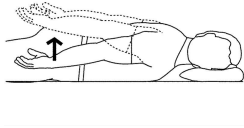


**AROM shld ext bil prone palms inward**

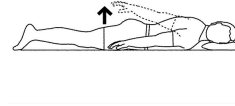


- Lie on stomach, arms at side.
- Keep elbows straight, and lift arms up and behind as shown.
- Return to start position.

**Perform 3 sets of 20 Repetitions, once a day.**

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

**AROM shld ext uni prone palm down**

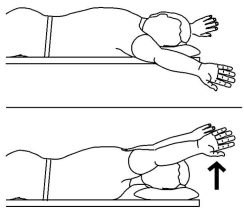


- Lie on stomach, involved arm at side
- Palm should be facing downward.
- Keep elbow straight, and lift arm up as shown.
- Return to start position and repeat.

**Perform 3 sets of 20 Repetitions, once a day.**

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

**AROM shld flx bil prone thumb down**

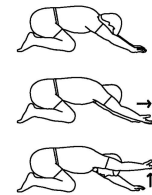


- Lie on stomach with arms extended overhead at 45 degrees as shown.
- Thumbs down.
- Lift arms upward slightly above head.

**Perform 3 sets of 20 Repetitions, once a day.**

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

**AROM shld protract/ER/depress quadruped**



- Begin kneeling with buttocks on heels, arms straight, palms down as shown.
- Reach forward with left arm and turn palm up.
- Raise arm upward.
- Return to start position and repeat with right arm.

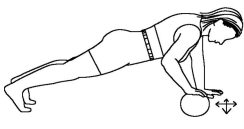
**Special Instructions:**

Do not lift or turn head.

**Perform 5 sets of 1 Minute, once a day.**

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

**AROM shld push up circum w/ball**

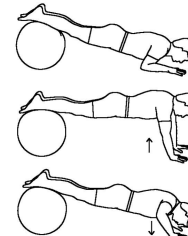


- Begin in push up position with one arm on small ball.
- Move ball side to side and up and down.
- Repeat

**Perform 5 sets of 1 Minute, once a day.**

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

**AROM shld push up floor w/ball**



- Place feet on ball, arms on floor.
- Push up and hold while stabilizing scapular area of mid back.
- Keep back straight, arms at shoulder distance apart.
- Perform push up.
- Repeat.

**Perform 5 sets of 1 Minute, once a day.**

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

**AROM shld rotn kneel w/wobble board**



- Position body on floor with hands on wobble board, elbows straight as shown.
- Slowly rotate board to the left, then right, and return to starting position.
- Keep board level during the rotation.
- Repeat.

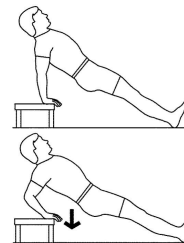
**Perform 5 sets of 1 Minute, once a day.**

Use Wobble Board.

Rest 1 Minute between sets.

Perform 1 repetition every 4 Seconds.

**AROM shld triceps dip supine**



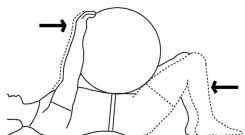
- Position arms on stable bench as shown.
- Maintain a straight trunk with heels on floor.
- Slowly lower upper body downward.
- Raise back up and repeat.

**Perform 3 sets of 10 Repetitions, once every other day.**

Rest 1 Minute between sets.

Perform 1 repetition every 4 Seconds.

**AROM trunk flx alt supine w/ball**



- Lie on back with knees bent holding ball between arms and thighs as shown.
- Press left arm and right thigh into ball.
- Hold for 5 seconds.
- Relax, and then press right arm and left thigh into ball.
- Hold for 5 seconds.
- Repeat.

**Special Instructions:**

Maintain neutral spine.

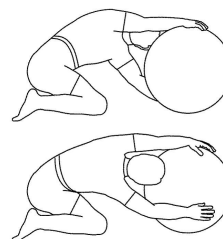
**Perform 3 sets of 20 Repetitions, once a day.**

Use Ball.

Rest 1 Minute between sets.

Perform 1 repetition every 4 Seconds.

**AROM trunk rotn kneel w/ball**



- Kneel with buttocks on heels and hands on side of ball.
- Twist to right, rolling the ball.
- Twist to left, rolling the ball.
- Repeat.

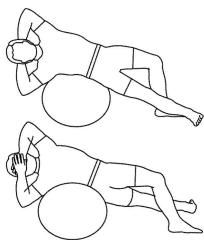
**Perform 3 sets of 20 Repetitions, once a day.**

Use Ball.

Rest 1 Minute between sets.

Perform 1 repetition every 4 Seconds.

**AROM trunk rotn supine w/ball**



- Lie on side on ball.
- Move legs apart and place on floor.
- Bend upper knee slightly to provide stability.
- Place hands behind neck.
- Twist forward.
- Twist backward.
- Repeat.

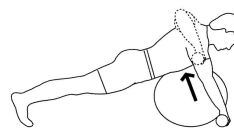
**Perform 3 sets of 20 Repetitions, once a day.**

Use Ball.

Rest 1 Minute between sets.

Perform 1 repetition every 4 Seconds.

**Resist shld horiz abd bil prone on Ball w/wt**



- Grasp weights in hands.
- Lie face down, chest on ball.
- Position arms at 90 degrees as shown, elbows straight, weights in hands.
- Raise arms, bringing shoulder blades toward middle of back.
- Return to start position.

**Perform 5 sets of 1 Minute, once a day.**

Use 5 Lbs.

Rest 1 Minute between sets.

Perform 1 repetition every 4 Seconds.

**AROM shld ext bil prone palms inward**



Perform 3 sets of 20 Repetitions, once a day.  Done

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

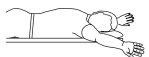
**AROM shld ext uni prone palm down**



Perform 3 sets of 20 Repetitions, once a day.  Done

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

**AROM shld flx bil prone thumb down**



Perform 3 sets of 20 Repetitions, once a day.  Done

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



**AROM shld protract/ER/depress quadruped**



Perform 5 sets of 1 Minute, once a day.  Done

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

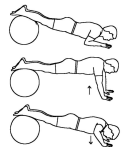
**AROM shld push up circum w/ball**



Perform 5 sets of 1 Minute, once a day.  Done

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

**AROM shld push up floor w/ball**



Perform 5 sets of 1 Minute, once a day.  Done

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

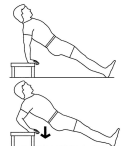
**AROM shld rotn kneel w/wobble board**



Perform 5 sets of 1 Minute, once a day.  Done

Use Wobble Board.  
Rest 1 Minute between sets.  
Perform 1 repetition every 4 Seconds.

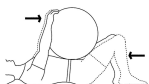
**AROM shld triceps dip supine**



Perform 3 sets of 10 Repetitions, once every  Done  
other day.

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

**AROM trunk flx alt supine w/ball**



Perform 3 sets of 20 Repetitions, once a day.  Done

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

Issued By: Ben Neves 07960 329690

Signature: \_\_\_\_\_

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Ben Neves Health and Fitness

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**AROM trunk rotn kneel w/ball**



Perform 3 sets of 20 Repetitions, once a day.  Done

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

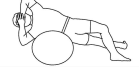


**AROM trunk rotn supine w/ball**

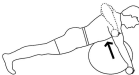


Perform 3 sets of 20 Repetitions, once a day.  Done

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



**Resist shld horiz abd bil prone on Ball w/wt**



Perform 5 sets of 1 Minute, once a day.  Done

Use 5 Lbs.  
Rest 1 Minute between sets.  
Perform 1 repetition every 4 Seconds.