

CHIROPRACTIC PHYSICAL REHABILITATION DAILY CHART NOTES

Patient _____ Date _____

Area(s) to be strengthened _____

Goals: Strength Muscle Endurance Cardiovascular Endurance

Subjective: Pain (0-10) _____ Location _____

Compliance: Excellent Good Fair Poor

Notes: _____

Objective: _____

Exercises:

- **Swimming:** Stroke: Crawl Breast Back Fly Kickboard Back-Kick

Laps: _____ Time Period: _____ Heart rate: _____ BPM

- **Endurance Machines:** Recumbent bike Stairmaster Lifecycle Treadmill

Level: _____ Time Period: _____ RPM: _____ Heart Rate: _____ BPM

- **Upper Back, Shoulders, Chest:**

Seated Row - Bar Type: Narrow Wide	Weight _____	Reps _____	Sets_1__2__3__
Lat Pull - Bar Type: Narrow Wide	Weight _____	Reps _____	Sets_1__2__3__
One Arm Row, leaning over bench	Weight _____	Reps _____	Sets_1__2__3__
Butterfly	Weight _____	Reps _____	Sets_1__2__3__
Bench Press, Machine / Free Bar	Weight _____	Reps _____	Sets_1__2__3__
Seated Back Extension	Weight _____	Reps _____	Sets_1__2__3__
Codman's Exercises	Weight _____	Reps _____	Sets_1__2__3__

- **Biceps / Triceps:**

Arm Curls	Weight _____	Reps _____	Sets_1__2__3__
Triceps Extension	Weight _____	Reps _____	Sets_1__2__3__
Bar Dips - Gravitron	Weight _____	Reps _____	Sets_1__2__3__
Pull Ups - Gravitron	Weight _____	Reps _____	Sets_1__2__3__
Shoulder Press	Weight _____	Reps _____	Sets_1__2__3__
One Arm Shoulder Press	Weight _____	Reps _____	Sets_1__2__3__

- **Cervical Region:**

Shoulder Shrugs	Weight _____	Reps _____	Sets_1__2__3__
Cervical Flexion	Weight _____	Reps _____	Sets_1__2__3__
Cervical Extension	Weight _____	Reps _____	Sets_1__2__3__
Right Lateral Flexion	Weight _____	Reps _____	Sets_1__2__3__
Left Lateral Flexion	Weight _____	Reps _____	Sets_1__2__3__
Gravity Resisted Cervical Exercise	Weight _____	Reps _____	Sets_1__2__3__

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DAILY CHART NOTES Continued

• **Low Back, Abdominals:**

Back Extensions, Naut.	Weight_____	Reps_____	Sets_1__2__3__
Side Bends, Dumbells	Weight_____	Reps_____	Sets_1__2__3__
Rotary Torso	Weight_____	Reps_____	Sets_1__2__3__
Crunches	Weight_____	Reps_____	Sets_1__2__3__
Abdominals, Naut.	Weight_____	Reps_____	Sets_1__2__3__

• **Legs And Glutes:**

Leg Extensions	Weight_____	Reps_____	Sets_1__2__3__
Leg Curls	Weight_____	Reps_____	Sets_1__2__3__
Adductors	Weight_____	Reps_____	Sets_1__2__3__
Abductors	Weight_____	Reps_____	Sets_1__2__3__
Lunges	Weight_____	Reps_____	Sets_1__2__3__
Ankle Flex/Extend	Weight_____	Reps_____	Sets_1__2__3__

Comments/Narrative_____
