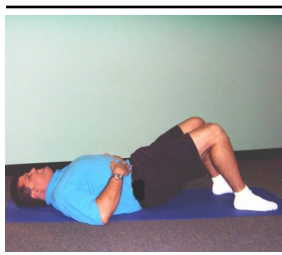
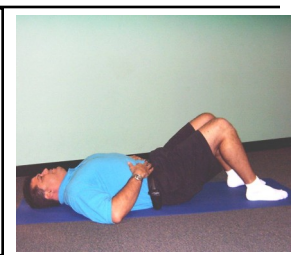

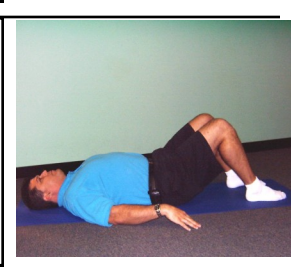










# HOME EXERCISE PROGRAM FOR BALANCE AND JUMP START

Dr. 123REHAB ELITE

Name: 123REHAB PATIENT  
 Prescription Date: TODAY \_\_\_\_\_

**Rules to workout by:** 1) Always keep your body firm and in "Readiness Position" 2) Breath in during expansion and lengthening. 3) Warm up with "Pre-Work out" program. 4) Let Quality be your guide. 5) Perfect Practice Makes Perfect. 6) Be tested every two to four weeks for advancement. 7) If you can do one set with good form, start the other.

Starting Position	Definition of Exercise Performance	Doctor Circle Prescription Here	End Position
	<p><b><u>ABDOMEN HOLLOW</u></b>  <b>Prerequisite:</b> <i>Abdomen Breathing</i>            While in bent knee "sit-up" position allow arms to rest away from body with palms up. Inhale and exhale completely with Abdomen. While exhaling allow stomach to sink then help it by pulling belly button to spine, hold for 7 seconds. Relax, inhale and allow stomach to return to resting state then repeat.</p>	<p>Sets: 1 <b>2</b> 3 4 5 6            REPS: 4 <b>6</b> 8 10 12 15 20            Resistance: _____ lbs.            Hold: 2-3 <b>4-6</b> 8-10 sec.            Rest: <b>30-60</b> 60-90 sec.</p>	
	<p><b><u>PELVIC TILT</u></b>  <b>Prerequisite:</b> <i>Abdomen Breathing, Abdomen Hollow</i>            While in bent knee "sit-up" position allow arms to rest away from body with palms up. Inhale and exhale completely with Abdomen. Inhale while allowing stomach to rise as you slowly arch low back, hold for 5 seconds. Exhale while allowing stomach to sink then help it by pulling belly button to spine and rock pelvis forward, keeping knees no more than 6 inches apart, hold for 5 seconds. Repeat.</p>	<p>Sets: <b>1</b> 2 3 4 5 6            REPS: 4 6 8 10 12 15 <b>20</b>            Resistance: _____ lbs.            Hold: <b>2-3</b> 4-6 8-10 sec.            Rest: 30-60 <b>60-90</b> sec.</p>	
	<p><b><u>BRUGGER</u></b>  <b>Prerequisite:</b> <i>Abdomen Hollow, Readiness Position</i>            Sit on a flat surface in readiness position and arms down along sides. Inhale while rotating arms outward, squeeze shoulder blades down and back together (as if you were squeezing a pencil between the shoulder blades) and retract chin simultaneously. Hold for 5 seconds. Exhale while returning to readiness position. Relax. Repeat</p>	<p>Sets: <b>1</b> 2 3 4 5 6            REPS: 4 6 8 10 <b>12</b> 15 20            Resistance: _____ lbs.            Hold: 2-3 <b>4-6</b> 8-10 sec.            Rest: <b>30-60</b> 60-90 sec.</p>	
	<p><b><u>SHOULDER WALL SLIDES</u></b>  <b>Prerequisite:</b> <i>Readiness Position, Brugger</i>            Sit on a flat surface with back against a wall in readiness position and arms at shoulder height in full contact with wall. Inhale while pulling arms down toward sides. Squeeze shoulder blades down and back together during slide (as if you were squeezing a pencil between the shoulder blades) and retract chin simultaneously. Hold for 5 seconds. Exhale while returning to start position. Relax. Repeat.</p>	<p>Sets: 1 <b>2</b> 3 4 5 6            REPS: 4 <b>6</b> 8 10 12 15 20            Resistance: _____ lbs.            Hold: <b>2-3</b> 4-6 8-10 sec.            Rest: <b>30-60</b> 60-90 sec.</p>	
	<p><b><u>WALL SQUAT</u></b>  <b>Prerequisite:</b> <i>Readiness Position, Abdominal Hollow</i>            Stand with back against a wall or flat surface in readiness position, feet 1-2 feet away from wall and arms crossed at shoulder height. Inhale while lowering your body and squatting down up to 90 degrees. Squeeze shoulder blades down and back together during slide and keep low back flat against wall. Hold for 5 seconds. Exhale while returning to start position. Relax. Repeat.</p>	<p>Sets: <b>1</b> 2 3 4 5 6            REPS: 4 6 8 10 12 <b>15</b> 20            Resistance: _____ lbs.            Hold: 2-3 <b>4-6</b> 8-10 sec.            Rest: 30-60 <b>60-90</b> sec.</p>	
	<p><b><u>LUNGE STRETCH</u></b>  <b>Prerequisite:</b> <i>Readiness Position, Abdominal Hollow, Brugger</i>            Stand in readiness position, feet together, hands on waist. Step forward and lower your body down up to 90 degrees at the knee. Inhale as you squeeze shoulder blades down and back together, tilt pelvis forward and shift body forward to activate a stretch in quad and hip flexor. Hold for 5 seconds. Exhale while returning to start position. Alternate. Repeat.</p>	<p>Sets: <b>1</b> 2 3 4 5 6            REPS: 4 6 8 <b>10</b> <b>12</b> 15 20            Resistance: _____ lbs.            Hold: <b>2-3</b> 4-6 8-10 sec.            Rest: 30-60 60-90 sec.</p>	

REORDER # RMS-EXPR

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**REMEMBER THAT FORM AND PERFECT PRACTICE IS OF THE UTMOST IMPORTANCE. BUILD UP TO 2 SETS OF 20 OF EACH PRIOR TO STARTING A FITNESS PROGRAM AND DO IT EVERY 3—4 MONTHS.**