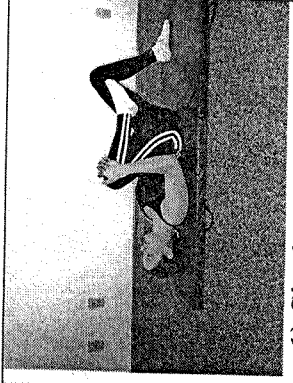

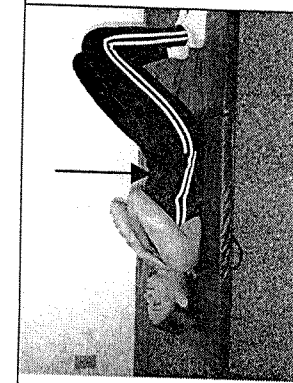
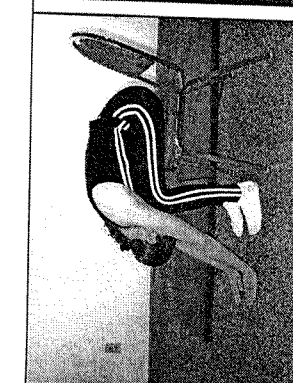


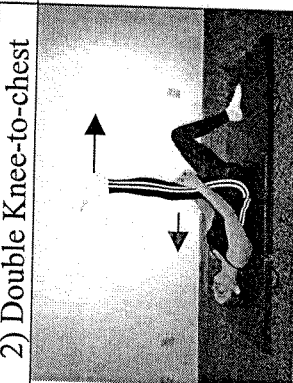


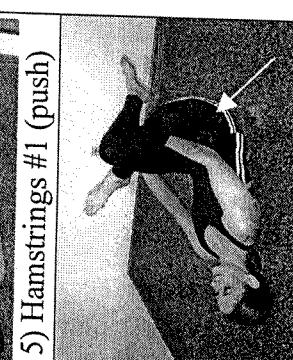

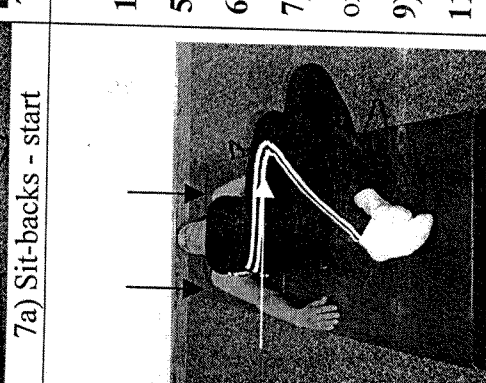


# TEST 3 L-ROM TEST EXERCISE OPTIONS FOR THE FLEXION-BIASED PATIENT

 <p>1) Single Knee-to-chest</p>	 <p>2) Double Knee-to-chest</p>	 <p>3) Posterior Pelvic tilts</p>	 <p>4) Sitting "bend-overs"</p>	 <p>5) Hamstrings #1 (push)</p>
 <p>6) Hamstrings #2a</p>	 <p>6) Hamstrings #2b</p>	 <p>7a) Sit-backs - start</p>	 <p>7b) Sit-backs - 10 sec hold</p>	 <p>8) Piriformis stretch</p>
 <p>9) Wall-squats 20 sec.</p>		 <p>11) Trunk Rotations</p>		<p><b>Exercise Directions</b></p> <p>1-4 &amp; 8, 10, 11) - 10x / 3 sec. holds (to tolerance)</p> <p>5) Push &amp; scoot to max., then hold 2-8 minutes / leg <b>OR</b></p> <p>6) 5x / alternate legs @ 10 sec. holds with contraction</p> <p>7) Hold sit-back (b) 10 secs. @ 5 reps (<u>reverse</u> by starting on the back and lifting head and shoulder blades off floor)</p> <p>9) Hold 30 sec. or as long as desired (quad &amp; gluts burn)</p> <p>11) Keep shoulders on floor and rotate knees to ea. side.</p> <p>If "bad" (vs "good") pain occurs, <b>STOP &amp; move on to the next exercise. Repeat these AM &amp; PM, or more.</b></p>

**Objective:** Improve strength and coordination of the abdominal / core muscles & promote flexion

NAME \_\_\_\_\_

DATE \_\_\_\_\_