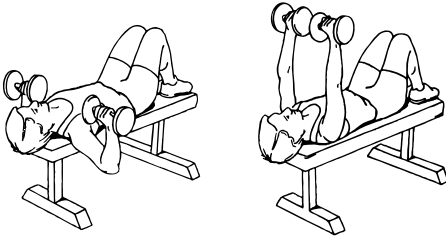




CHEST Bench Press (Dumbbell), Or Bar



Press to straight arms.
Do ____ sets. Complete ____ repetitions.

CHEST Push-Up: Modified – Medium Hands



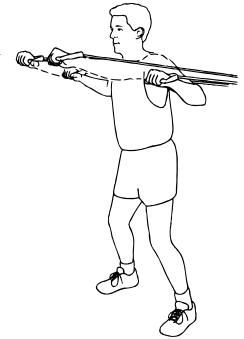
Chest a few inches from floor, push up until arms are straight, bending at knees.
Do ____ sets. Complete ____ repetitions.

CHEST Press

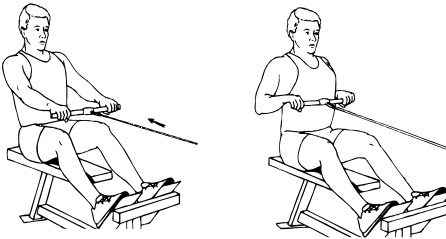
Face away from anchor (can be your back) in shoulder width stance.
Palms down, press arms forward.

Repeat ____ times per set.
Do ____ sets per session.
Do ____ sessions per week.

Anchor Height: Shoulder

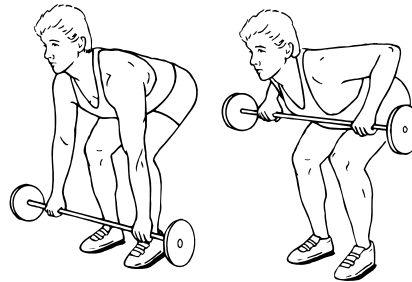


BACK: LATS - Row (Cable)



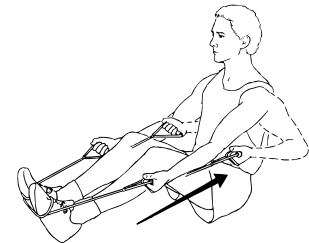
Torso erect, pull bar to lower chest.
Do ____ sets. Complete ____ repetitions.

BACK: LATS - Row: Bent Over (Barbell or dumbbell)



Lift barbell to chest, keeping back flat and knees bent.
Do ____ sets. Complete ____ repetitions.

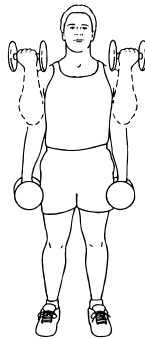
MID BACK Low Row: Long-Sitting



Tubing around feet and palms up, pull arms back while squeezing shoulder blades together.
Repeat ____ times per set. Do ____ sets per session.
Do ____ sessions per week.

ARMS: BICEPS - Curl: Standing (Dumbbell)

Knees slightly bent, hold weights at sides, palms in. Curl arms toward shoulders, rotating to palms up while beginning curl.



Do ____ sets.
Complete ____ repetitions.

Isometric Bicep Curl

Use resistance such as arm or table.
Hold your arms at 90 degrees with palms up. Push against resistance.
Hold 30-90 seconds.



BICEPS Curl: Standing

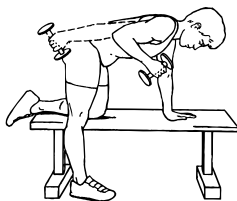
Anchor tubing under front foot in stride stance. Palms forward, curl arms.

Repeat ____ times per set.
Do ____ sets per session.
Do ____ sessions per week.



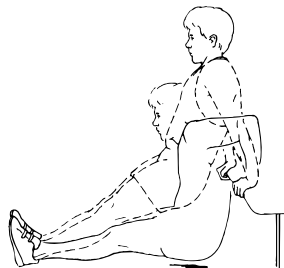
ARMS: TRICEPS - Kickback: Bent Over – Single Arm (Dumbbell)

Straighten arm, keeping upper arm in line with body.



