



**Cat/Camel**

Hands under shoulders, knees under hips. Lift head and chest and let stomach sink. Then round the back and bring head and hips together. Avoid bending elbows and moving body forward and back.

Sets:	
Reps:	
Weight:	
Hold:	
Rest:	

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31

Notes:



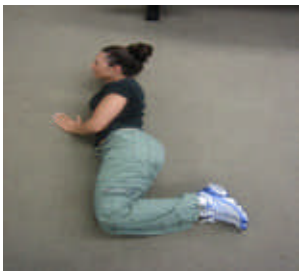
**Yoga Twist**

Lay on back with arms straight out to the side, legs straight, one ankle over the other. Twist at the hips gently moving side to side. Do not force range of motion

Sets:	
Reps:	
Weight:	
Hold:	
Rest:	

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31

Notes:



**Side Twist**

Start on side with head propped up by the hand Torso and upper legs in a straight line, knees bent at 90 degree angle, opposite hand on floor in front of torso. Initiate the movement from the hips "flipping" the feet over through a comfortable ROM.

Sets:	
Reps:	
Weight:	
Hold:	
Rest:	

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31

Notes:



**Bent Knee Twist**

Start on back, knees bent, feet flat on floor. with feet and knees together, allow the knees to fall gently side to side. Dont force range of motion. Keep the shoulders down.

Sets:	
Reps:	
Weight:	
Hold:	
Rest:	

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31

Notes:



**Quadrupedal arm-leg raise**

start on all fours, knees under hips, hands under shoulders. Brace the stomach, squeeze the glutes. press the heel straight back to straighten the leg while keeping the torso level and spine neutral. Balance a book on your back to insure proper form.

Sets:	
Reps:	
Weight:	
Hold:	
Rest:	

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31

Notes:



**Side Lying Trunk Twist**

Start on side, arms outreached, hips and knees flexed to a 90 degree angle. Reach back and across the body with the top arm until you get a stretch in the middle and lower portion of the back. "down" knee should not come off the ground

Sets:	
Reps:	
Weight:	
Hold:	
Rest:	

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31

Notes:



**Calf Stretch**

Start in "pike" position, hips high. Place left foot behind right ankle with legs straight out. Press heel of right foot down to stretch.

Sets:	
Reps:	
Weight:	
Hold:	
Rest:	

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31

Notes:



**Fire Hydrants**

From all-four position, abduct the thigh on one side as high as possible. At the end range, extend the leg back completely, and then return to starting position.

Sets:	
Reps:	
Weight:	
Hold:	
Rest:	

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31

Notes:



Notes:

**Supine Bridge**

Start on back, arms at side, knees bent, feet flat on the floor. Squeeze butt throughout the movement going up as high as the glutes take you. lower under control to a point just above ground, then repeat.

Sets:	
Reps:	
Weight:	
Hold:	
Rest:	

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31



Notes:

**Single leg supine bridge**

Start on back, arms at sides, knees bent, feet flat on floor. squeeze butt on plant side and pull opposite leg toward chest. go only as high as your glutes will let you. lower yourself under control to a point just above ground and repeat

Sets:	
Reps:	
Weight:	
Hold:	
Rest:	

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31



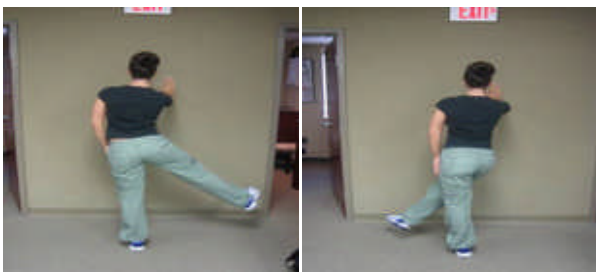
Notes:

**Anterior-Posterior Leg Swings**

Holding onto an immovable object, rhythmically swing thigh forward and backward, go further as you loosen up. Maintain good posture, chest out, shoulders back, and eyes looking straight ahead. Keep the movement around the hips.

