

Name _____

Date _____

Pre-Rehab Modalities

<input type="checkbox"/> Ice	_____ Minutes
<input type="checkbox"/> Moist Heat pack	_____ Minutes
<input type="checkbox"/> Ice	_____ Minutes
<input type="checkbox"/> E-Stim	as directed
<input type="checkbox"/> Ultrasound	as directed

Stretching

<input type="checkbox"/> Hamstring	_____ Butterfly
<input type="checkbox"/> Flat	_____ Figure Four
<input type="checkbox"/> Standing	_____ Hip Extension
<input type="checkbox"/> Quads	
<input type="checkbox"/> Prone	See Flexibility Page for more
<input type="checkbox"/> Standing	

Cardio/Warmup

<input type="checkbox"/> Bike	_____ Minutes
<input type="checkbox"/> Treadmill	_____ Minutes

Pelvic Tilt Series

<input type="checkbox"/> Pelvic Clock	_____ Sets/ reps
<input type="checkbox"/> Bridges	_____ Sets/ reps
<input type="checkbox"/> Dead Bug	_____ Sets/ reps
<input type="checkbox"/> Mad Cat	_____ Sets/ reps
<input type="checkbox"/> Spine Extension	_____ Sets/ reps
<input type="checkbox"/> Superman Prone	_____ Sets/ reps
<input type="checkbox"/> Swimmer	_____ Sets/ reps
<input type="checkbox"/> Supine Single Leg Lifts	_____ Sets/ reps
<input type="checkbox"/> Prone Leg Extensions	_____ Sets/ reps
<input type="checkbox"/> Crunches	_____ Sets/ reps

Straight Leg Program Standing

Athlete may use elastic band or wall pulleys

<input type="checkbox"/> Hip Flexion	_____ Band	_____ Sets/ reps
<input type="checkbox"/> Hip Extension	_____ Band	_____ Sets/ reps
<input type="checkbox"/> Hip Abduction	_____ Band	_____ Sets/ reps
<input type="checkbox"/> Hip Adduction	_____ Band	_____ Sets/ reps

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Ball Exercises

- | | |
|----------------------------|------------------|
| ___ Pelvic Clock | _____ Sets/ reps |
| ___ Supine Roll Outs | _____ Sets/ reps |
| ___ Bridges | _____ Sets/ reps |
| ___ Sit Ups | _____ Sets/ reps |
| ___ Inverted Leg Extension | _____ Sets/ reps |
| ___ Prone Roll Outs | _____ Sets/ reps |
| ___ Superman/Ball | _____ Sets/ reps |

Pilates/Yoga Type Exercises

- | | |
|------------------------|------------------|
| ___ Downward Dog | _____ Sets/ reps |
| ___ Runner's Stretch | _____ Sets/ reps |
| ___ Frog | _____ Sets/ reps |
| ___ Crocodile | _____ Sets/ reps |
| ___ Spinal floor twist | _____ Sets/ reps |
| ___ Proud Warrior | _____ Sets/ reps |
| ___ | _____ Sets/ reps |
| ___ | _____ Sets/ reps |
| ___ | _____ Sets/ reps |
| ___ | _____ Sets/ reps |
| ___ | _____ Sets/ reps |
| ___ | _____ Sets/ reps |