

<p>AAROM shld ER bil supine w/cane neutral</p> <p>Perform 1 set of 3 Repetitions, three times a day. Use Cane. Hold exercise for 30 Seconds.</p>	<p>AAROM shld fix supine w/cane</p> <p>Perform 1 set of 3 Repetitions, three times a day. Use Cane. Hold exercise for 30 Seconds.</p>	<p>AAROM shld press up w/cane</p> <p>Perform 1 set of 3 Repetitions, three times a day. Use Cane.</p>	<p>AAROM shld abd supine w/ cane</p> <p>Perform 1 set of 3 Repetitions, three times a day. Use Cane. Hold exercise for 30 Seconds.</p>	<p>*Stretch shld ER sit</p> <p>Perform 1 set of 3 Repetitions, three times a day. Hold exercise for 30 Seconds.</p>	<p>Stretch shld fix uni sit trunk bending</p> <p>Perform 1 set of 3 Repetitions, three times a day. Hold exercise for 30 Seconds.</p>	<p>Stretch shld abd sit</p> <p>Perform 1 set of 3 Repetitions, three times a day. Hold exercise for 30 Seconds.</p>	<p>Stretch shld ER stand at doorway</p> <p>Perform 1 set of 3 Repetitions, three times a day. Hold exercise for 30 Seconds.</p>	<p>Stretch shld fix at wall</p> <p>Perform 1 set of 3 Repetitions, three times a day. Hold exercise for 30 Seconds.</p>
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Signature: _____

Issued By: OrthoCarolina

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