

Strengthening and Rehabilitation Phase 2

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

Motion Performed	Weight	Repetitions to Attempt	Timing, seconds	Repetitions Performed
Flexion - forward				
set 1	_____	10	2/4	_____
set 2	_____	10	2/4	_____
set 3	_____	11	2/4	_____
Extension - backward				
set 1	_____	10	2/4	_____
set 2	_____	10	2/4	_____
set 3	_____	11	2/4	_____
Rotation Right				
set 1	_____	10	2/4	_____
set 2	_____	10	2/4	_____
set 3	_____	11	2/4	_____
Rotation Left				
set 1	_____	10	2/4	_____
set 2	_____	10	2/4	_____
set 3	_____	11	2/4	_____
Left Lateral Flexion				
set 1	_____	10	2/4	_____
set 2	_____	10	2/4	_____
set 3	_____	11	2/4	_____
Right Lateral Flexion				
set 1	_____	10	2/4	_____
set 2	_____	10	2/4	_____
set 3	_____	11	2/4	_____

Name _____ Date _____