Sets:	
Reps:	
Weight:	
Hold:	
Rest:	

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31



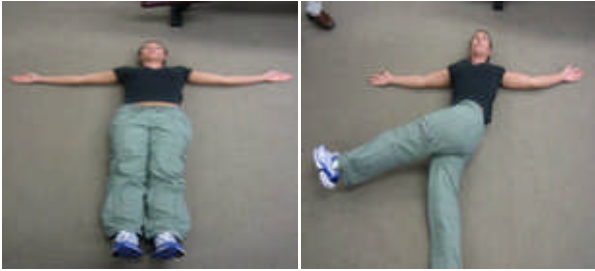
Notes:

**Side-to-Side Leg Swings**

Holding on to an immovable object, rhythmically swing the leg from side to side , go further as you loosen up. Maintain good posture; chest out, shoulders back, and eyes looking straight ahead. Keep the movement around the hips

Sets:	
Reps:	
Weight:	
Hold:	
Rest:	

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31



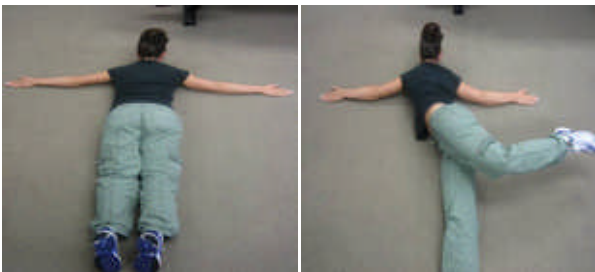
**Supine Scorpion**

Start on your back, arms outreached to sides, legs straight. Keeping the legs straight, take one leg up and across the body and touch toes on the opposite side. Keep the shoulders down.

Notes:

Sets:	
Reps:	
Weight:	
Hold:	
Rest:	

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31



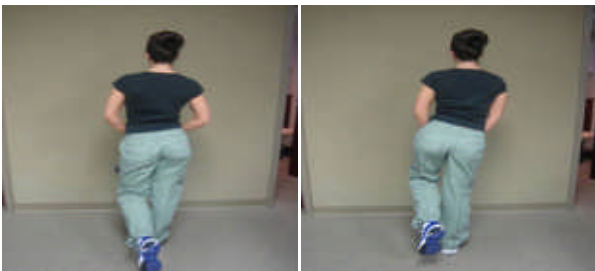
**Prone Scorpion**

Start on your stomach, arms outreached to sides, legs straight. Squeeze glutes and swing one leg back and over opposite leg/torso until toe touches ground. Keep shoulders down.

Notes:

Sets:	
Reps:	
Weight:	
Hold:	
Rest:	

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31



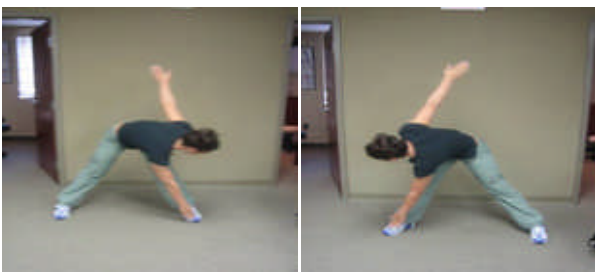
**Glute Med Hip Hikes**

Standing on one leg, let hip on balancing side "poke out". Hold for 2 seconds, then "correct" back to the starting position. Keep your torso level and don't let the body rotate.

Notes:

Sets:	
Reps:	
Weight:	
Hold:	
Rest:	

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31



**Windmills**

Set up with a wide stance, upright torso. Rotate and flex at the hips reaching your right arm to left foot. Rhythmically transition, with rotation to right side with left arm. Keep neutral spine, focus on hip flexion rather than lumbar flexion.

