

Exercise Report For: Patient of RESTORE Physical Therapy

STEVEN L. BRAVERMAN P.T., P.C.



PHYSICAL THERAPY
SAMPLE
Physical Therapy for Physical Lives

Provided By:
Steven L. Braverman, PT
RESTORE Physical Therapy

Phone: 212.594.6054
Fax: 212.594.5615
sbraverman@restorept.com
www.RestorePT.com

450 Seventh Avenue
Suite 302
New York, NY 10123

Exercise Program For:
Patient of RESTORE Physical Therapy

15. Bilateral Wrist Extension
Use blue Elastic.
Rest 1 Minute between sets.
Perform 1 repetition every 4 Seconds.

16. Shoulder Retractor
Use blue Elastic.
Rest 1 Minute between sets.
Perform 1 repetition every 4 Seconds.

17. Prone Wrist Extension
Use blue Elastic.
Rest 1 Minute between sets.
Perform 1 repetition every 4 Seconds.

18. Unilateral Stand
Use blue Elastic.
Rest 1 Minute between sets.
Perform 1 repetition every 4 Seconds.

SAMPLE

Signature: _____
A qualified professional.
Using this exercise to protect against possibility of eye injury as a result of the band or tube
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Date Grid For:
Patient of RESTORE Physical Therapy



Exercise Grid For:
Patient of RESTORE Physical
Therapy

Exercise Name	Set 1		Set 2		Set 3		Set 4		Set 5		Repetitions
	Sets	Repetitions	Sets	Repetitions	Sets	Repetitions	Sets	Repetitions	Sets	Repetitions	
1. Stretch shld ER sit											
2. Stretch shld IR w/towel											
3. Stretch shld IR calf											
4. AAROM shld fix cap											
5. Resist shld retract bil prone w/wt											
6. Resist shld retract bil w/elastic											

These exercises are to be used only under the direction of a licensed, qualified professional.
Caution: User must wear suitable eye protection such as safety goggles during this exercise to protect against possibility of eye injury as a result of the band or tube snapping towards the face if grip is lost or if the band or tube breaks.

17. Prone Wrist Extension
Use blue Elastic.
Rest 1 Minute between sets.
Perform 1 repetition every 4 Seconds.

18. Unilateral Stand
Use blue Elastic.
Rest 1 Minute between sets.
Perform 1 repetition every 4 Seconds.

SAMPLE

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