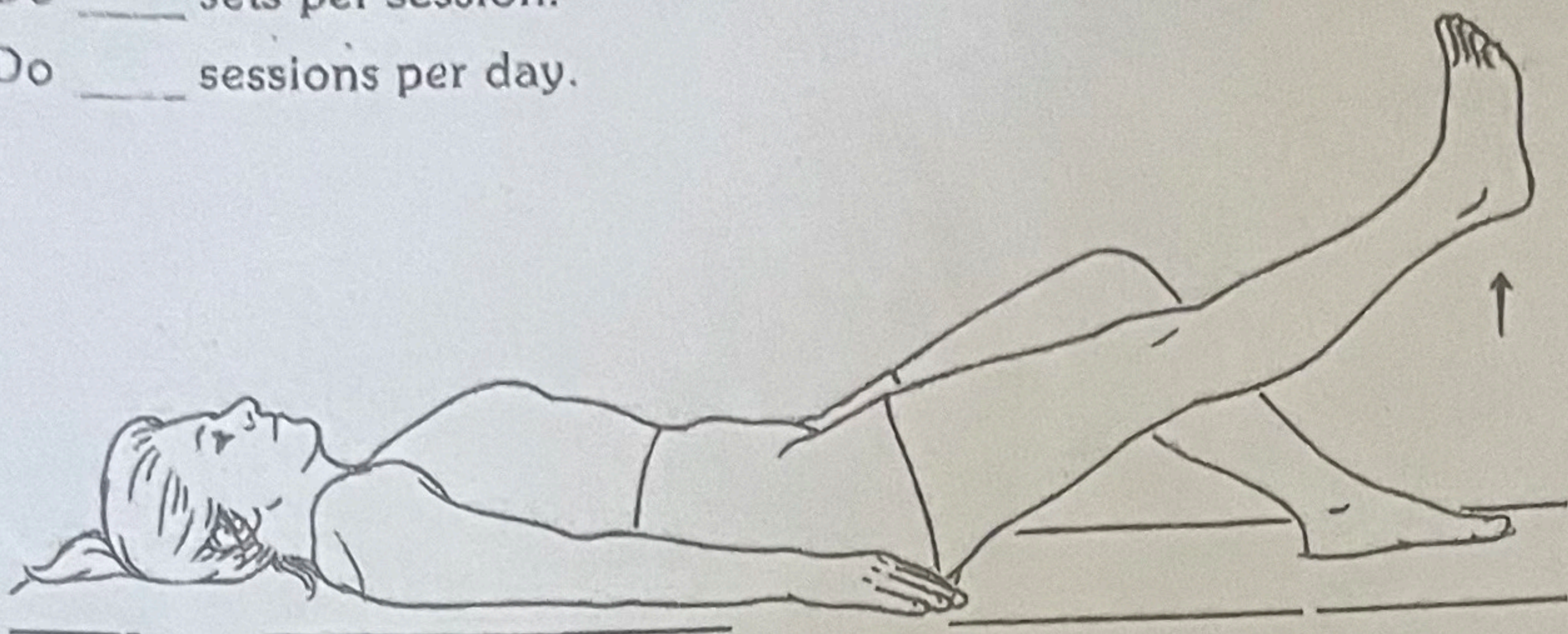
