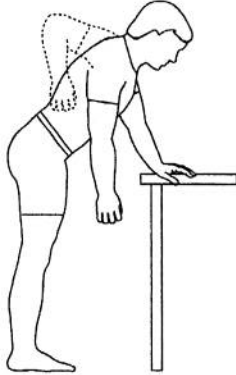


AROM shld bent row



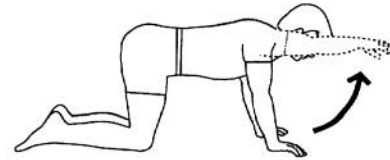
- Slightly bend hips and knees and support upper body with other arm as shown.
- Lift arm up, raising elbow to shoulder height.
- Return to start position and repeat.

Perform 3 sets of 20 Repetitions, once a day.

Rest 1 Minute between sets.

Perform 1 repetition every 4 Seconds.

AROM lumbar alt arm quadruped



- Kneel on all fours.
- Lift left arm up, keeping elbow straight.
- Return arm to start position.
- Lift right arm.
- Lower and repeat.

Special Instructions:

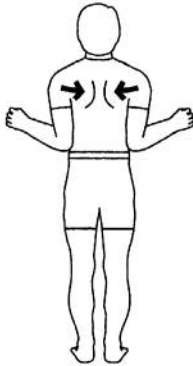
Maintain a neutral spine and do not allow low back to twist.

Perform 3 sets of 20 Repetitions, once a day.

Rest 1 Minute between sets.

Perform 1 repetition every 4 Seconds.

AROM shld retract bil stand w/elbows bent



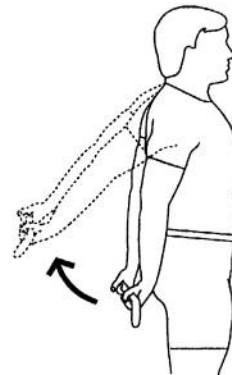
- Stand with arms at side, elbows bent to 90 degrees.
- Squeeze shoulder blades together as the arms rotate back and out.
- Relax and repeat.

Perform 3 sets of 20 Repetitions, once a day.

Rest 1 Minute between sets.

Perform 1 repetition every 4 Seconds.

AROM shld retraction w/cane



- Hold cane in both hands behind back.
- Keep elbows straight.
- Move cane backwards, away from back.
- Return to start position and repeat.

Perform 3 sets of 20 Repetitions, once a day.

Use Cane.

Rest 1 Minute between sets.

Perform 1 repetition every 4 Seconds.

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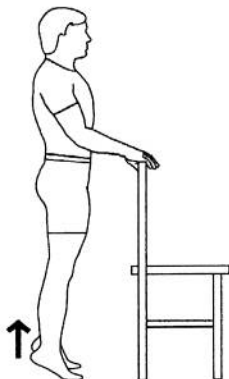
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AROM ankle PF bil stand



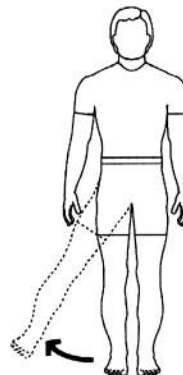
- Stand, using chair for balance.
- Raise up on toes, through full range.
- Return to start position and repeat.

Perform 3 sets of 20 Repetitions, once a day.

Rest 1 Minute between sets.

Perform 1 repetition every 4 Seconds.

AROM hip abd uni stand



- Stand.
- Place weight on uninvolved leg.
- Keep knee straight, moving involved leg outward.
- Return to start position.

Special Instructions:

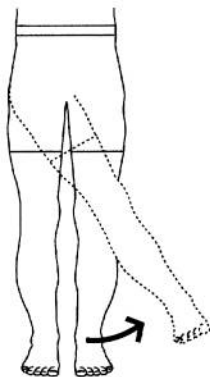
Keep trunk upright.

Perform 3 sets of 20 Repetitions, once a day.

Rest 1 Minute between sets.

Perform 1 repetition every 4 Seconds.

