



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:	Kabuntu Smith
Clinician:	CLINICIAN SHAHID
Practice:	Tester Practice
Address:	880 harbor island
City:	San Diego
State:	California
ZipCode:	92101
Phone Number:	451-223-4555
Customized Note:	FIRST PRESCRIPTION

1



Pract Tet Video

abhi to mein jawan hoon CR1

Sets : 1

Repetitions : 1

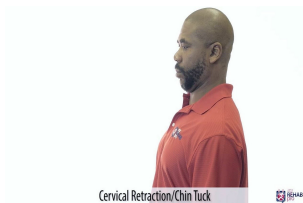
Resistance : A (pounds)

Hold time : 1 (seconds)

Times Per Day : 1

Times Per Week : 1

2



Cervical Retraction Chin Tucks

Looking straight ahead, pretend that your chin is on an imaginary shelf. Pull your head back, sliding your chin off the shelf. Do not strain your neck by pulling back too far. CR 2

Sets : 2

Repetitions : 2

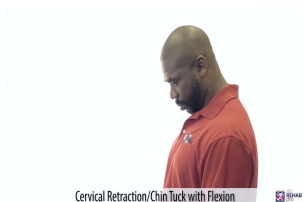
Resistance : B (exercise band)

Hold time : 2 (minutes)

Times Per Day : 2

Times Per Week : 2

3



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. CR 3

Sets : 3

Repetitions : 3

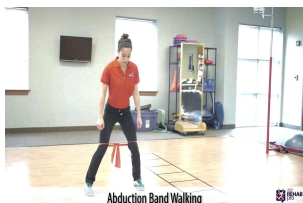
Resistance : C (exercise tubing)

Hold time : 3 (seconds)

Times Per Day : 3

Times Per Week : 3

4



24TH SEPT 2019, WALKING

Start with an exercise band around your knees with light tension. Squat down with good form and walk laterally. Try not to lean and really use your hip muscles to perform the movement. Take several steps in one direction and then return back to the starting position to the opposite direction. ADDED BY ADMIN ON 24TH SEPT 2019 ADDED BY SHAHID ON 24TH SEPT 2019 CR 4 CP4

Sets : 44

Repetitions : 44

Resistance : AA (pounds)

Hold time : 44 (minutes)

Times Per Day : 44

Times Per Week : 44