

Name \_\_\_\_\_

Date \_\_\_\_\_

Physician \_\_\_\_\_

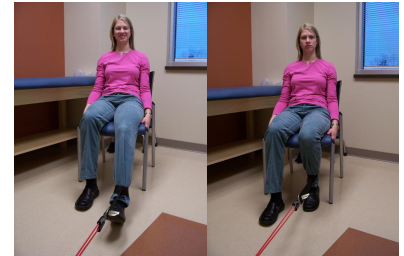


proaxistherapy

# Patient Flow Sheet

## LE Sport Cord (D)

**1) Seated Hamstring (Carpet Drags)-** Sport cord should be attached to the door low to the floor. With strap around ankle and tension on sport cord, drag your toes across the floor (heel up) towards the chair. Lift your foot off the floor and return to the starting position. **\*Remember: Slow and Controlled Movements**



**2) Seated Leg Press (Gas Pedal)-** Sport cord should be attached at door handle. With strap around arch of foot, start with knee bent at 90 degrees (as pictured) and press leg out to an almost straight position (as pictured). Return to starting position. Your foot should stay at hip level throughout motion. **\*Remember: Slow and Controlled Movements**



**3) 1/3 Knee Bends-** Step on sport cord. Feet should be shoulder width apart and handles about 2 inches above knees. With knees slightly bent, pull handles up to your waist. Now bend your knees about 4-5 inches (as pictured). 1 second down/ 1second up. Do not let the front edge of your knees come past your toes. Keep your back straight and never fully extend your knees.

**\*Remember: Slow and Controlled Movements**



**4) Forward/Backward Walk/Jog-** With sport cord attached to waist belt, face toward door. Step back (~6-8 in.) to create tension. Lower body on one leg, return to starting position, then lower on other leg. Turn away from door and repeat exercise in this position. **\*Remember: Slow and Controlled Movements**



**5) Lateral Agility-** With sport cord attached to waist belt, stand sideways so sport cord is on injured side. Step sideways (~6-8 in.) to create tension. Now step or hop (as instructed) away from sport cord allowing only one foot on the ground at a time while maintaining tension on the cord. Stay low. **\*Remember: Slow and Controlled Movements**

