

## Strengthening and Rehabilitation Phase 1

If you feel **PAIN** at anytime during these exercises **STOP** immediately.

Motion Performed	Weight	Repetitions to Attempt	Timing, seconds	Repetitions Performed
<b>Flexion - forward</b>				
set 1	_____	11	3/6	_____
set 2	_____	10	3/6	_____
set 3	_____	10	3/6	_____
<b>Extension - backward</b>				
set 1	_____	11	3/6	_____
set 2	_____	10	3/6	_____
set 3	_____	10	3/6	_____
<b>Rotation Right</b>				
set 1	_____	11	3/6	_____
set 2	_____	10	3/6	_____
set 3	_____	10	3/6	_____
<b>Rotation Left</b>				
set 1	_____	11	3/6	_____
set 2	_____	10	3/6	_____
set 3	_____	10	3/6	_____
<b>Left Lateral Flexion</b>				
set 1	_____	11	3/6	_____
set 2	_____	10	3/6	_____
set 3	_____	10	3/6	_____
<b>Right Lateral Flexion</b>				
set 1	_____	11	3/6	_____
set 2	_____	10	3/6	_____
set 3	_____	10	3/6	_____

Name \_\_\_\_\_ Date \_\_\_\_\_