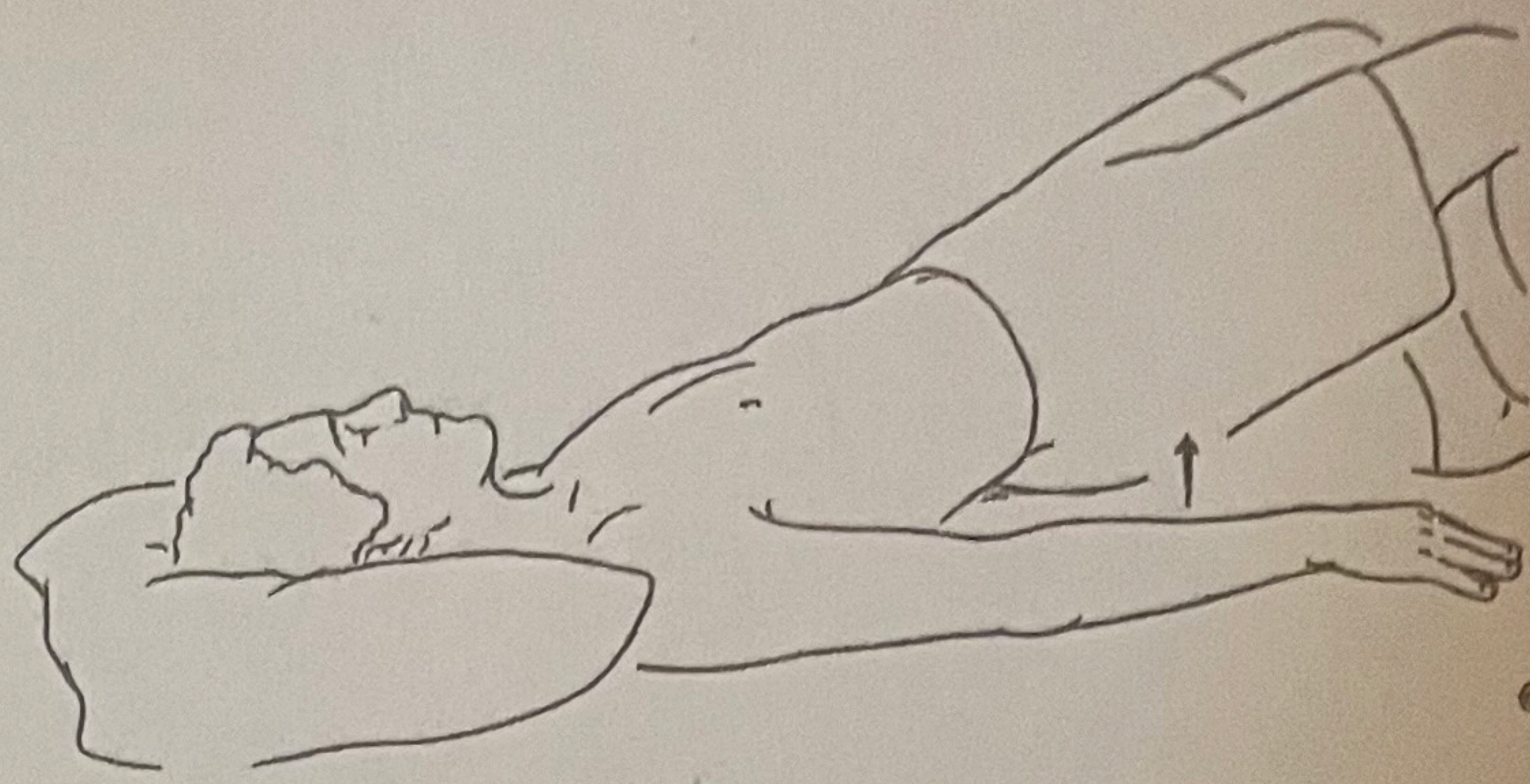


