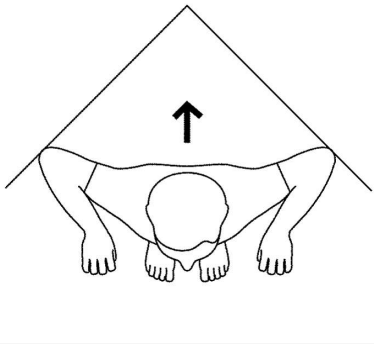


Iso shld retract



- Stand with your back to a corner.
- Raise arms to 90 degrees with elbows bent.
- Lean back into corner and hold body stable with arms.
- Use elbows and push into the wall

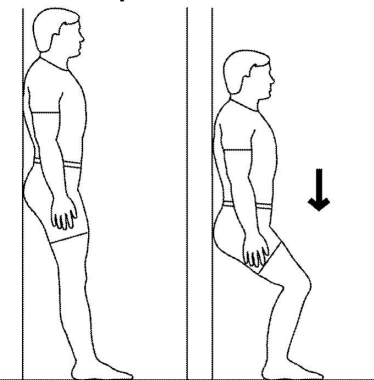
Special Instructions:

Do not hold breath.

Perform 3 sets of 6 Repetitions, once a day.

Rest 30 Seconds between sets.

AROM knee wall slide bil partial



- Lean on wall, feet approximately 12 inches from wall, shoulder distance apart.
- Bend knees to 45 degrees.
- Hold 5 seconds.
- Return to starting position.

Special Instructions:

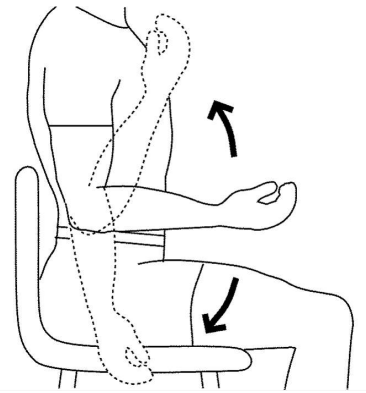
Ensure you can see your toes at all times . Do not let knees pass toes

Perform 3 sets of 6 Repetitions, once a day.

Rest 1 Minute between sets.

Perform 0 repetitions every 1 Seconds.

AROM elbow flx/ext



- Sit .Begin with arm at side, palm up.
- Bend elbow upward.
- Return to starting position.
- Weights can be used to increase intensity

Special Instructions:

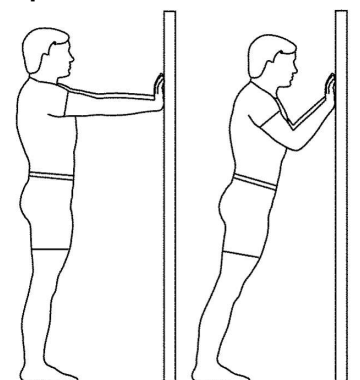
Breathe out on the difficult part Do not hold your breath

Perform 3 sets of 6 Repetitions, once a day.

Rest 1 Minute between sets.

Perform 0 repetitions every 1 Seconds.

AROM shld push-ups at wall

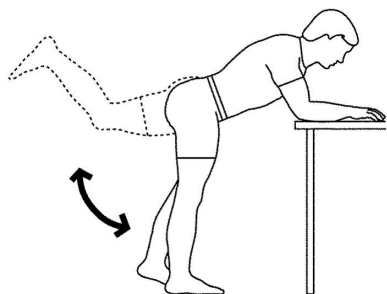


- Stand facing wall, about 12-18 inches away.
 - Place hands on wall at shoulder height.
 - Slowly bend elbows, bringing face to wall.
 - Push back up to start position and repeat.
- Perform 3 sets of 6 Repetitions, once a day.

Rest 20 Seconds between sets.

Perform 0 repetitions every 1 Seconds.

AROM hip ext stand knee bent



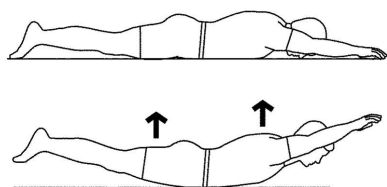
- Lean over table, bending at hips, stand on uninvolved leg.
- Bend knee slightly on involved leg.
- Lift involved leg up and backward as shown.
- Return to start position and repeat.

Perform 3 sets of 6 Repetitions, once a day.

Rest 20 Seconds between sets.

Perform 0 repetitions every 1 Seconds.

AROM lumbar ext prone high level



- Lie face down with arms outstretched over head as shown..
- Arch upward, raising arms and legs off floor.
- Return to start and repeat.

Special Instructions:

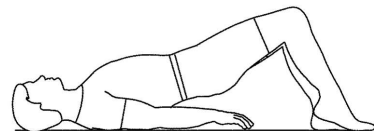
Progress by holding 2-3 seconds. You may not be able to lift arms . PRACTICE MAKES PERFECT

Perform 3 sets of 6 Repetitions, once a day.

Rest 20 Seconds between sets.

Perform 0 repetitions every 1 Seconds.

AROM lumbar bridging w/heel raises



- Lie on back with knees bent and feet flat on floor.
- Lift buttocks up.
- Lower buttocks and repeat.

Special Instructions:

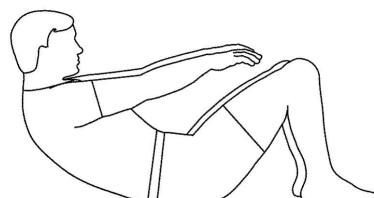
Keep tummy muscles tight

Perform 3 sets of 6 Minute, once a day.

Rest 20 Seconds between sets.

Perform 0 repetitions every 1 Seconds.

AROM lumbar flx (crunches) supine arms straight



- Lie on back with knees bent, arms on thighs.
- Begin with head and slowly curl up lifting shoulders off floor, reaching to knees with arms straight.
- Keep low back in contact with floor.
- Slowly return to start position and repeat.

Special Instructions:

Exhale when you curl up

Perform 3 sets of 6 Repetitions, once a day.

Rest 20 Seconds between sets.

Perform 0 repetitions every 1 Seconds.

Issued By: Thasmae Chetty

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

T,Chetty Biokinetics

Signature: _____

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