AROM hip add uni stand



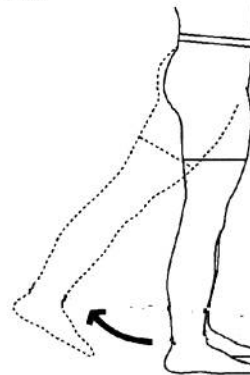
- Stand on uninvolved leg, as shown.
- Keep knee straight, moving leg inward across other leg.
- Return to start position.

Perform 3 sets of 20 Repetitions, once a day.

Rest 1 Minute between sets.

Perform 1 repetition every 4 Seconds.

AROM hip ext stand



- Stand, hold onto table or wall for balance.
- Extend leg backward, keeping knee straight.
- Return to start position.

Perform 3 sets of 20 Repetitions, once a day.

Rest 1 Minute between sets.

Perform 1 repetition every 4 Seconds.

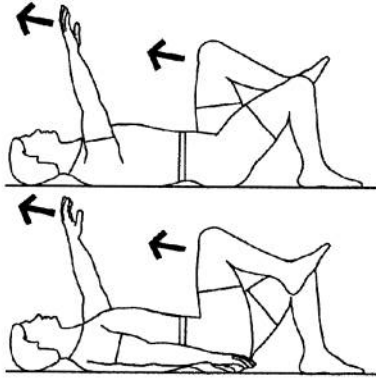
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AROM hip/knee flex alt w/arms supine



- Lie on back with knees bent, low back in neutral.
- Raise left leg and right arm off floor as shown.
- Return to start position.
- Repeat with right leg and left arm.

Special Instructions:

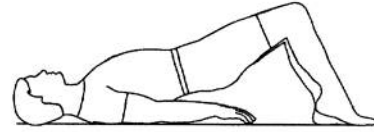
Maintain neutral spine without twisting or rotating hips. Move in smooth and controlled movements.

Perform 5 sets of 1 Minute, once a day.

Rest 1 Minute between sets.

Perform 1 repetition every 4 Seconds.

AROM lumbar bridging w/heel raises



- Lie on back with knees bent and feet flat on floor.
- Maintain neutral spine.
- Lift buttocks up.
- Lift heel of right foot off floor.
- Lower heel.
- Repeat with other foot.
- Lower buttocks and repeat.

Perform 5 sets of 1 Minute, once a day.

Rest 1 Minute between sets.

Perform 1 repetition every 4 Seconds.

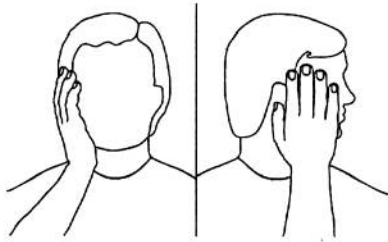
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Stretch cerv rotn

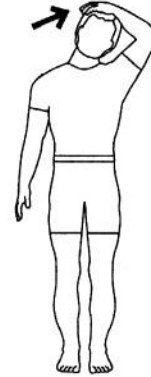


- Place right palm against right jaw.
- Gently rotate head to left as shown.
- Repeat with left hand in left direction.

Perform 1 set of 4 Repetitions, twice a day.

Hold exercise for 20 Seconds.

Stretch cerv sidebend w/pressure opposite side

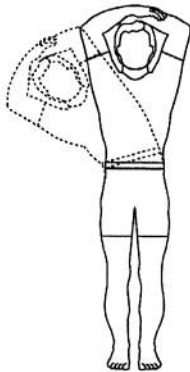


- Sit or stand.
- Place right hand on top of head.
- Keep head facing forward and gently pull head sideways to right.
- Repeat with left arm.

Perform 1 set of 4 Repetitions, twice a day.

Hold exercise for 20 Seconds.

Stretch Iliocostalis stand

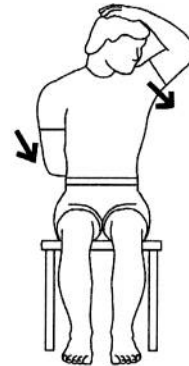


- Stand against wall.
- Cross arms overhead.
- Bend trunk to the right, keeping shoulders and arms against wall.
- Keep both feet on floor.
- Return to start position and bend to left.
- Repeat.

Perform 1 set of 4 Repetitions, twice a day.

Hold exercise for 20 Seconds.