Do ____ sets.
Complete ____ repetitions.

ARMS: TRICEPS - Dip (Bench)



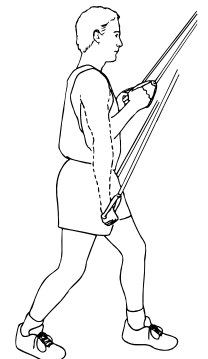
Body almost to floor, elbows close to sides, press upward until arms are straight.
Do ____ sets. Complete ____ repetitions.

TRICEPS - Press: Standing

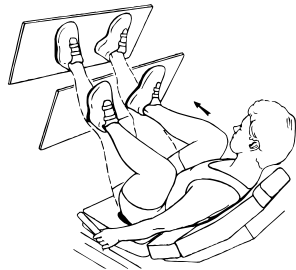
Face anchor in stride stance. Thumbs up, straighten arms, rotating to palms down. You may also anchor to opposite shoulder and press

Repeat ____ times per set.
Do ____ sets per session.
Do ____ sessions per week.

Anchor Height: Over Head



LEGS: GLUTES / THIGHS - Leg Press: Incline (Machine)



Press forward until legs are just short of locked knee position.

Do ____ sets. Complete ____ repetitions.

LEGS: GLUTES / THIGHS - Wall Sit

Back against wall, slide down so knees are at 90° angle. Hold ____ seconds.

Do ____ sets.
Complete ____ repetitions.



LOWER EXTREMITY - 16
Quad Strength: Quarter Squat With Tubing

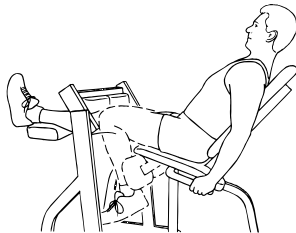
With feet shoulder-width apart, stand on tubing and pull to hip height. Bend knees to 30-45°. Return.

Repeat ____ times
or for ____ minutes.
Do ____ sessions per day.

CAUTION: You should not bend knees deep enough to cause pain.



LEGS: HAMSTRINGS - Leg Curl: Sitting – Single/Double Leg (Machine)



Bring heel as close to buttock as possible, keeping foot flexed toward knee.

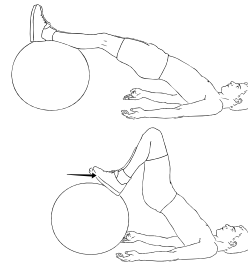
Do ____ sets. Complete ____ repetitions.

LOWER BODY - Bridge With Leg Curl

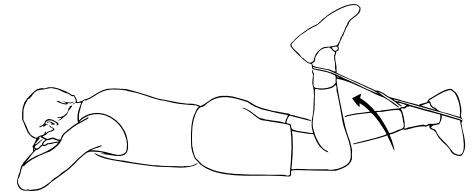
Lie on back, both legs on top of ball (you can also place heels on towel), knees straight, arms on floor. Tighten buttocks, keeping abdominals tight and raise hips ____ inches off floor. Hold lift and curl ball toward buttocks. Return legs to starting position, keeping pelvis elevated.

Do ____ sets
of ____ repetitions.

____ Advanced: Do not use



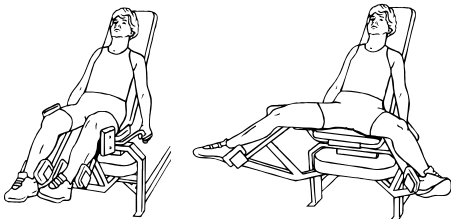
TUBING LOOP - Leg Curl: Prone (Single Leg)



Lying on stomach, anchor tubing around one foot. Loop around other ankle with twist. Bend same knee up.

Repeat ____ times per set. Repeat with other leg.
Do ____ sets per session. Do ____ sessions per week.