Do ___ sets per session.

Do ___ sessions per day.



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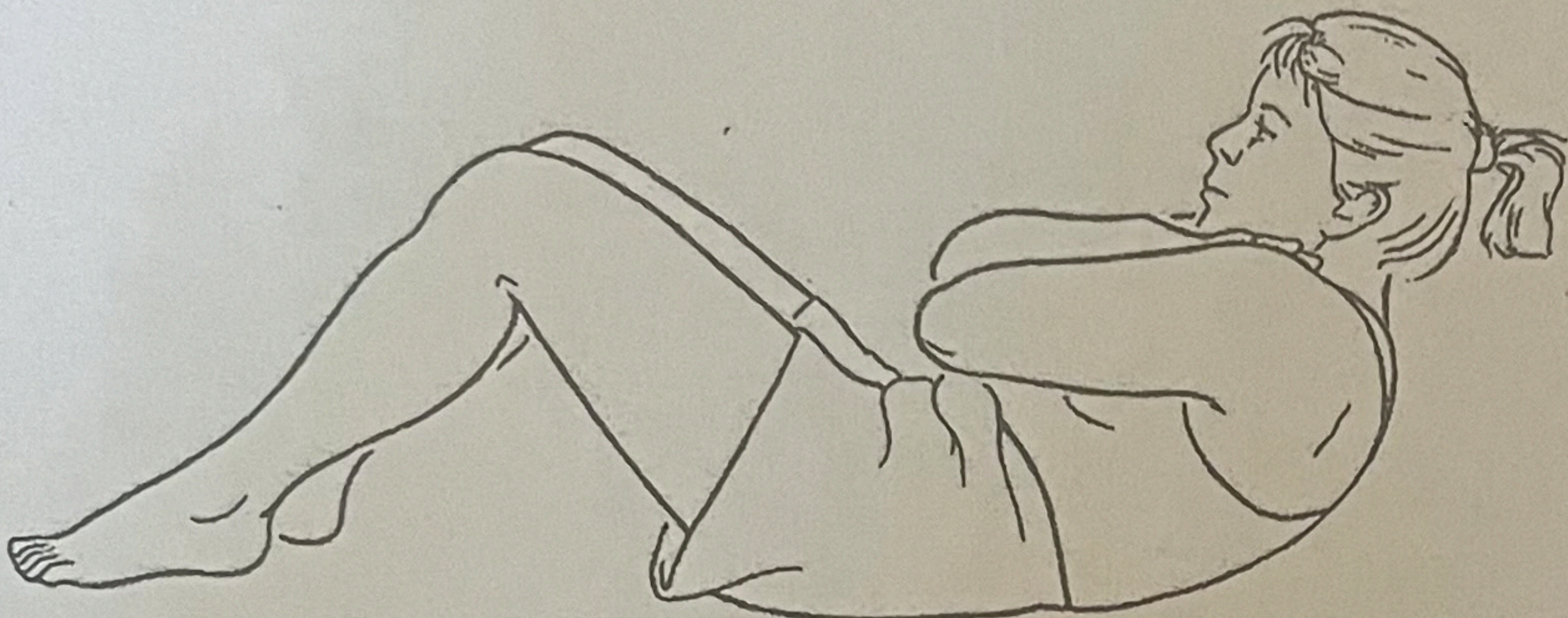
BACK - 25

Curl-Up: Phase 2

Keeping arms folded across chest, tilt pelvis to flatten back. Raise head and shoulders from floor.

Repeat ___ times per set. Do ___ sets per session.

Do ___ sessions per day.



