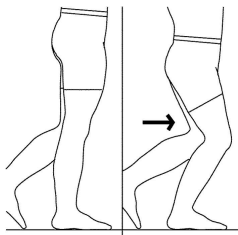


AROM knee squat uni full

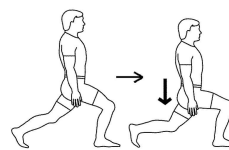


- Stand on involved leg.
- Use wall or secure object to maintain balance.
- Bend knee to 60 to 90 degrees.
- Return to starting position.

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

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

AROM hip/knee flx (lunge squat)

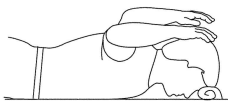


- Step forward and bend knees until in a lunge position.
- Slowly bend both knees to lower trunk toward floor.
- Slightly straighten knees to raise up.
- Continue to lower and raise while in lunge position.

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

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

AROM shld retract bil prone (w/ER)

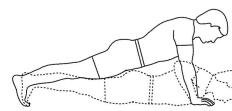


- Lie face down, arms out from body at 90 degrees, elbows bent as shown.
- Squeeze shoulder blades together.
- Hold the squeeze and lift arms up slightly.
- Relax and repeat.

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

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

AROM shld push-ups



- Begin lying on floor, as shown.
- Push up, extending to straight elbows.
- Maintain a straight back.
- Repeat.

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

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

AROM lumbar alt leg/arm (bird dog)



- Begin on hands and knees.
- Extend the right leg while lifting the left arm.
- Hold 2-3 seconds.
- Return to start position and repeat with left leg and right arm.

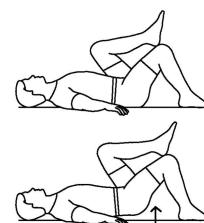
Special Instructions:

Maintain neutral spine, do not twist.
Progress by placing weights on ankles and wrists.

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

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

AROM hip ext uni supine bridge w/knee to chest

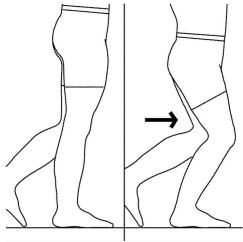


- Lie on back with knees bent, arms at sides.
- Bring one knee to center of chest.
- Lift buttocks off floor, keeping knee to chest.
- Lower and repeat with other leg.

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

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

1. AROM knee squat uni full

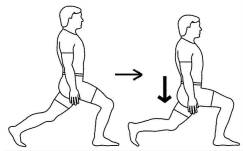


Perform 3 sets of 10 Repetitions, once every other day.

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

				25/1	26/1	27/1
28/1	29/1	30/1	31/1	1/2	2/2	3/2
4/2	5/2	6/2	7/2			

2. AROM hip/knee flx (lunge squat)

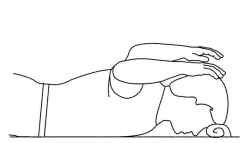


Perform 3 sets of 10 Repetitions, once every other day.

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

				25/1	26/1	27/1
28/1	29/1	30/1	31/1	1/2	2/2	3/2
4/2	5/2	6/2	7/2			

3. AROM shld retract bil prone (w/ER)

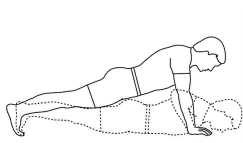


Perform 3 sets of 10 Repetitions, once every other day.

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

				25/1	26/1	27/1
28/1	29/1	30/1	31/1	1/2	2/2	3/2
4/2	5/2	6/2	7/2			

4. AROM shld push-ups



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

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

				25/1	26/1	27/1
28/1	29/1	30/1	31/1	1/2	2/2	3/2
4/2	5/2	6/2	7/2			

5. AROM lumbar alt leg/arm (bird dog)

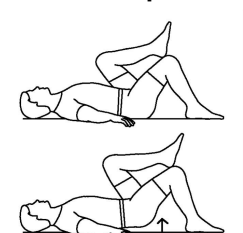


Perform 3 sets of 10 Minute, once every other day.

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

				25/1	26/1	27/1
28/1	29/1	30/1	31/1	1/2	2/2	3/2
4/2	5/2	6/2	7/2			

6. AROM hip ext uni supine bridge w/knee to chest



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

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

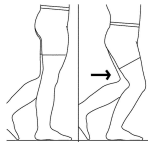
				25/1	26/1	27/1
28/1	29/1	30/1	31/1	1/2	2/2	3/2
4/2	5/2	6/2	7/2			

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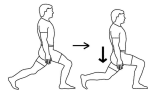
AROM knee squat uni full



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

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

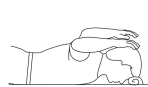
AROM hip/knee flx (lunge squat)



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

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

AROM shld retract bil prone (w/ER)



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

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

AROM shld push-ups



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

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

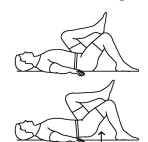
AROM lumbar alt leg/arm (bird dog)



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

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

AROM hip ext uni supine bridge w/knee to chest



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

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

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