



AROM abdominal/lumbar training supine alt knee raise

- 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 one leg, keeping leg up off the floor while keeping other leg bent.
- Return this leg to the bent position and repeat with other leg.
- Repeat this sequence.

Special Instructions:

Maintain a proper lumbar position throughout the exercise. Do not hold breath.
 Perform 5 sets of 1 repetition(s), once a day.

Rest 1 Minute between sets.
 Perform 1 repetition every 4 Seconds.



AROM freestyle swim

- Face down in water.
- Arms alternate over head.
- Turn head sideways on one side as arm raises and breath.
- Use flutter kick.

Perform 1 set of 30 minute(s), once every other day.

Issued By: Kevin McKinney

These exercises are to be used only under the direction of a licensed, qualified professional or after consulting your physician.

"The Transformation Begins Here!"



AAROM shld diag D1 flx w/elastic

- Secure elastic overhead.
- Grasp elastic in involved hand, palm forward, positioned as shown.
- Move arm up and across body, diagonally, ending with palm facing body.
- Return to start position and repeat.

Perform 5 sets of 1 minute(s), once a day.

Use Elastic.

Rest 1 Minute between sets.

Perform 1 repetition every 4 Seconds.



Resist shld protract uni supine w/wt

- Lie on back, elbow straight, arm straight up, with weight in hand.
- Move arm up toward ceiling.
- Return to start position.

Perform 3 sets of 10 repetition(s), once every other day.

Use Lbs.

Rest 1 Minute between sets.

Perform 1 repetition every 4 Seconds.





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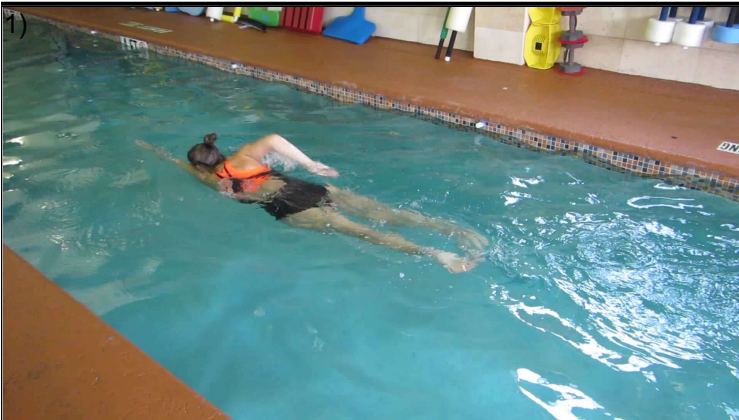
Rest 1 Minute between sets.

Perform 1 repetition every 4 Seconds.

6/2	6/3	6/4	6/5

6/6	6/7	6/8	6/9	6/10	6/11	6/12

6/13	6/14	6/15



AROM freestyle swim

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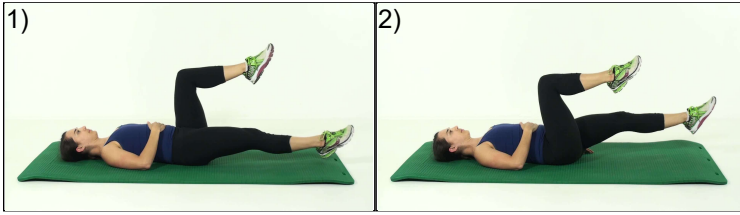
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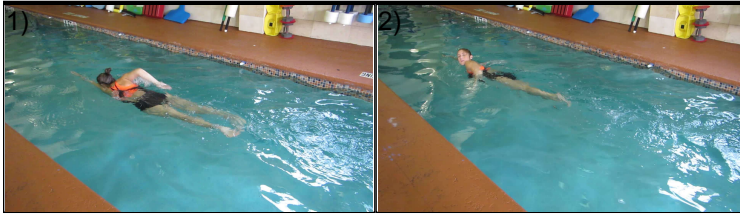
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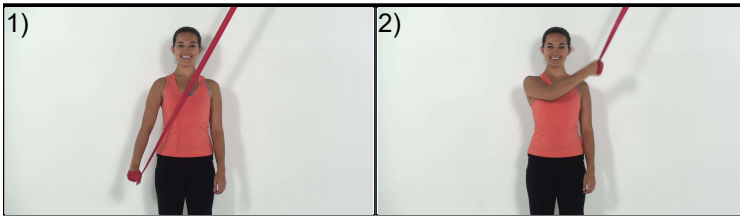
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AROM freestyle swim

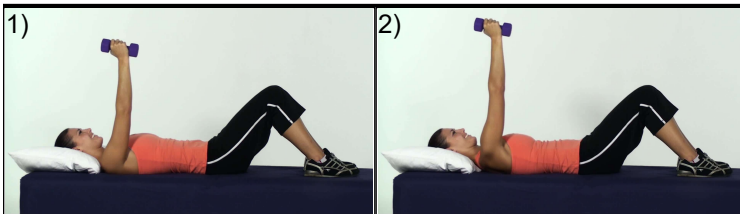
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