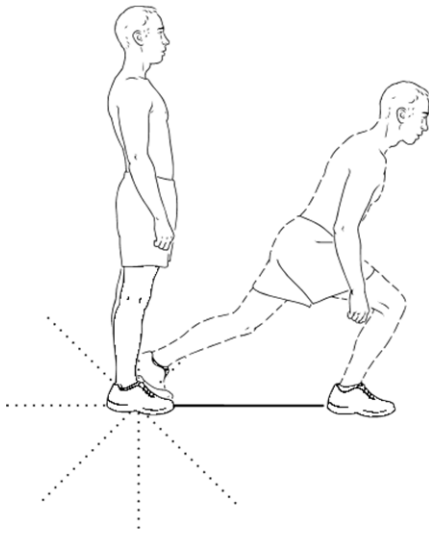


STRENGTHENING EXERCISES

Strengthening exercises should be performed after a period of stretching/warm up, to optimize the muscle's ability to contract and extend without placing too much strain on the tissues. The best strength gains occur if the exercises are performed 3- 4 times a week. The exercises are usually done in 1- 3 sets of 6-8 repetitions, with a short period of 15- 30 seconds between each set (use this guidance for the exercises listed below). As strength is developed, progressions can be added, either in more sets, more repetitions or more resistance, calculating the new 1 repetition max.

LUNGE

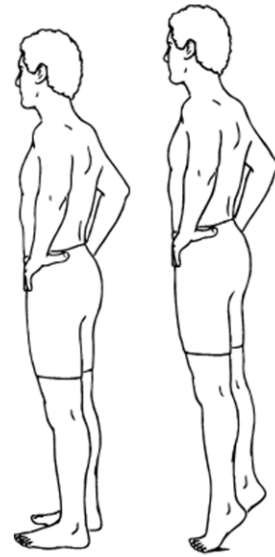


Stand with equal weight on both feet. Lunge with right leg forward, repeat with left leg leading. Do not allow forward knee to go over your toes.

REPEAT:

_____ times. _____ Reps _____ Sets _____ Sets per day

CALF RAISES

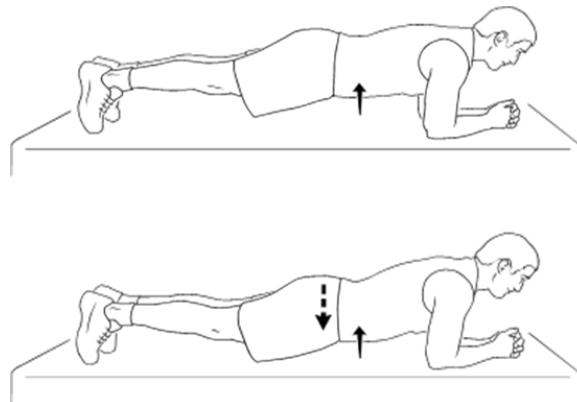


Raise on balls of your feet.

REPEAT:

_____ times. _____ Reps _____ Sets _____ Sets per day

PLANKS



On toes and elbows, pull abdomen in while stabilizing trunk. Slowly lower downward without arching back.

REPEAT:

_____ times. _____ Reps _____ Sets _____ Sets per day

STRENGTHENING EXERCISES

ECCENTRIC WRIST EXTENSION

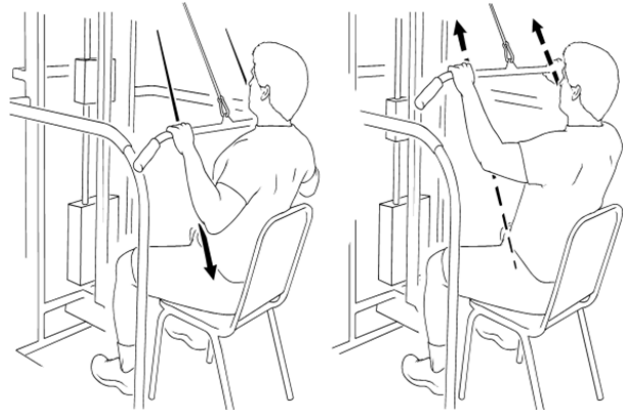


With tubing wrapped around left fist and other end secured under foot, bend wrist up (palm down) as far as possible. Keep forearm on thigh.

REPEAT:

_____ times. _____ Reps _____ Sets _____ Sets per day

LAT PULL DOWN

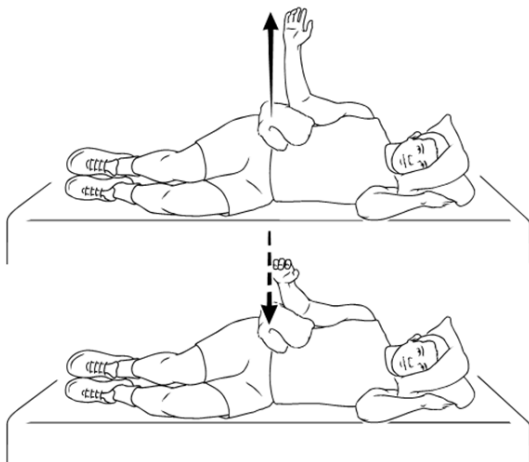


Pull bar down quickly toward chest. Slowly release for 3-5 seconds. Use _____ lbs on machine.

REPEAT:

_____ times. _____ Reps _____ Sets _____ Sets per day

SHOULDER SIDE-LYING EXTERNAL ROTATION



Lie on side, affected arm on top, elbow bent to 90°, towel under upper arm. Quickly lift forearm. Slowly lower affected arm for 3-5 seconds.

REPEAT:

_____ times. _____ Reps _____ Sets _____ Sets per day

Add _____ lbs when you achieve _____ repetitions.

OVERHEAD DUMBBELL PRESS



Stand or sit straight with shoulder down and back to start. Straighten elbows and press _____ lb dumbbells above head. Keep palms facing outward.

REPEAT:

_____ times. _____ Reps _____ Sets _____ Sets per day