Notes:

Sets:	
Reps:	
Weight:	
Hold:	
Rest:	

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31



**High Knee Walks**

Step forward and raise one knee. Actively pull knee up and in with both hands and come up on toes of opposite foot. Maintain good posture, avoid forward lean.

Sets:	
Reps:	
Weight:	
Hold:	
Rest:	

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31

Notes:



**Pull-Back Butt Kicks**

Take a step forward and curl one leg toward your glutes. Using the same hand actively pull heel into your glutes and come up on toes of opposite foot. Maintain good posture and don't allow leg to move too far to the side.

Sets:	
Reps:	
Weight:	
Hold:	
Rest:	

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31

Notes:



**Glute Med Band Side Step**

Wrap a thera-band around legs above/at the ankles. Keeping your toes pointed inward and aslight bend in the knees, step to the side.

Sets:	
Reps:	
Weight:	
Hold:	
Rest:	

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31

Notes:



**Cradle Walk**

Pull forward and pull instep upward. Maintain good posture and actively pull the foot up rather than just grasping it.

Sets:	
Reps:	
Weight:	
Hold:	
Rest:	

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31

Notes:



**Serratus Push-Up Plus**

Start in a push up position (or on knees), allow shoulder blades to come together. Drop about 2 inches toward the floor. Protract shoulder blades to return to starting position

Sets:	
Reps:	
Weight:	
Hold:	
Rest:	

Notes:

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31



**Overhead Broomstick Dislocations**

Hold a broomstick or towel in front of hips with a wide overhand grip. Smoothly arc the bar overhead while keeping arms straight, stretching chest, shoulder and hips. Continue in this path until the bar meets the back of the hips

Sets:	
Reps:	
Weight:	
Hold:	
Rest:	

Notes:

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31



**Toy Soldier**

Reach out in front of you and actively "kick" one foot up at a time toward your hands. Attempt to get your swing leg up to touch your opposite hand. Maintain good posture.

Sets:	
Reps:	
Weight:	
Hold:	
Rest:	

Notes:

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31



**Single Leg Hip Hinge**

Step forward with weight on heel. With a slight knee bend and good posture, push butt back and lower torso to perform a toe touch as opposite leg swings back. Maintain good posture, keep eyes up.

Sets:	
Reps:	
Weight:	
Hold:	
Rest:	

Notes:

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31



**Reverse Warrior Lunge w/twist**

Take a long stride backward into a lunge with knee just above the ground. Reach across front leg. Drive front heel to return to starting position. Make sure it is an exaggerated step backward and the back knee gets down sufficiently.

Sets:	
Reps:	
Weight:	
Hold:	
Rest:	

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31

Notes:



**Walking Spiderman**

Take a long stride forward into a deep lunge position and lower same side elbow to heel on forward leg. from lunge position drive back to the upright position and then repeat with opposite arm/leg. keep chest up and lower back flat.

Sets:	
Reps:	
Weight:	
Hold:	
Rest:	

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31

Notes:



**Alternating Lateral Lunge**

Step directly to side, land on heel and sink into a lateral (side) lunge. Kep chest up, weight on heel, and trailing leg straight. Toes of both feet should point forward with feet flat on floor. Maintain good posture.

Sets:	
Reps:	
Weight:	
Hold:	
Rest:	

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31

Notes:



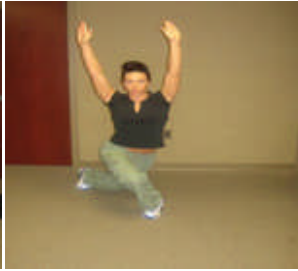
**Squat to Stand**

With a wider than shoulder width stance, bend over and grab the bottom of your toes/shoes. Actively "pull" yourself into a deep squat position with chest up, knees out, lower back slightly arched. Hold at bottom briefly and return to toe touch position and ultimately upright position.

