

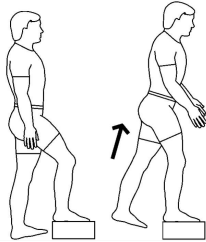
Comment:

Creative Exercise - no equipment required (based on time)

Column 1: 30s stair steps, 30s wall push-up, 20s squat, 30s balance stand (each leg), 20s forward shoulder raise, 20s plank hold (floor on toes or knees, or on table)

Column 2: 30s punches (each arm), 20s straight leg raise (each leg), 30s hip bridge, 20s side shoulder raise, 30s squat and arm press overhead, 30s crunches

Column 3: 30s step-ups, 20s reverse crunch, 20 sec bench dips, 20 sec side lunges (alternate), 30s bird dog extension, 30s upright row.



- Stand with involved leg up on step.
- Shift weight over knee.
- Step up slowly.
- Step back down leading with involved leg.
- Repeat.

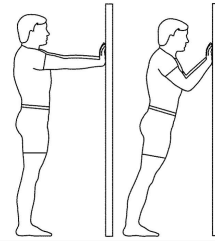
Special Instructions:

Do not push off with trailing foot. This can be done by keeping ball of foot of the trailing foot lifted up.

Perform 1 set of 30 Seconds, once a day.

Use Person.

Perform 1 repetition every 3 Seconds.

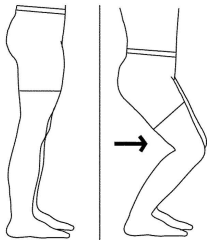


- Stand facing wall, about 12-18 inches away.
- Place hands on wall at shoulder height.
- Slowly bend elbows, bringing face to wall.
- Push back up to start position and repeat.

Perform 1 set of 30 Seconds, once a day.

Use Person.

Perform 1 repetition every 3 Seconds.



- 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 1 set of 20 Seconds, once a day.

Use Person.

Perform 1 repetition every 3 Seconds.



- Stand on right leg with foot of left leg braced against lower thigh and knee as shown.
- Practice maintaining balance.
- Repeat standing on left leg.

Perform 1 set of 30 Seconds, once a day.

Use Person.

Perform 1 repetition every 3 Seconds.

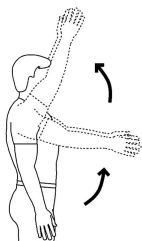
Issued By: Laura Eddy

Signature: _____

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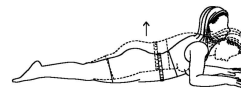
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- Begin with arms at side, palms facing in, sitting or standing.
- Raise arms together, upward in front, overhead, as shown.
- Return to start position.

Perform 1 set of 20 Seconds, once a day.

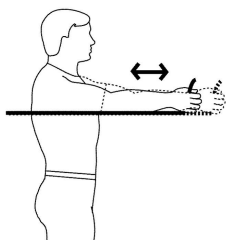
Use Person.
Perform 1 repetition every 3 Seconds.



- Lie face down, upper body supported on elbows with forearms on floor as shown.
- Tighten up abdominal muscles and lift hips up until trunk is straight, keeping knees on floor.
- Hold position, lower and repeat.

Perform 1 set of 20 Seconds, once a day.

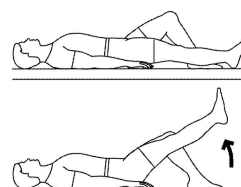
Use Person.
Perform 1 repetition every 3 Seconds.



- Attach elastic to secure object at shoulder height.
- Face away, grasp elastic in hand with elbow straight, arm in front, as shown.
- Push arm forward.
- Slowly return to start position.

Perform 1 set of 30 Seconds, once every other day.

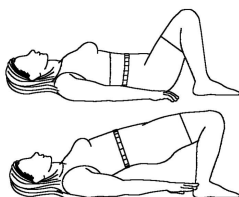
Use Person.
Perform 1 repetition every 3 Seconds.



- Lie on back with uninvolved knee bent as shown.
- Raise straight leg to thigh level of bent leg.
- Return to starting position.

Perform 1 set of 20 Seconds, once a day.

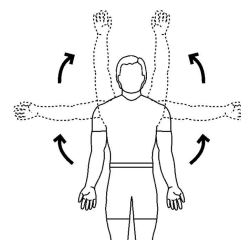
Use Person.
Perform 1 repetition every 3 Seconds.



