

AROM vestib sit to stand head neutral



- Begin in sitting position.
- Keep head facing forward.
- Slowly stand.
- Sit and repeat.

Special Instructions:

Begin slowly at first, then speed up as possible. When this activity can be done quickly without dizziness, slow down and close the eyes. Gradually speed up again.

Perform 3 sets of 20 Repetitions, once a day.

Rest 1 Minute between sets.

Perform 1 repetition every 4 Seconds.

Resist ankle calf raises bil stand w/wt



- Stand with weights in hands.
- Feet placed shoulder distance apart.
- Raise up on balls of feet.
- Return to start position and repeat.

Perform 3 sets of 10 Repetitions, once every other day.

Use 5 Lbs.

Rest 1 Minute between sets.

Perform 1 repetition every 4 Seconds.

Issued By: MMPC Orthopedics

Signature: _____

These exercises are to be used only under the direction of a licensed, qualified professional.

Caution: User must wear suitable eye protection such as safety goggles during this exercise to protect against possibility of eye injury as a result of the band or tube snapping towards the face if grip is lost or if the band or tube breaks.

Michigan Medical, P.C.

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