Sets:	
Reps:	
Weight:	
Hold:	
Rest:	

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31

Notes:



**Crossover Overhead Rev. Lunge**

Start with feet shoulder-width apart and arms at sides. Reach overhead as you stride backward and behind you with one leg; shin on the other leg should be completely vertical. Drive off front leg to "pull" yourself back to starting position with glutes of support leg. Transition immediately to opposite side.

Sets:	
Reps:	
Weight:	
Hold:	
Rest:	

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31

Notes:



**Running Butt Kicks**

Kick heel to butt by firing hamstrings. Make sure that the heel comes up on the standing leg.

Sets:	
Reps:	
Weight:	
Hold:	
Rest:	

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31

Notes:



**High Knee Skips**

Skip with exaggerated arms swinging; get knees high. Come up on toes with standing leg.

Sets:	
Reps:	
Weight:	
Hold:	
Rest:	

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31

Notes:



**Deep Wideout Drop**

From a shoulder width stance, quickly but smoothly drop into a wider stance deep squat (feet should momentarily leave the ground). At landing, sit into a deep squat with arms reaching out in front of you. Use glutes and hamstrings to help quads cushion the drop, then "pop" up to a starting stance. Chest up, lower back flat..make it rhythmic

Sets:	
Reps:	
Weight:	
Hold:	
Rest:	

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31

Notes:





**Supine Leg Whips**

Lay on your back and push your hips up by activating your glutes. With hips up, raise one leg straight up. Lower the leg directly to the side, then "whip" it back up to starting position.

Sets:	
Reps:	
Weight:	
Hold:	
Rest:	

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31

Notes:



**Warrior Lunge Hip Flexor Stretch**

Assume a lunge position and reach overhead. Torso is upright and with no hyperextension at the lumbar spine. Stretch is felt on the front of the trailing legs hip. Stretch can be increased by rotating toward the front leg.

Sets:	
Reps:	
Weight:	
Hold:	
Rest:	

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31

Notes:



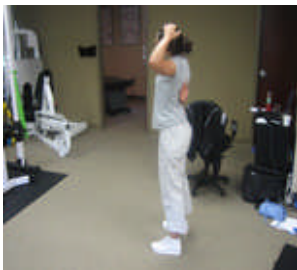
**Prone ITB/TFL Stretch**

Begin in a push up position. Bend one knee and bring instep underneath toward the opposite hip. Hips remain level, knee is at the ilne of the body. Lower by using bodyweight to increase the stretch. Keep back flat. Do not do with knee patients.

Sets:	
Reps:	
Weight:	
Hold:	
Rest:	

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31

Notes:



**Levator Scap/Upper Trap Stretch**

Bring your right hand behind your back. Use the left hand to gnetly pull the head to the left. Next, gently pull the head into the left armpit with the left arm. Always keep shoulder blade pulled down.

Sets:	
Reps:	
Weight:	
Hold:	
Rest:	

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31

Notes:



**Hamstring Stretch**

Patient is supine and stretcher grasps under the ankle and stabilizes the knee to prevent flexion, while extending the hip.

Sets:	
Reps:	
Weight:	
Hold:	
Rest:	

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31

Notes:



**Long Adductor Stretch**

Client is supine on the table. Position yourself to lightly stabilize the patients left hip against the table, using your other hand to control the patients right leg. Slowly walk the patients right leg.

Sets:	
Reps:	
Weight:	
Hold:	
Rest:	

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31

Notes:



**Short Adductor Stretch**

The client lies supine. Stretcher bends right knee, placing sole of foot against inside of left knee and lowers right knee toward table as far as it will go. Place hand on inside of right knee and have client slowly attempt to push right knee toward ceiling.

Sets:	
Reps:	
Weight:	
Hold:	
Rest:	

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31

Notes:



**Short Adductors- Both**

Client is supine with soles of feet touching. Hold both knees. Make sure client keeps hips flat on the table. Direct the client to slowly attempt to bring his knees together.