LEGS: GLUTES / THIGHS Leg Abduction: Sitting (Machine)



Move legs outward and slowly return to start.

Do ____ sets. Complete ____ repetitions.

LOWER EXTREMITY
Gluteus Medius Strength: Wall Push

Bend uninvolved knee up and press against wall. Bend involved knee slightly and squeeze buttocks.

Repeat ____ times
or for ____ minutes.
Do ____ sessions per day.



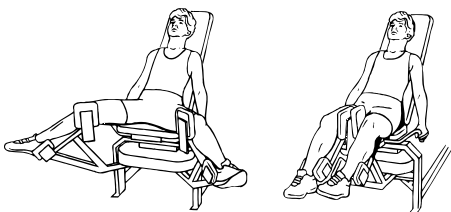
TUBING LOOP Hip Abduction: Standing - Straight Leg

In shoulder width stance, tubing around ankles, pull leg out to side, keeping knee straight.

Repeat ____ times per set.
Repeat with other leg.
Do ____ sets per session.
Do ____ sessions per week.



LEGS: GLUTES / THIGHS - Leg Adduction: Sitting (Machine)



Legs separated, move legs together and slowly return to start.

Do ____ sets. Complete ____ repetitions.

Plie

Toes at 10 and 2, lower body down to a squat position. Do not allow knees to extend over toes.

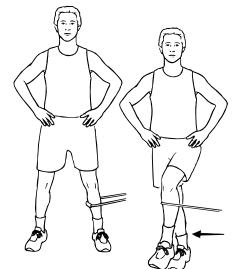


TUBING LOOP - 32 Hip Adduction: Standing - Bent Leg

In wide stance, side toward anchor, loop around same side mid shin. Bend knee and pull leg across body.

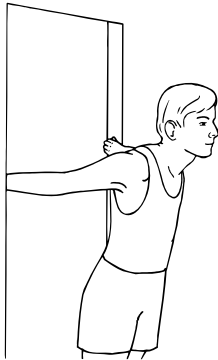
Repeat ____ times per set.
Repeat with other leg.
Do ____ sets per session.
Do ____ sessions per week.

Anchor Height: Below Knee



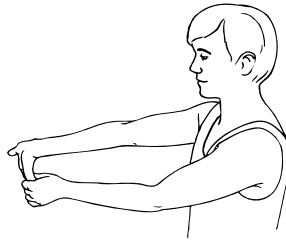
CHEST - Pectorals

Holding onto door frame with arms at shoulder level, lean forward until stretch is felt. Hold ____ seconds. Can also do single arm



Repeat ____ times. Do ____ sessions per day.

ARMS - Wrist / Flexors

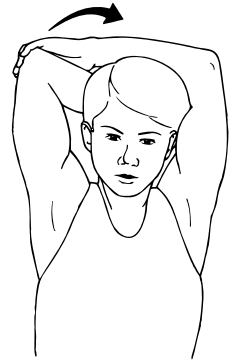


Stretch arm out in front with elbow straight and palm facing away. With other hand, pull fingers backward until a stretch is felt over inside of forearm. Hold ____ seconds.

Repeat ____ times. Do ____ sessions per day.

ARMS - Triceps

Pull elbow behind head until stretch is felt. Repeat with other elbow. Hold ____ seconds.



Repeat ____ times. Do ____ sessions per day.

UPPER LEG - Quadriceps

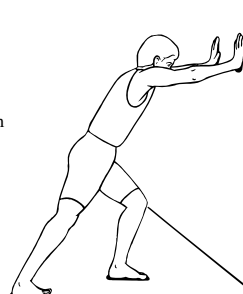
With left hand grasping right leg, gently pull heel toward buttocks until stretch is felt. Hold ____ seconds. Repeat with other heel.



Repeat ____ times. Do ____ sessions per day.

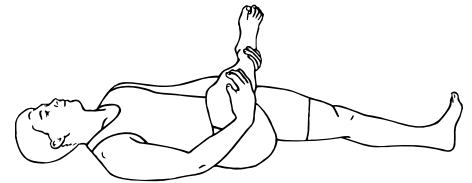
LOWER LEG - Gastroc

Keeping back leg straight, with heel on floor and turned slightly outward, lean into wall until a stretch is felt in calf. Hold ____ seconds. Repeat with other leg.