- Lie on back with arms at sides, palms down.
- Bend knees and place feet flat on floor.
- Lift up buttocks and back as far as possible, keeping back straight.
- Reach fingers to heels.
- Hold, lower and repeat.

Perform 1 set of 30 Seconds, once every other day.

Use Person.
Hold exercise for 30 Seconds.



- Sit or stand with arms at side, palms forward.
- Lift arms out and upward above head as shown.
- Return to start position.

Perform 1 set of 20 Seconds, once a day.

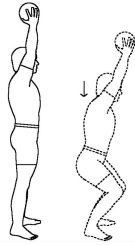
Use Person.
Perform 1 repetition every 3 Seconds.

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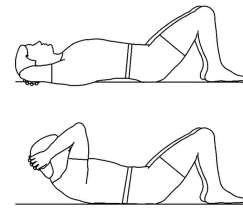
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- Stand with feet hip distance apart and hold medicine ball over head.
- Squat down to 45 degrees.
- Return to standing and repeat.

Perform 1 set of 30 Seconds, once every other day.

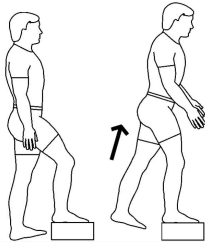
Use 0 Person.
Perform 1 repetition every 3 Seconds.



- Lie on back with knees bent, and hands clasped behind neck.
- Raise shoulders up until they clear the floor and return to start position for one set.
- For the other two sets,
- Raise left shoulder toward right knee, return to floor.
- Lift right shoulder toward left knee, return to floor.

Perform 1 set of 30 Seconds, once a day.

Use Person.
Perform 1 repetition every 3 Seconds.



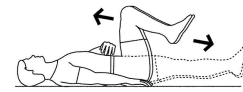
- Stand with involved leg up on step.
- Shift weight over knee.
- Step up slowly.
- Step back down leading with involved leg.
- Repeat.

Special Instructions:

Do not push off with trailing foot. This can be done by keeping ball of foot of the trailing foot lifted up.

Perform 1 set of 30 Seconds, once a day.

Use Person.
Perform 1 repetition every 3 Seconds.



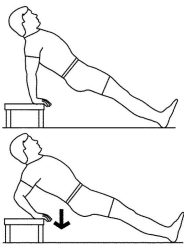
- Lie on back.
- Tighten abdominal muscles, visualize trying to push belly button up under ribs.
- Use your hand to help push belly button up under ribs if needed.
- While maintaining abdominal tension, lift both legs up to 90 degrees, with knees bent.
- Straighten both legs, but keep them up and off the floor.
- Return legs to the bent position and repeat.

Special Instructions:

Maintain a proper lumbar position throughout the exercise. Do not hold breath.

Perform 1 set of 20 Seconds, once a day.

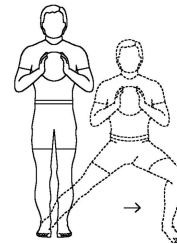
Use Person.
Perform 1 repetition every 3 Seconds.



- Position arms on stable bench as shown.
- Maintain a straight trunk with heels on floor.
- Slowly lower upper body downward.
- Raise back up and repeat.

Perform 1 set of 20 Seconds, once every other day.

Use Person.
Perform 1 repetition every 3 Seconds.



- Hold medicine ball to chest.
- Step sideways holding ball at chest.
- Step back to standing.
- Repeat using other leg.

Perform 1 set of 20 Seconds, once every other day.

Use 0 Person.
Perform 1 repetition every 3 Seconds.

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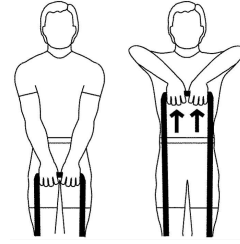
- Begin on hands and knees.
- Extend the right leg while lifting the left arm.
- Hold 2-3 seconds.
- Return to start position and repeat with left leg and right arm.

Special Instructions:

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

Perform 1 set of 30 Seconds, once a day.

Use Person.
Perform 1 repetition every 3 Seconds.



- Stand on elastic.
- Grasp elastic in both hands in front of hips, elbows straight.
- Lift upward toward chin, bending elbows.
- Keep hands close to chest.
- Slowly lower and repeat.

Perform 1 set of 30 Seconds, once every other day.

Use Person.
Perform 1 repetition every 3 Seconds.

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