Sets:	
Reps:	
Weight:	
Hold:	
Rest:	

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31

Notes:



**Gluteus Medius**

Client is supine with one hip flexed to 90 degrees and drawn up toward opposite shoulder. Place one hand on clients lateral knee and other hand on ankle. Direct client to begin slowly to push knee toward you diagonally.

Sets:	
Reps:	
Weight:	
Hold:	
Rest:	

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31

Notes:



**Piriformis Stretch**

Client is supine with one hip flexed to 45 degrees and up toward opposite shoulder. Rotate foot laterally by bringing the foot closer toward the shoulder. Place one hand on the clients lateral knee and ankle. Direct the client to slowly push the knee and ankle toward you diagonally, then by adding more lateral rotation to deepen the stretch.

Sets:	
Reps:	
Weight:	
Hold:	
Rest:	

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31

Notes:



**Rectus Femoris Stretch**

Client is supine. Support the lower back with hand closest to clients head. Hook foot of bent leg onto your upper quad. Reach over knee and place hand on table and gently pull back, while pushing the clients heel to glutes.

Sets:	
Reps:	
Weight:	
Hold:	
Rest:	

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31

Notes:



**Psoas Stretch**

Client is on side. Support the lower back with y hip. Hook outer arm under bent leg above the knee. With other arm grasp table and gently twist back.

Sets:	
Reps:	
Weight:	
Hold:	
Rest:	

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31

Notes:



**Quad Stretch**

Client is prone with knee flexed to 45 degrees. Place one hand under the clients knee and the other hand around the foot. Gently pull in an upward motion.

Sets:	
Reps:	
Weight:	
Hold:	
Rest:	

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31

Notes:



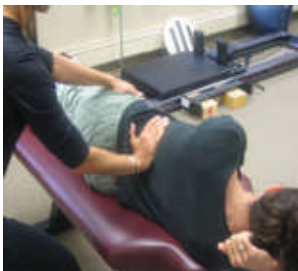
**Quadratus Lumborum**

Have client lie on side. Place arm closest to head on bottom of rib cage and other below knee. Elongate and push down with both hands.

Sets:	
Reps:	
Weight:	
Hold:	
Rest:	

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31

Notes:



**Quadratus Lumborum - Hands**

Have client lay on side with back at the edge of the table. Stand behind the client. Make sure hips are vertically stacked. Place hand closest to knees on iliac crest and other hand on lateral aspect of the rib cage. Apply resistance in opposite directions with both hands.

Sets:	
Reps:	
Weight:	
Hold:	
Rest:	

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31

Notes:



**Tensor Fascia Lata - Side**

Have client lie on side. Place hand closest to client's head on the hip and other hand below the knee. Elongate and push down with both hands.

Sets:	
Reps:	
Weight:	
Hold:	
Rest:	

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31

Notes:



**Tensor Fascia Lata - Supine**

Have client lie supine while holding leg and ankle. Extend straight leg up and across.

Sets:	
Reps:	
Weight:	
Hold:	
Rest:	

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31

Notes:



**Gastrocnemius - Supine**

Client is supine with one leg elevated to a 45 degree angle, knee should be locked. One hand hooks on the calcaneus and pulls toward the examiner. The other hand contracts the plantar surface and pushes the foot up into dorsiflexion.

Sets:	
Reps:	
Weight:	
Hold:	
Rest:	

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31

Notes:



**Soleus - Prone**

Client is prone with knee flexed to 90 degrees. Hook under the calcaneus with the superior hand and pull up, while the inferior hand contracts the plantar surface and pushes down.

Sets:	
Reps:	
Weight:	
Hold:	
Rest:	

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31

Notes:



**Gastrocnemius - Prone**

Have client lay prone on a table with foot resting on your quad, flex knee to 45 degrees. One hand hooks on the calcaneus and pushes down, Push your knee toward the client to contract the plantar surface and push the foot into dorsiflexion.