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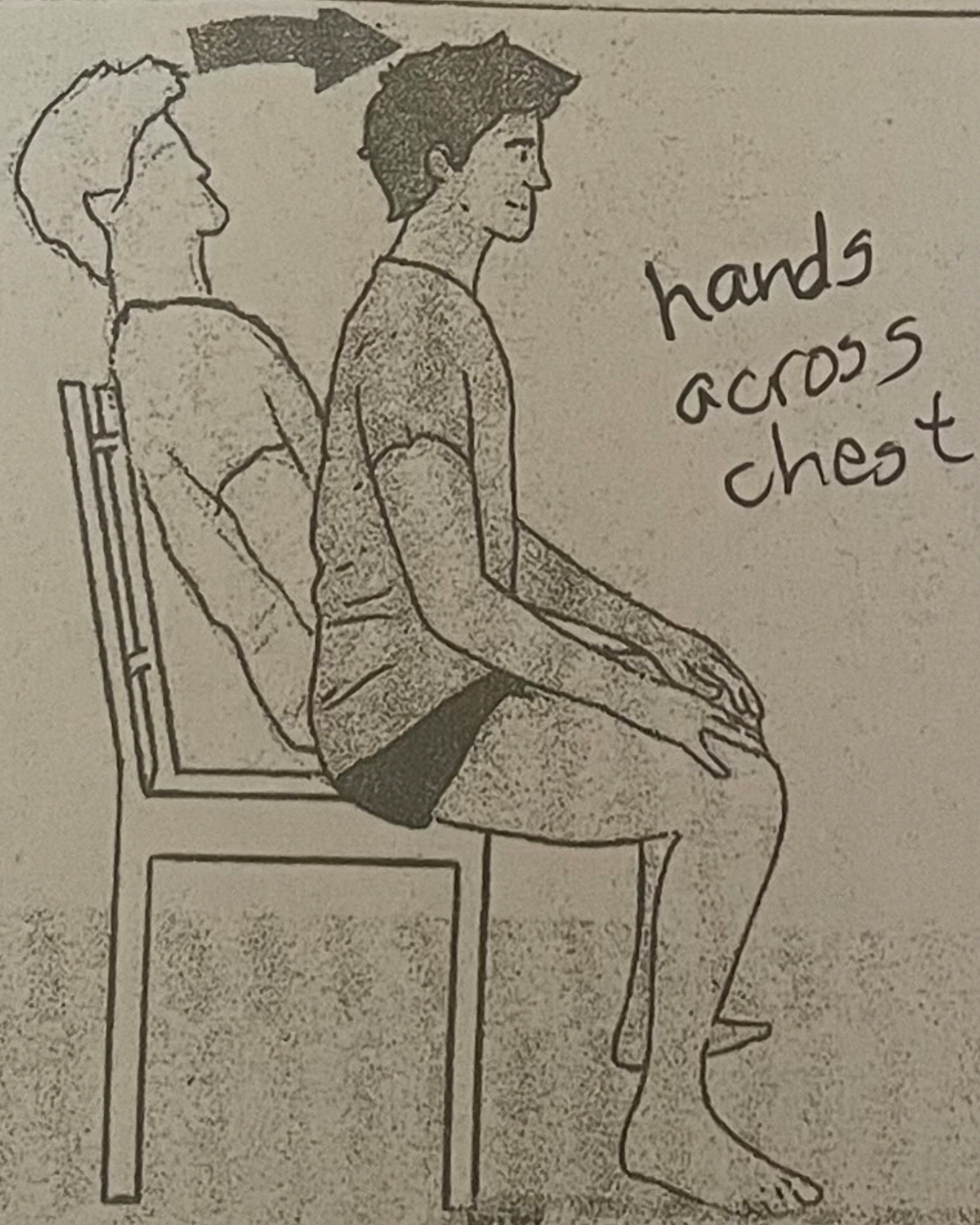
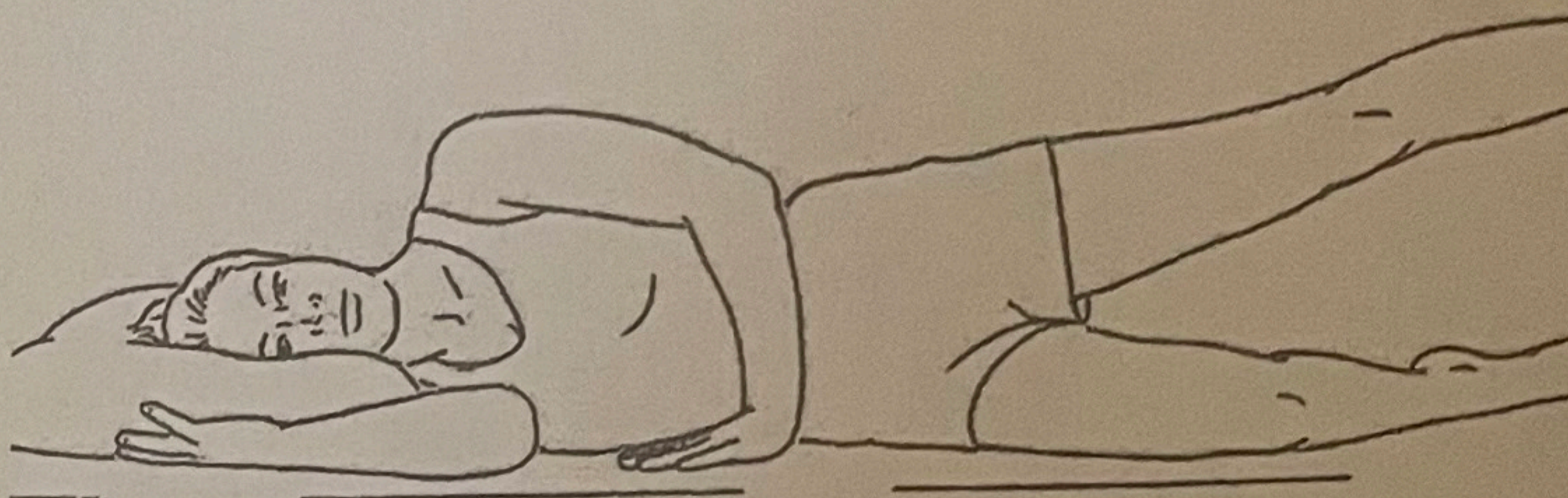
HIP / KNEE - 21

Strengthening: Hip Abduction (Side-Lying)

Tighten muscles on front of RIGHT / LEFT thigh then lift leg ___ inches from surface, keeping knee

Repeat ___ times per set. Do ___ sets per session.

