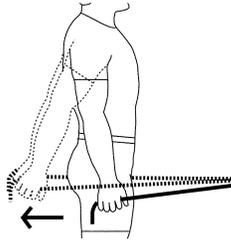
AROM lumbar alt arm/leg (hip bird dog) w/ball



Perform 5 sets of 1 minute(s), once a day.
Use Ball.
Rest 1 Minute between sets.
Perform 1 repetition every 4 Seconds.

				6/27	6/28	6/29	6/30
7/1	7/2	7/3	7/4	7/5	7/6	7/7	
7/8	7/9	7/10					

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.

				6/27	6/28	6/29	6/30
7/1	7/2	7/3	7/4	7/5	7/6	7/7	
7/8	7/9	7/10					

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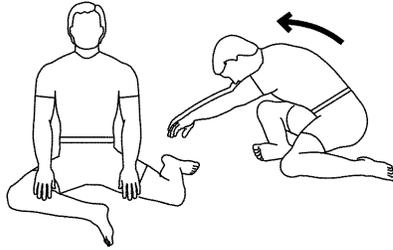
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Comment:

Place your notes for the client here.

Chart Comment:

These are notes for the Chart



Stretch Piriformis sit

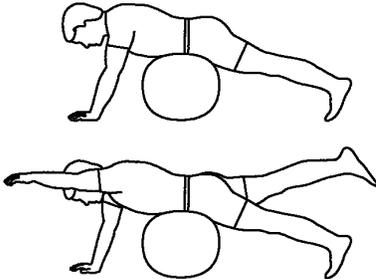
Perform 1 set of 4 repetition(s), twice a day.

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.

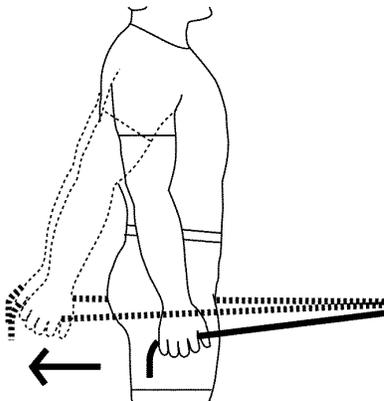
Use Ball.
Rest 1 Minute between sets.
Perform 1 repetition every 4 Seconds.



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.



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