

Weights issued (check) Date _____

EXERCISE PRESCRIPTION

NAME		Visit #____	Visit #____	Visit #____	Visit #____
DATE					
EXERCISE DESCRIPTION	#				
ROM EXERCISES - daily					
Head movements	34				
Neck movements	35				
Back extension	36				
Trunk movements	37				
Ankle movements	38				
STRENGTHENING EXERCISES - 3x/week					
Knee extension	40	Reps R lbs. weight	Reps L lbs. weight	Reps R lbs. weight	Reps L lbs. weight
Knee flexion	41	Reps R lbs. weight	Reps L lbs. weight	Reps R lbs. weight	Reps L lbs. weight
Hip abduction	42	Reps R lbs. weight	Reps L lbs. weight	Reps R lbs. weight	Reps L lbs. weight
Heel raises – UE support	43				
Heel raises – no UE support	44				
Toe raises – UE support	45				
Toe raises – no UE support	46				
BALANCE EXERCISES - daily					
Knee bends – UE support	48		Reps		Reps
Knee bends – no UE support	49		Reps		Reps
Backwards walking – UE support	50				
Backwards walking – no UE support	51				
Figure-8 walking	52				
Sideways walking	53				
Tandem stance – UE support	54				
Tandem stance – no UE support	55				
Tandem walking – UE support	56				
Tandem walking – no UE support	57				
One leg stand – UE support	58				
One leg stand – no UE support for 10 sec	59				
One leg stand – no UE support for 30 sec	60				
Heel walking – UE support	61				
Heel walking – no UE support	62				
Toe walking – UE support	63				
Toe walking – no UE support	64				
Tandem walking backward	65				
STS – both UEs	66		Reps		Reps
STS – 1 UE	67		Reps		Reps
STS – no UE	68		Reps		Reps
Stair walking	69		Steps		Steps