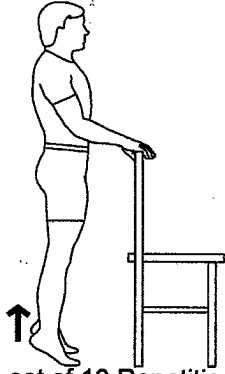


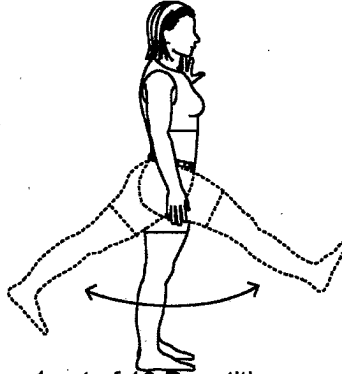
AROM ankle PF bil stand (Double heel raise)



Perform 1 set of 10 Repetitions, once a day.

Perform 1 repetition every 4 Seconds.

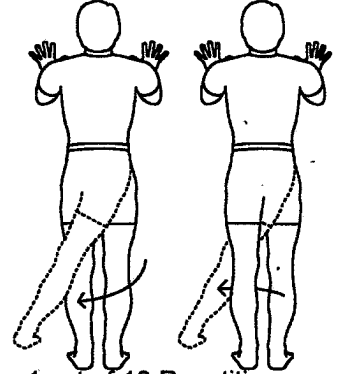
Dynam hip flx/ext standing (Front leg pendulums)



Perform 1 set of 10 Repetitions, once a day.

Perform 1 repetition every 4 Seconds.

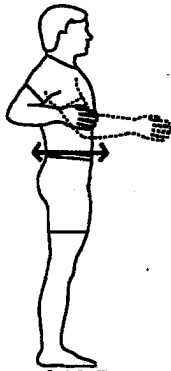
Dynam hip abd/add standing (Leg pendulums)



Perform 1 set of 10 Repetitions, once a day.

Perform 1 repetition every 4 Seconds.

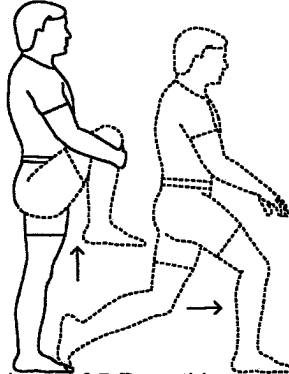
AROM shld flx/ext w/bent elbow (sawing)



Perform 1 set of 10 Repetitions, once a day.

Perform 1 repetition every 4 Seconds.

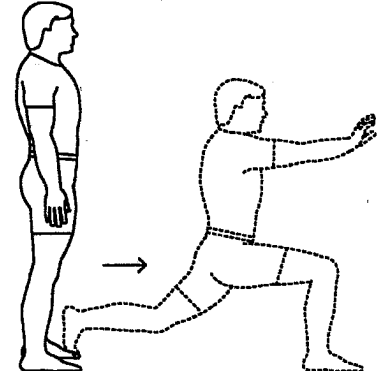
Dynam hip flx/walk (Knee to chest walk)



Perform 1 set of 5 Repetitions, once a day.

Perform 1 repetition every 4 Seconds.

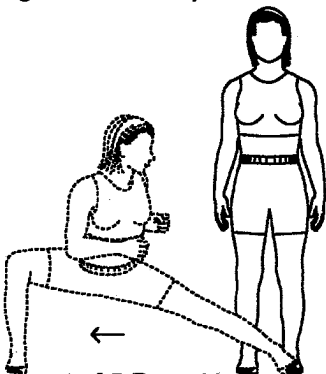
Dynam knee lunge fwd w/shld press (Forward lunge shoulder press)



Perform 1 set of 5 Repetitions, once a day.

Perform 1 repetition every 4 Seconds.

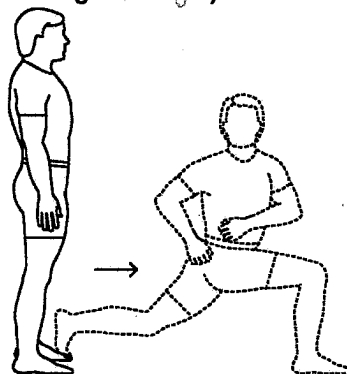
Dynam knee lunge/squat w/trunk rotn (Side lunge with twist in)



Perform 1 set of 5 Repetitions, once a day.

Perform 1 repetition every 4 Seconds.

