

Practice Name

Address

Email

Phone

Program Code: Demo







Program Name: Demo mixed exercises






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Client ID: REFDemo

Patient Name

	Ex #	Ex name	Exercise instructions	Comments		
	jm23.	Sitting VMO	Practice tightening the inside quadriceps muscle. Feel the inside quadriceps muscle for feedback.			
	UAK 5.	Single Leg Balance with Chair	Use chair for support			
	sh20.	Chariots - Shoulder Extension	Pull band back with straight elbows. Control return movement.			
	sh22.	External Rotation	Keep elbow against body and bent at 90°. Slowly rotate the arm.			
	sh33.	Plie squats	Turn your legs out. Squat keeping kneecaps pointed over feet. Do not lock knees out straight.			
	sh46.	Short Adductors Stretch	Hold for 15 secs			

	Ex #	Ex name	Exercise instructions	Comments		
	jm8.	Lunge - Walk Stance Position	Bend knee keeping pelvis level. Keep the kneecap pointed over the middle of your foot.			
	30	Standing stork	Take weight onto 1 leg and keep the top of the pelvis level.			
	sh33.	Pillow Squeeze	Squeeze pillow with elbow, using only 30% of strength.			

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Perform your exercises at home correctly. To watch an instructional video of each of the exercises on this exercise sheet:

1. Register as a patient in ePhysio
2. Log in then enter your REF number displayed at the top of this sheet.