Do ___ sessions per day.



hands across chest

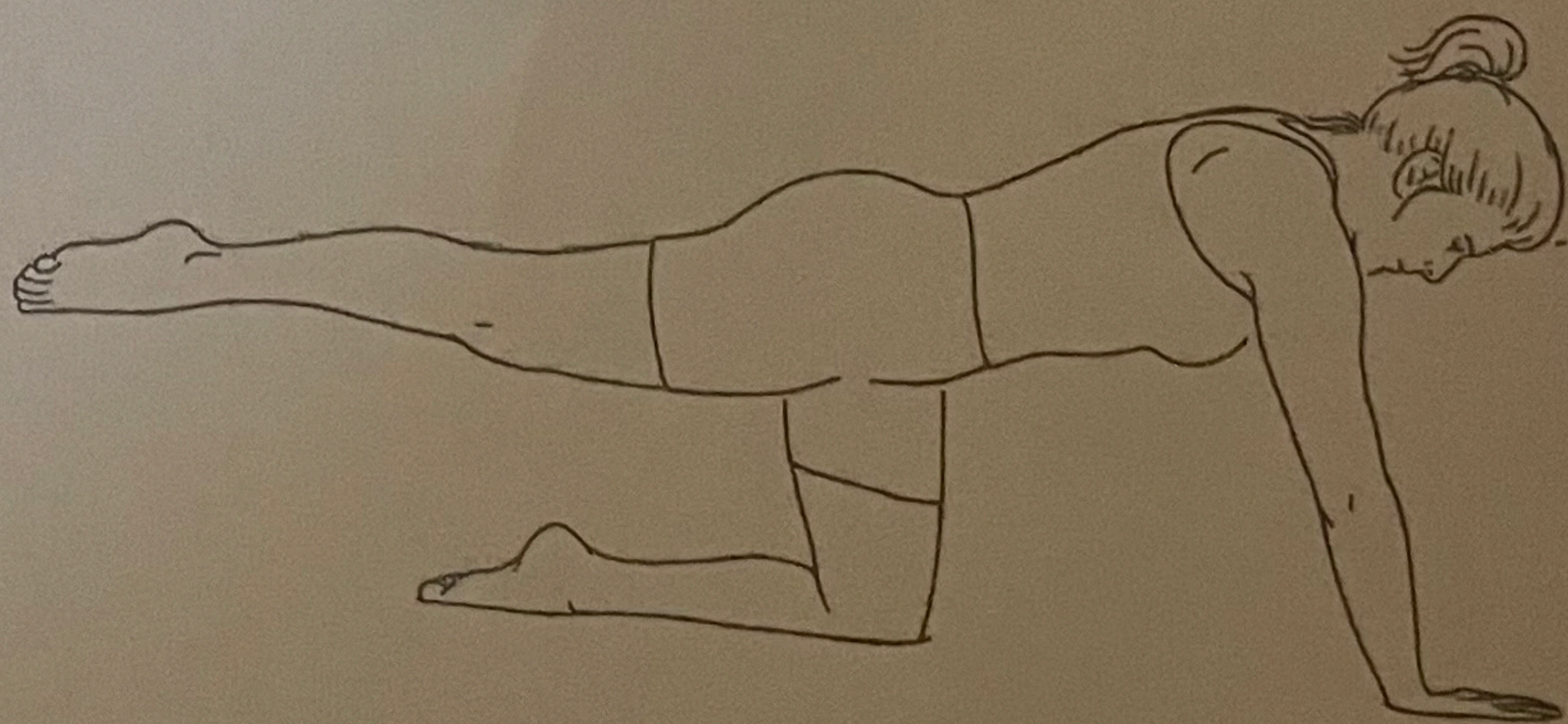
TRUNK STABILITY - 20

Upper / Lower Extremity Extension (All-Fours)

Tighten stomach and raise RIGHT / LEFT leg and opposite arm. Keep trunk rigid.

Repeat ___ times per set. Do ___ sets per session.

Do ___ sessions per day.



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- recline back of w/c
- have pt hold his elbows
- have pt lean back ~45° then back to upright - 5 to 10x.