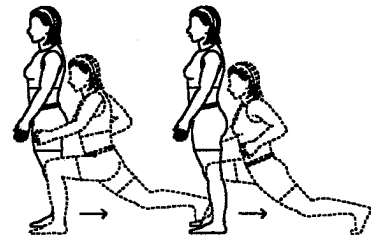
Dynam knee lunge fwd w/opp trunk rotn (Forward lunge twist out)



Perform 1 set of 5 Repetitions, once a day.

Perform 1 repetition every 4 Seconds.

Dynam knee lunge bkwd step (Backward lunge step)



Perform 1 set of 5 Repetitions, once a day.

Perform 1 repetition every 4 Seconds.

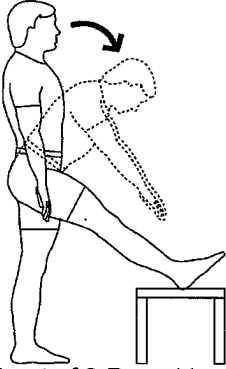
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Signature: _____

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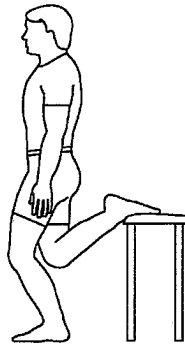
Stretch hamstring uni stand (Standing hamstring stretch)



Perform 1 set of 2 Repetitions, once a day.

Hold exercise for 30 Seconds.

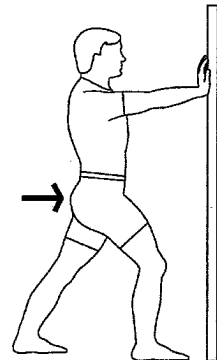
Stretch Quads stand/squat (Squat Quad stretch)



Perform 1 set of 2 Repetitions, once a day.

Hold exercise for 30 Seconds.

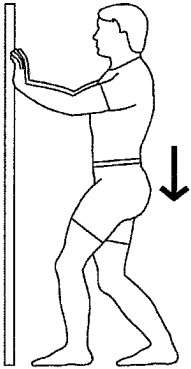
Stretch Gastroc uni standing (Runner stretch)



Perform 1 set of 2 Repetitions, once a day.

Hold exercise for 30 Seconds.

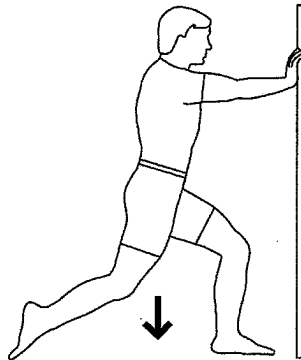
Stretch Soleus stand (Soleus stretch)



Perform 1 set of 2 Repetitions, once a day.

Hold exercise for 30 Seconds.

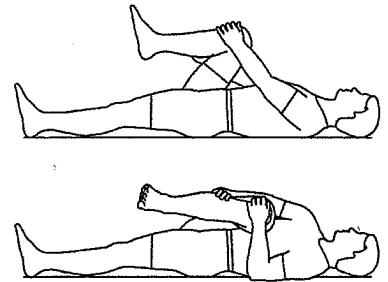
Stretch ankle PF stand (Front ankle stretch)



Perform 1 set of 2 Repetitions, once a day.

Hold exercise for 30 Seconds.

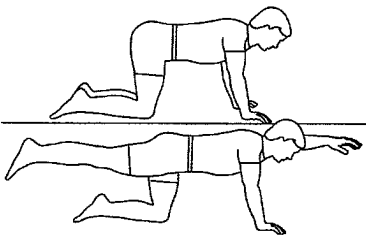
Stretch Piriformis supine w/hip flx (Knee to chest Piriformis stretch)



Perform 1 set of 2 Repetitions, once a day.

Hold exercise for 30 Seconds.

AROM lumbar alt leg/arm (bird dog) (Bird dog)

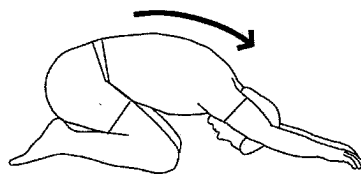


Perform 1 set of 5 Repetitions, once a day.

Hold exercise for 10 Seconds.

Perform 1 repetition every 4 Seconds.

AROM lumbar flx kneeling (Kneel to prayer)

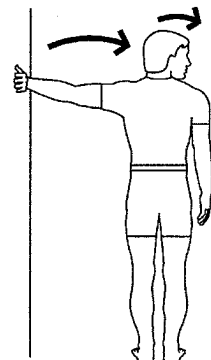


Perform 1 set of 2 Repetitions, once a day.

Hold exercise for 30 Seconds.

Perform 1 repetition every 4 Seconds.

Stretch cerv/thoracic/arm neural (Plexus stretch)



Perform 1 set of 2 Repetitions, once a day.

Hold exercise for 30 Seconds.

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Signature: _____

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