



WELCOME TO YOUR ROAD TO RECOVERY



NOW you can view your prescribed video exercises
from your computer or mobile device.



Please see your PT's followup email

Patient Name:	MAYANK SMITH
Clinician:	CLINICIAN SHAHID
Practice:	Tester Practice
Address:	75 Washington Pl,
City:	New York
State:	New York
ZipCode:	10011
Phone Number:	484-433-5426
Customized Note:	FIRST PRESCRIPTION EDITED

1



Prone Multifidus Retraining (Alternating Hip Extension)

Lying on your stomach with 2 pillows under your waist and your neck supported, raise your leg up keeping the knee straight and hold 2-3 inches up in the air. Lower slowly and raise up the opposite leg. Be sure not to lift too high. cp 1

Sets : 1

Repetitions : 1

Resistance : A (pounds)

Hold time : 1 (seconds)

Times Per Day : 1

Times Per Week : 1

2



Cervical Retraction Chin Tucks with Flexion

Looking straight ahead, tuck chin in and flex the neck forward towards your chest until a gentle stretch is felt. CP 2

Sets : 2

Repetitions : 2

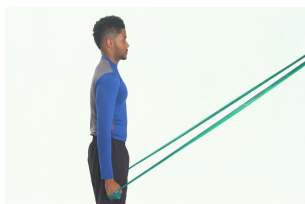
Resistance : B (exercise band)

Hold time : 2 (minutes)

Times Per Day : 2

Times Per Week : 2

3



Bilateral Triceps Extension with Exercise Band

Secure an exercise band over top of a doorway or anchor and wrap the band around both hands. Keep elbows at your side and start with elbows bent. Straighten both elbows against the resistance of the band and slowly return to the starting position. CP 3

Sets : 3

Repetitions : 3

Resistance : C (exercise tubing)

Hold time : 3 (seconds)

Times Per Day : 3

Times Per Week : 3