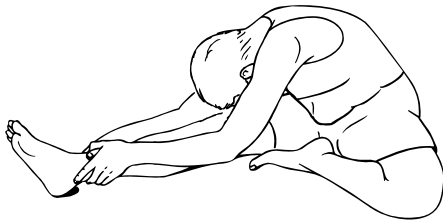
Repeat ____ times. Do ____ sessions per day.

HIP OBLIQUE - Internal Rotators



Gently pull foot and knee toward shoulder, rotating at hip. Hold ____ seconds. Repeat with other leg. Repeat ____ times. Do ____ sessions per day.

HAMSTRINGS - Head to Knee



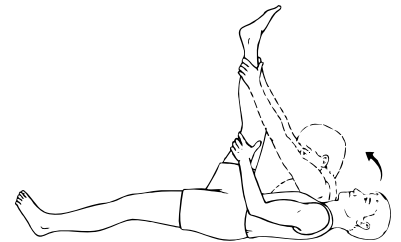
With hands on ankle, pull head toward knee and Hold ____ seconds. Repeat with other leg. Repeat ____ times. Do ____ sessions per day.

UPPER BACK - Upper and Mid Extensors



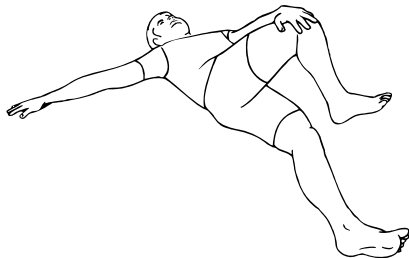
Slide hands forward and buttocks back. Hold ____ seconds. Repeat ____ times. Do ____ sessions per day.

HAMSTRINGS - Leg Raise



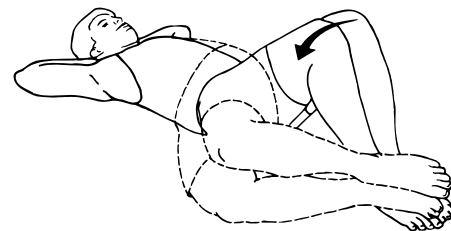
With hand behind knee, pull leg forward until stretch is felt. Hold ____ seconds. For more stretch, move hands up the leg toward ankle. Repeat with other leg. Repeat ____ times. Do ____ sessions per day.

HIP OBLIQUE - External Rotators



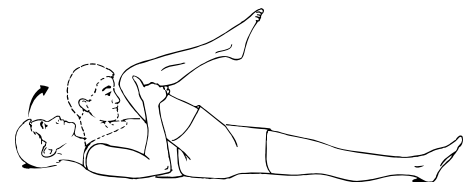
Keeping shoulders flat on floor, pull leg toward floor until stretch is felt. Hold ____ seconds. Repeat with other leg. Repeat ____ times. Do ____ sessions per day.

LOWER BACK - Lumbar Rotators



Keeping back flat and feet together, rotate knees to one side. Hold ____ seconds. Repeat to other side. Repeat ____ times. Do ____ sessions per day.

LOWER BACK - Extensors / Gluteal



Bring knee to chest and hold. For more stretch, bring head to knee and hold. Hold ____ seconds. Repeat with other knee. Repeat ____ times. Do ____ sessions per day.

Myofascial Massage Tools

Self-massage tools are used for soft-tissue therapy on trigger points, postural problems and can help you recover from stiff, tight and sore muscles. Get started with this chart. Your health care provider can also help you decide which tool is right for you.

Start gradually by using the device for a short time and then increase use progressively. You can also begin with a softer device (tennis ball), before trying something firmer (lacrosse ball). Some discomfort is okay; pain is not. If you experience significant worsening of your symptoms, stop using the device and contact your health care provider.

