

AROM ankle PF bil stand

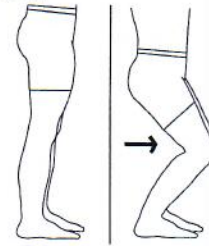


- Stand, using chair for balance.
- Raise up on toes, through full range.
- Return to start position and repeat.

Perform 3 sets of 20 Repetitions, once a day.

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

AROM knee squat bil full



- Stand with feet shoulder distance apart.
- Slowly bend knees to 90 degrees.
- Hold for 5 seconds, and return to standing position.
- Repeat.

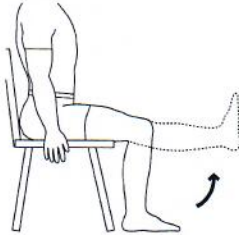
Special Instructions:

Maintain proper low back posture.

Perform 3 sets of 20 Repetitions, once a day.

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

AROM knee ext (LAQ) sit



- Sit, with involved leg bent to 90 degrees, as shown.
- Straighten leg at knee.
- 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 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 flx stand bent knee



- Stand with hand on table or chair for support.
- Lift right leg up as high as possible, bending knee.
- Lower leg.
- Lift left leg up as high as possible, bending knee.
- Lower leg.
- Repeat.

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.

Issued By: Keri Thornton, PT

Signature: _____

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

Caution: User must wear suitable eye protection such as safety goggles during this exercise to protect against possibility of eye injury as a result of the band or tube snapping towards the face if grip is lost or if the band or tube breaks.

NOHS

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AROM elbow flex/ext

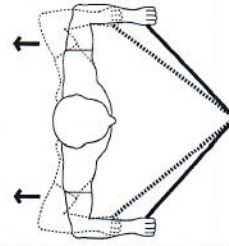


- Sit or stand.
- Begin with arm at side, elbow straight, palm up.
- Bend elbow upward.
- Return to starting position.

Perform 3 sets of 10 Repetition, once every other day.

Rest 11 Seconds between sets.

Resist shld retract bil stand w/elastic



- Position arms out from sides, elbows bent to 90 degrees, as shown.
- Grasp elastic in hands.
- Pull back, bringing shoulder blades together.
- Return to starting position.

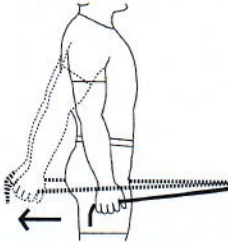
Perform 3 sets of 10 Repetitions, once every other day.

Use Elastic.

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.

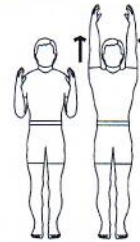
Perform 3 sets of 10 Repetitions, once every other day.

Use Elastic.

Rest 1 Minute between sets.

Perform 1 repetition every 4 Seconds.

AROM shld overhead press bil



- Sit or stand.
- Hold arms at side, elbows bent, as shown.
- Lift arms up and overhead.
- 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.

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