Stretch Levator scapulae arm behind



- Sit.
- Reach right arm behind back.
- Place left hand on top of head.
- Pull head down and to diagonally to the left, looking toward the left hip.
- Repeat to other side.

Special Instructions:

The stretch can be increased by moving the shoulder of the arm behind the back downward.

Perform 1 set of 4 Repetitions, twice a day.

Hold exercise for 20 Seconds.

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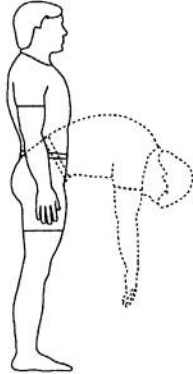
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Stretch lumbar flex stand

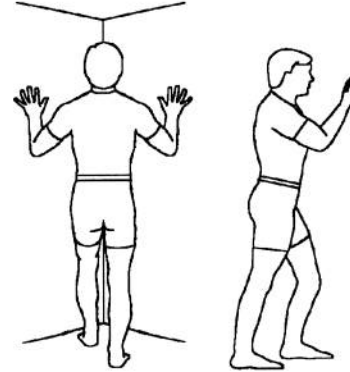


- Stand with arms at sides.
- Slowly bend head forward.
- Continue bending with the mid back and then the low back.
- Return to start position and repeat.

Perform 1 set of 4 Repetitions, twice a day.

Hold exercise for 20 Seconds.

Stretch Pectoral standing at corner

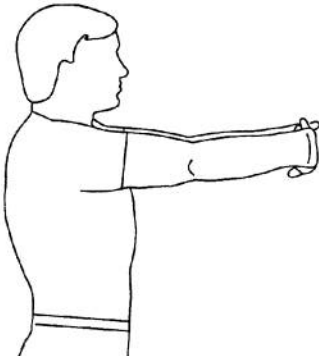


- Stand in in corner.
- Place arms at chest level on wall.
- Gently step forward, keeping back straight.
- Return to start position.

Perform 1 set of 4 Repetitions, twice a day.

Hold exercise for 20 Seconds.

Stretch Rhomboids, wrist flexors bil (front)

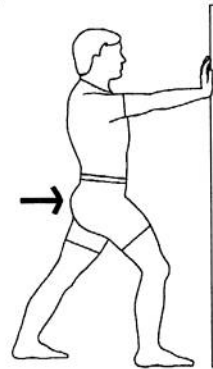


- Interlock fingers of both hands.
- Straighten arms in front, palms facing outward.
- Hold and repeat.

Perform 1 set of 4 Repetitions, twice a day.

Hold exercise for 20 Seconds.

Stretch Gastroc uni standing



- Stand facing wall, hands on wall.
- Step forward with foot of uninvolved leg, leaning hips toward wall.
- Keep rear leg straight with heel on floor.

Perform 1 set of 4 Repetitions, twice a day.

Hold exercise for 20 Seconds.

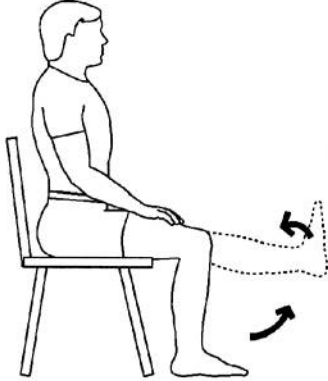
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Stretch hamstring sit active



- Sit against a wall, chair, or on firm surface, knee bent.
- Keep a proper curve in low back, as shown.
- Flex left foot upward, while straightening knee.
- Repeat stretch with other leg.

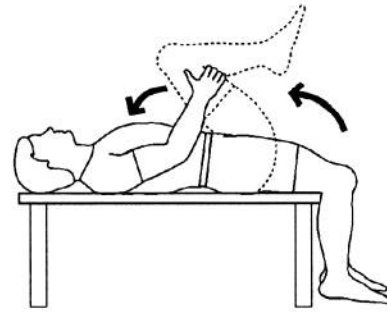
Special Instructions:

Do not allow low back to lose the curve. It is common to experience shaking in the leg.

Perform 1 set of 4 Repetitions, twice a day.

Hold exercise for 20 Seconds.