Target Body Part



Neck

Shoulder

Upper Back

Lower Back/ Glutes

Arms

Quadriceps/ Hamstrings

Calves

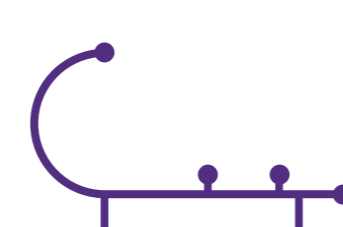
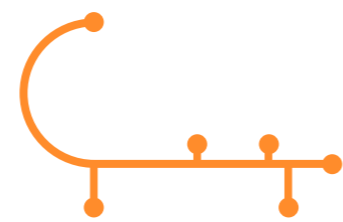
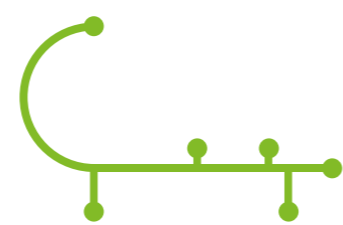
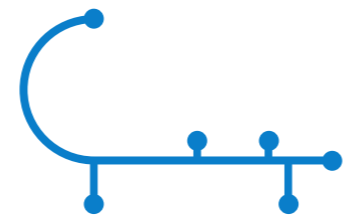
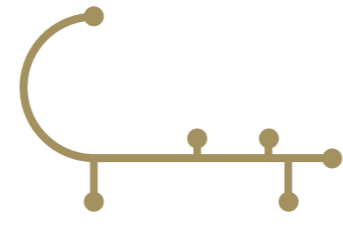
Feet

Other Features

Warm up		✓	✓	✓	
Cool down		✓	✓	✓	✓
Recovery		✓	✓	✓	✓
Flexibility		✓	✓	✓	
Softer (less pressure)		✓		✓	
Firmer (more pressure)	✓		✓	✓	✓
Trigger points	✓		✓	✓	✓
Focal areas	✓			✓	✓
Large areas		✓	✓		
Cost	\$\$	\$-\$\$	\$\$	\$	\$\$-\$\$\$
Portability	+	++	+++	++++	++++

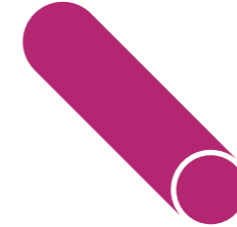
Massage Canes

6 treatment knobs applied to affected area.



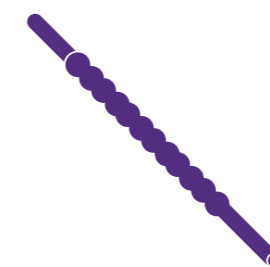
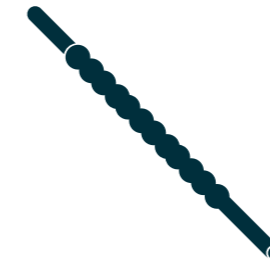
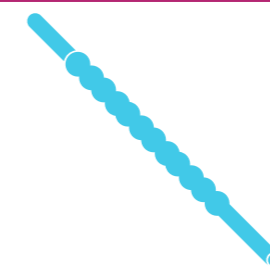
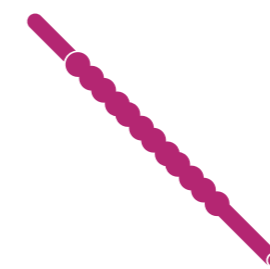
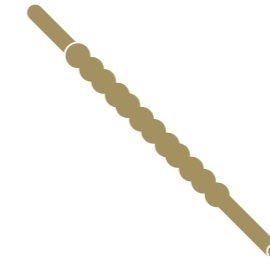
Foam Roller

Foam roller applied to affected area using body weight to adjust pressure.



Rolling Stick

Rolled along length of muscles.



Tennis Ball, Softball, Baseball, Lacrosse Ball

Applied to affected area using body weight to adjust pressure. You can also choose a softer or firmer ball to vary the pressure.



Other Body Weight-Based Massage Tools

Applied to affected area using body weight to adjust pressure. There are different sizes of blocks for different body regions.

