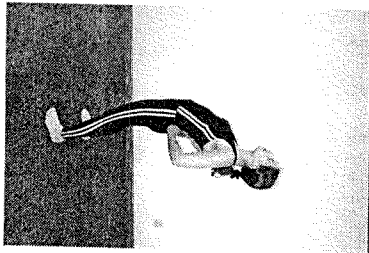
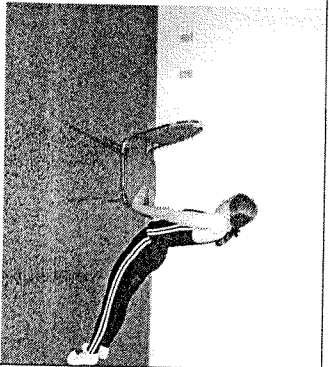
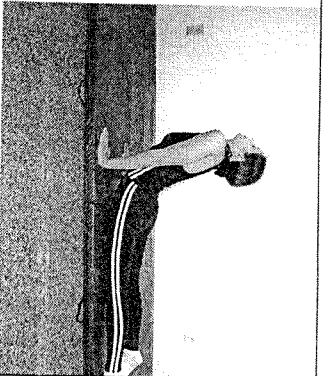

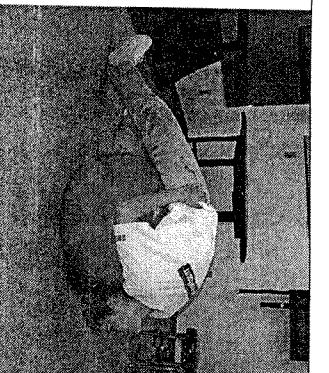
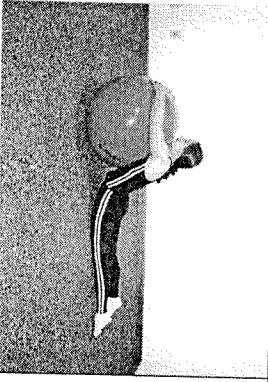
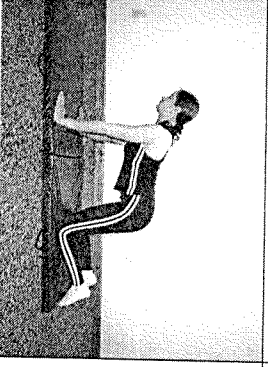
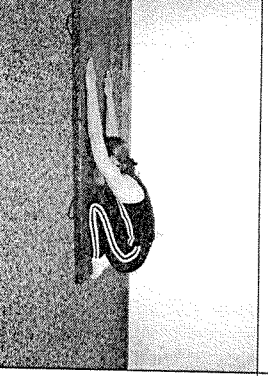
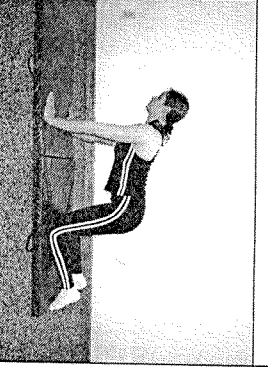
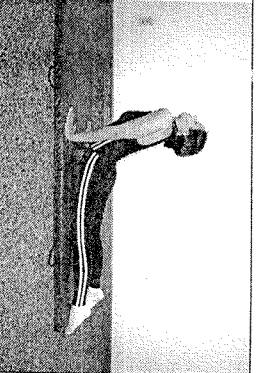
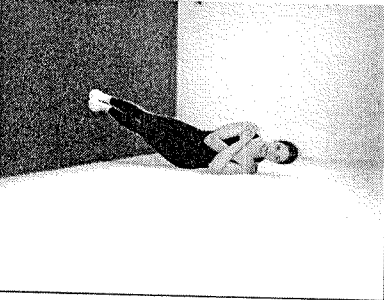
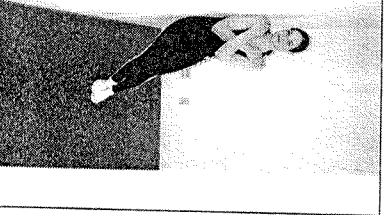


TEST 3 L-ROM TEST EXERCISE OPTIONS FOR THE EXTENSION-BIASED PATIENT

<p>1) Standing extension</p> 	<p>2) Chair extension</p> 	<p>3) Prone Press-up</p> 	<p>4) Chest on floor extension</p> 	<p>5) GymBall extension</p> 
<p>6) Prone GymB Extension</p> 	<p>7a) Hand-heel-rock – step 1</p> 	<p>7b) Hand-heel-rock - step 2</p> 	<p>7c) Hand-heel-rock – step 1</p> 	<p>7d) Hand-heel-rock –step 3</p> 
<p>8) Side Glide Left</p> 	<p>8) Side Glide Right</p> 	<p>Exercise Directions</p> <p>Exercises 1-6 can be applied many times a day for up to 5-6 minute holds, rather than in reps. Exercise 7, the Hand-heel Rock (7a-d) where slow reps are preferred. The flexion component of the HHR (7b) should be modified during the peripheralization period of the patient's condition, especially if pain radiates into a leg during Step 2 (7b). Often, waiting until peripheral symptoms are eliminated before starting the HHR is wise.</p> <p>Exercise 8, side gliding is used when spinal antalgia exists- utilize the side that centralizes pain. Modify to each individual patient. Discontinue if sharp or alarming pain occurs and discuss.</p>		

Objective: Improve ROM and centralize peripheral / leg pain.

NAME _____

DATE _____