

Notes/Assessment/Updates from Client's Form:

To be completed after strength session:

- Action plan: Activity, day and time (set expectations for having to adapt based on symptoms), where, for how long, starting when (confidence to complete plan should be at least 7/10. If not, modify):
- Next session (if applicable):

**Together, trial and circle any exercises that may be appropriate based on your discussion.**

**Note: This program will not replace your client's therapeutic exercise prescription.**

Movement	Example Exercises and Progressions			Details
"Functional Implications"	<b>Least Challenging</b>	←————→	<b>Most Challenging</b>	
<b>Warm-Up</b> <i>"Get ready/check how you feel"</i>	Move to raise heart rate and warm the muscles	Active, comfortable range of motion	Practice exercises and slowly raise intensity	
<b>Increase Heart Rate</b>	Seated March with Arm Swings	Standing March with Arm Swings	High Knees with Arm Swings	
<b>Back Activation</b>	Seated Shoulder Gators	X's to Y's/T's	X's to Y's/T's with March	
<b>Hip Activation</b>	Seated Lateral Toe and Heel Taps	Stationary Lateral Hip Openers	Front, Side, Back Toe Taps in Quarter Squat	
<b>Shoulder Activation</b>	Internal/External Rotation @ 0°	Banded Pull Apart with Elbows Bent	Banded Pull Apart with Elbows Straight	
<b>Preparation to Raise Intensity</b>	Seated Dowel Push and Press	Standing Dowel Push and Press	Squat with Dowel Push and Press	

# For demonstrations of how to do these exercises, check out the “Movement4AllLab” YouTube video series

Movement "Functional Implications"	Example Exercises and Progressions			Details		
	Least Challenging	←————→	Most Challenging			
<b>Core</b> "Getting out of bed"	Lying Down Bent Knee Raise	Deadbug	Bird dog	<b>Sets:</b>	<b>Reps:</b>	<b>RPE:</b>
<b>Rotational Core</b> "Putting baby in the car seat"	Seated Weighted Side to Sides	Seated Paloff (Belly) Press	Standing Diagonal Cross Body Pull	<b>Sets:</b>	<b>Reps:</b>	<b>RPE:</b>
<b>Lateral</b> "Stepping to the side"	Seated Clamshells	Side Lying (or standing) Hip Abduction	Side Lunge	<b>Sets:</b>	<b>Reps:</b>	<b>RPE:</b>
<b>Lunge</b> "Going up the stairs"	Step Ups (w/ Support)	Reverse Lunge	Curtsy Lunge	<b>Sets:</b>	<b>Reps:</b>	<b>RPE:</b>
<b>Horizontal Push</b> "Opening doors"	Wall/Knee Push-Ups	Banded Chest Press	Dumbbell Bench Press	<b>Sets:</b>	<b>Reps:</b>	<b>RPE:</b>
<b>Hinge/Hip Extension</b> "Picking up objects off the ground"	Glute Bridge	Romanian Deadlift	Dumbbell Swings	<b>Sets:</b>	<b>Reps:</b>	<b>RPE:</b>
<b>Horizontal Pull</b> "Pulling weeds"	Seated Row	Standing Reverse Fly	Bent Over Row	<b>Sets:</b>	<b>Reps:</b>	<b>RPE:</b>
<b>Squat</b> "Standing up from a chair"	Quarter Wall Sit	Bodyweight Squat (w/ Chair)	Goblet Squat	<b>Sets:</b>	<b>Reps:</b>	<b>RPE:</b>
<b>Vertical Push</b> "Storing snacks on the top shelf"	Front Shoulder Raise @ 45° (thumbs up)	Shoulder Press	Arnold Press	<b>Sets:</b>	<b>Reps:</b>	<b>RPE:</b>
<b>Vertical Pull</b> "Swimming"	Straight Arm Pull Down	Lat Pulldown	Assisted Pull/Chin-Up	<b>Sets:</b>	<b>Reps:</b>	<b>RPE:</b>

**Sets:** # of groups of repetitions, **Reps:** # of times the movement is repeated,  
**RPE:** How hard you're working on a scale of 0-10 (10 being working as hard as possible)