Phases	Your clinic's information go 118 Water St. P.O. Box 1390 Almonte, ON K0A 1A0 (800) 231-0518 (613) 2	Client : PHASES Web D e ID :	emo THR :
		256-1238 Date : July 10, 2003 Front Raise 45° Thumb Up Standing in readiness position with dumbell held down at side at a 45° with thumb up. Raise arm up at a 45° in front until parallel with floor. Avoid shrugging the shoulder while raising arm. Hold, lower with control and repeat.	
			Reps: 15-20 Weight:
			Hold: Rest: 30-60 sec
			4 x/week
Notes: maintain tall posture s	lotes: naintain tall posture so that the shoulder has freedom of movement.		
			15 16 17 18 19 20 21 22 23 24 25 26 27 28
		Cross Crawl Quadruped	29 30 31
	-	On hands and knees, maintain abdominal hollow and keep back flat.	Sets: 2-3
	at the second	Slowly extend one leg behind while at the same time extending opposite arm out in front until parallel with	Reps: 15-20 Weight:
		floor. Keep trunk square and stable. Return arm and leg to floor and alternate.	Hold: 4-10 sec
	and 1		Rest: 30-60
			5 x/week
Notes:	Notes:		
Notes.			8 9 10 11 12 13 14
			15 16 17 18 19 20 21
			22 23 24 25 26 27 28
			29 30 31
20		Shoulder 'Apleys' - Towel Holding a towel or stick in one hand, reach that hand	Sets:
4		behind the head and place it down the back. With the opposite hand behind the lower back, grasp other end of towel and try to walk hands together. Hold where	Reps: 2x
			Weight:
		comfortable and breath.	Hold: 15 sec
11			Rest:
			2 x/day
Notes:	1 2 3 4 5 6 7		
go as far as comfortable and hold it - then go a bit farther as you breath and relax.			8 9 10 11 12 13 14
			15 16 17 18 19 20 21
			22 23 24 25 26 27 28 29 30 31
Superman			
	Martine Martine Martine	From a kneeling position raise upper body up onto ball	Sets: 2-3
		and place ball under pelvis. Relax over ball. Raise uppe body up off ball, bringing the arms straight up over head	r Reps: 15-20
as if to fly like superman. Raise up until rib cage is jus			f Weight:
		ball, ears, shoulders and hips should be in line. Maintain abdominal hollow and pelvic tilt to keep ball stable.	Hold:
			Rest: 30-60
			5 x/week
Notes:	ad		1 2 3 4 5 6 7

Notes:

 8
 9
 10
 11
 12
 13
 14

 15
 16
 17
 18
 19
 20
 21

 22
 23
 24
 25
 26
 27
 28

29 30 31