Sets:	
Reps:	
Weight:	
Hold:	
Rest:	

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31

Notes:



**Soleus - Supine**

Client is supine with leg elevated and knee bent to 90 degrees. Have client contract the muscles at the front of the leg in the shin (dorsiflex) area. Then push down on the front part of the bottom of the foot.

Sets:	
Reps:	
Weight:	
Hold:	
Rest:	

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31

Notes:



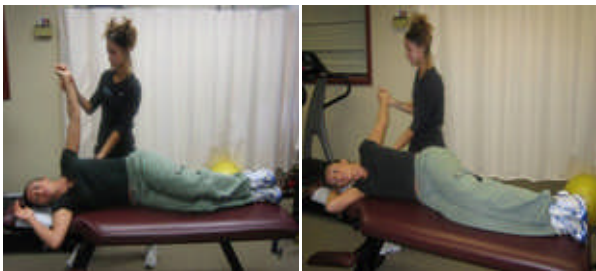
**Quadratus Lumborum- Elbow**

Client lies on side with back at the edge of the table. Stand behind the client. Make sure hips are vertically stacked. Grip hands together and place elbow closest to the knees on the iliac crest and the elbow closest to the clients head on the lateral aspect of the rib cage. Apply resistance from both directions with elbows.

Sets:	
Reps:	
Weight:	
Hold:	
Rest:	

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31

Notes:



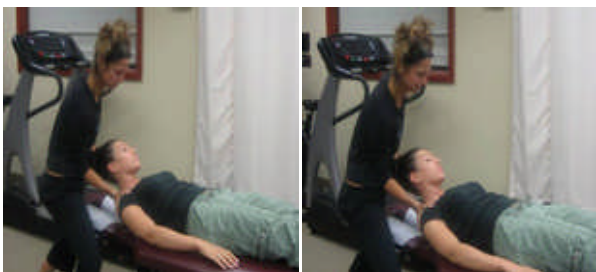
**Pectorals**

Client is on side. Stabilize the client by placing the inferior arm on the sternum. The client's arm is abducted and the superior hand grabs above the wrist and gently pushes down.

Sets:	
Reps:	
Weight:	
Hold:	
Rest:	

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31

Notes:



**Trapezius Stretch**

Stand at head of table. Client is supine with hands relaxed at sides. Client's head is placed into flexion. Depress the shoulder on the side being stretched.

Sets:	
Reps:	
Weight:	
Hold:	
Rest:	

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31

Notes:



**Levator Scapulae Stretch**

Client is supine with arm along side of the body. Stand at the head of the table. Rotate the client's head 10-15 degrees away from the side being stretched, then flexed in the direction the nose points. Contact the trapezius and depress it.

Sets:	
Reps:	
Weight:	
Hold:	
Rest:	

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31

Notes:



**Neck Flexion**

Slowly tuck chin and allow head to drop toward the chest. Apply slight pressure from under the head to increase the stretch. Have the client push back into your hand.

Sets:	
Reps:	
Weight:	
Hold:	
Rest:	

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31

Notes:



**Sternocleidomastoid**

Have client seated at edge of table, client's hand is holding on to table. Turn head away from that arm. Client places opposite hand so that thumb is on the collarbone, then gently press head to the side and backward.

Sets:	
Reps:	
Weight:	
Hold:	
Rest:	

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31

Notes:



**Neck Lateral Flexion**

Client is seated with one hand holding the side of the table. Slowly laterally flex your head to the opposite side by bringing your ear to the same side shoulder. Apply slight pressure to the side of the head to increase the stretch. Have client push back into your hand.

Sets:	
Reps:	
Weight:	
Hold:	
Rest:	

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31

Notes:



**Pectorals - Seated**

Have client in a seated position with arms extended out to the side with palms faced out. Place ball between client's back and your chest. Grab just above wrist and gently pull back.

Notes:

Sets:	
Reps:	
Weight:	
Hold:	
Rest:	

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31