



Physical Therapy @ OCR
 Olivieri Chiropractic and Rehabilitation Center
 1501 Route 47 South
 Rio Grande, NJ 08242
 Phone: (609) 886-8585 Fax: (609) 886-8540

Client :
 ID :

THR :

Date : Tuesday, February 14, 2006

Exercise	Date																									
		Set:	1	2	3	1	2	3	1	2	3	1	2	3	1	2	3	1	2	3	1	2	3	1	2	3
TUB Shoulder Diagonal Adduction	Wgt:																									
	Reps:																									
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	Reps:																									
TUB Lateral Raise / Shoulder Abduction	Wgt:																									
	Reps:																									
TUB Sh. Abduction 45° Thumb Down	Wgt:																									
	Reps:																									
TUB 'Sword' - Quadruped	Wgt:																									
	Reps:																									
WEI Prone Shoulder Extension - Bench	Wgt:																									
	Reps:																									
TUB R/C Int Rot. Supported	Wgt:																									
	Reps:																									
TUB R/C External Rotation 90°	Wgt:																									
	Reps:																									
TUB Biceps Curl	Wgt:																									
	Reps:																									
TUB Triceps Overhead Extension	Wgt:																									
	Reps:																									
WEI Wrist Curls	Wgt:																									
	Reps:																									
WEI Reverse Curls / Wrist	Wgt:																									
	Reps:																									
TUB Wrist Twists - Pronation	Wgt:																									
	Reps:																									
TUB Wrist Twists - Supination	Wgt:																									
	Reps:																									



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FLO Push Ups		Wgt:																								
		Reps:																								
FLO Seated Tricep Press Up		Wgt:																								
		Reps:																								
WEI Bent Over Rows - Dumbell / Bench		Wgt:																								
		Reps:																								
		Wgt:																								
		Reps:																								
		Wgt:																								
		Reps:																								
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