

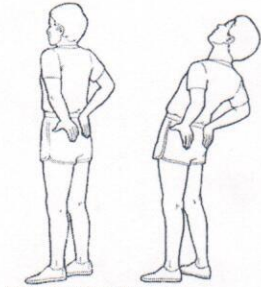


PhysioTools

Work with the Best

Personal exercise program
Injury Prevention While Gardening
 Iowa Physical Therapy
 Iowa Physical Therapy

Provided by Feryl York
 Provided for CVIDS
 Contact date 4/13/2015



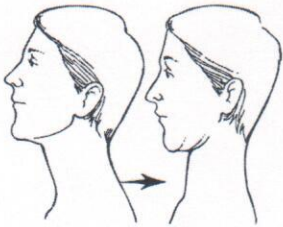
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1. Place hands firmly against hips as shown
2. Bend backward until you feel a stretch
3. Hold _____ seconds
4. _____ repetitions, _____ times per day



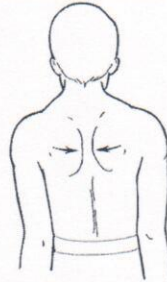
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1. Lie on back with knees bent
2. Tighten abdominal muscles, squeeze buttock muscles and flatten back as shown
3. Hold _____ seconds
4. _____ repetitions, _____ times per day



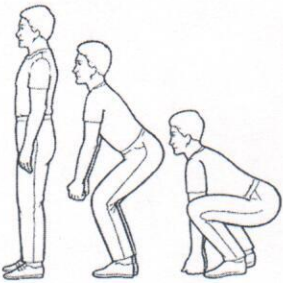
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1. Begin sitting or standing naturally
2. Tuck your chin in and pull your head straight back
3. Hold _____ seconds
4. _____ repetitions, _____ times per day



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1. Stand with arms at sides
2. Pinch shoulder blades together as shown
3. Hold _____ seconds
4. _____ repetitions, _____ times per day



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1. Stand upright with feet shoulder width apart
2. Squat down, keeping chest upright and back held in a stabilized neutral position
3. Squat as far as you can without letting your spine move out of its neutral position - try to touch the floor if possible
4. Return to starting position
5. _____ repetitions, _____ times per day