MyNotifi Exercise Regimen

Provider_____

Provider phone number/email_____

Upper Extremity Exercises

_____Active Resisted Extension (wrist) _____Bilateral Arm Raise Kneeling (wrist)

_____Crisscross (wrist) _____Curl-up Diagonal _____Hook Lying combination (wrist)

_____Horizontal Abduction with External Rotation, Prone (wrist)

_____Horizontal Abduction with Internal Rotation, Prone (wrist)

_____Opposite Arm and Leg Lift (Prone) (wrist)

_____Quadruped Opposite Upper and Lower Extremity Extension (wrist)

_____Quadruped Upper Extremity Extension (wrist)

_____Scaption with External Rotation (wrist) _____Shoulder Abduction Standing (wrist)

_____Shoulder Extension Standing (wrist)

_____Shoulder External/Internal Rotation in Abduction, Standing (wrist)

_____Shoulder External/Internal Rotation in Flexion, Standing (wrist)

_____Shoulder Flexion Standing (wrist) _____Strengthening with Tubing or Resistive Band (wrist)

_____Swimming (wrist) _____Teaser (wrist)

Lower Extremity Exercises

_____Bent Knee Lift (Prone) (Ankle) _____Bilateral Leg Lowering (Ankle)

_____Double Leg Circles (Ankle) _____External Hip Rotation (Prone) (Ankle)

_____Hip Abduction Side Lying (Ankle) _____Internal Hip Rotation (Prone) (Ankle)

_____Knee Flexion Standing (Ankle) _____Lower Lift (Ankle)

_____Prone Hip Extension (Ankle) _____Scissor (Ankle)

_____Straight Leg Raise Phase I (Ankle) _____Straight Leg Raise Phase II (Ankle)

_____Straight Leg Raise Phase III (Ankle) _____Straight Leg Raise Prone (Ankle)

_____Hook Lying Combination _____Opposite Arm and Leg Lift Prone (Ankle)

_____Swimming (Ankle)

MyNotifi Exercise Regimen

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OTAGO Exercise Program (For Patients at Risk of Falls)

Warm Up

_____Head Movements   _____Neck Movements   _____Back Extension

_____Trunk Movements   _____Ankle Movements

Strengthening

_____Front Knee Strengthening   _____Back Knee Strengthening   _____Side Hip Strengthening

_____Calf Raises   _____Toe Raises   _____Knee Bends

Balance

_____Backwards walking   _____Walk and Turn Around   _____Side Ways Walking

_____Heel Toe Standing   _____Heel Toe Walking   _____One Leg Standing

_____Heel Walking   _____Toe Walking   _____Heel Toe Walking Backwards

_____Sit to Stand   _____Stair Walking