Stretch hip flexors supine 1

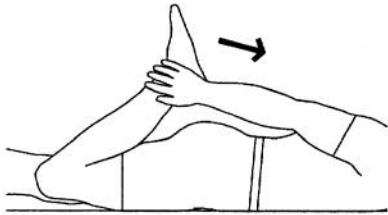


- Lie on back, with knees bent, hanging off edge of bed.
- Pull one knee up to chest.
- Keep other thigh flat on bed.
- Repeat with other leg.

Perform 1 set of 4 Repetitions, twice a day.

Hold exercise for 20 Seconds.

Stretch Quads prone self



- Lie face down.
- Reach back and grasp ankle.
- Relax leg and gently pull ankle towards buttocks.

Perform 1 set of 4 Repetitions, twice a day.

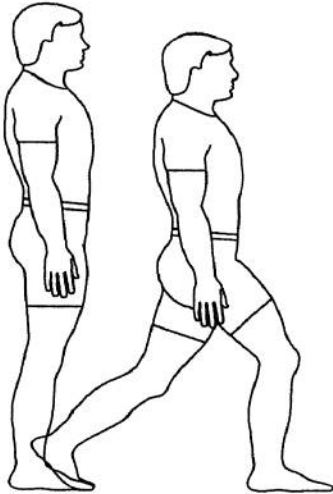
Hold exercise for 20 Seconds.

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AROM hip/knee flex (fwd lunges)

- Stand.
- Step forward as shown, keeping trunk vertical.
- Push back up to starting position.
- Repeat with other leg.

Perform 3 sets of 20 Repetitions, once a day.

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

AROM gait heel walk

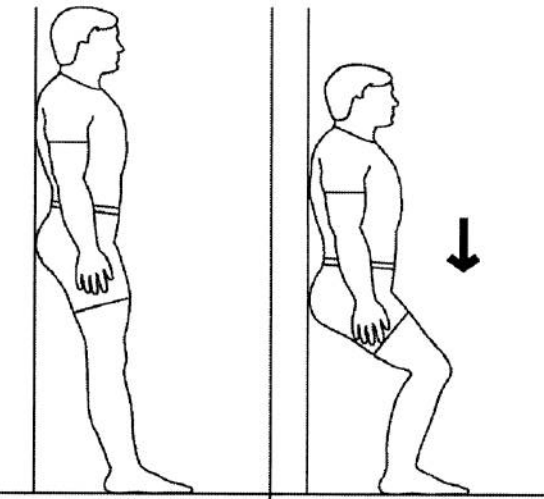
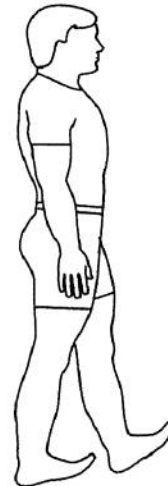
- Lift up balls of feet.
- Stay on heels, keeping knees straight and walk in a straight line.

Special Instructions:

Walk _____ feet.

Perform 3 sets of 20 Repetitions, once a day.

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



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.

Perform 3 sets of 20 Repetitions, once a day.

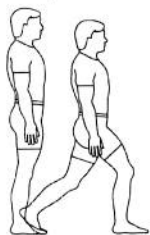
Rest 1 Minute between sets.
Perform 1 repetition every 4 Seconds.

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1. AROM hip/knee flx (fwd lunges)



Perform 3 sets of 20 Repetitions, once a day.

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

			7/29	7/30	7/31	8/1
8/2	8/3	8/4	8/5	8/6	8/7	8/8
8/9	8/10	8/11				

2. AROM gait heel walk

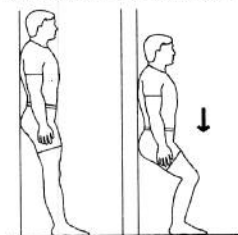


Perform 3 sets of 20 Repetitions, once a day.

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

			7/29	7/30	7/31	8/1
8/2	8/3	8/4	8/5	8/6	8/7	8/8
8/9	8/10	8/11				

3. AROM knee wall slide bil partial



Perform 3 sets of 20 Repetitions, once a day.

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

			7/29	7/30	7/31	8/1
8/2	8/3	8/4	8/5	8/6	8/7	8/8
8/9	8/10	8/11				

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