

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"	Least Challenging	←————→	Most Challenging	
Warm-Up <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	
Increase Heart Rate	Seated March with Arm Swings	Standing March with Arm Swings	High Knees with Arm Swings	
Back Activation	Seated Shoulder Gators	X's to Y's/T's	X's to Y's/T's with March	
Hip Activation	Seated Lateral Toe and Heel Taps	Stationary Lateral Hip Openers	Front, Side, Back Toe Taps in Quarter Squat	
Shoulder Activation	Internal/External Rotation @ 0°	Banded Pull Apart with Elbows Bent	Banded Pull Apart with Elbows Straight	
Preparation to Raise Intensity	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	Sets:	Reps:	RPE:
Core "Getting out of bed"	Lying Down Bent Knee Raise	Deadbug	Bird dog	Sets:	Reps:	RPE:
Rotational Core "Putting baby in the car seat"	Seated Weighted Side to Sides	Seated Paloff (Belly) Press	Standing Diagonal Cross Body Pull	Sets:	Reps:	RPE: Complete based on how you're feeling on a given day, above is a suggestion
Lateral "Stepping to the side"	Seated Clamshells	Side Lying (or standing) Hip Abduction	Side Lunge	Sets:	Reps:	RPE:
Lunge "Going up the stairs"	Step Ups (w/ Support)	Reverse Lunge	Curtsy Lunge	Sets:	Reps:	RPE: With poles
Horizontal Push "Opening doors"	Wall/Knee Push-Ups	Banded Chest Press	Dumbbell Bench Press	Sets:	Reps:	RPE:
Hinge/Hip Extension "Picking up objects off the ground"	Glute Bridge	Romanian Deadlift	Dumbbell Swings	Sets:	Reps:	RPE:
Horizontal Pull "Pulling weeds"	Seated Row	Standing Reverse Fly	Bent Over Row	Sets:	Reps:	RPE: Use towel grip
Squat "Standing up from a chair"	Quarter Wall Sit	Bodyweight Squat (w/ Chair)	Goblet Squat	Sets:	Reps:	RPE: Hug grip
Vertical Push "Storing snacks on the top shelf"	Front Shoulder Raise @ 45° (thumbs up)	Shoulder Press	Arnold Press	Sets:	Reps:	RPE: Seated, try thumb up and diagonal to your body if pain in shoulder
Vertical Pull "Swimming"	Straight Arm Pull Down	Lat Pulldown	Assisted Pull/Chin-Up	Sets:	Reps:	RPE: Complete range based on how shoulder and hand feel

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)

