

Exercises

EXERCISE
IMAGE

[Prone Extension](#)

Make a fist, palm faces back. Squeeze your shoulder blade while raising arm alongside body

EXERCISE
IMAGE

[Seated Chair Press](#)

Sit near edge of chair. Grasp sides of chair, keeping hands in line with shoulders.

EXERCISE
IMAGE

[Diagonal Raise](#)

Stand with your palms resting on opposite thigh. Raise your arm up and out while rotating thumb.

EXERCISE
IMAGE

[Outward Rotation](#)

Lie on your back with towel under bent elbow. Place your opposite hand over the front.

EXERCISE
IMAGE

[Reach Behind Your Back](#)

Place a small rolled towel high under your affected arm. Grasp your wrist with your opposite.

EXERCISE
IMAGE

[Upright Rowing](#)

Tie an exercise band to a doorknob. Hold the ends of the exercise band in both hands.

ADD

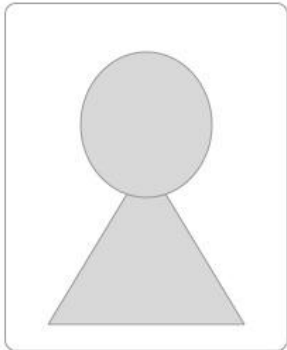
Prone Extension

EXERCISE
IMAGE OR ANIMATION

Make a fist, palm faces back. Squeeze your shoulder blade while raising arm back alongside body, ending with arm parallel to floor. Hold for two seconds. Slowly return to start position.

Repeat this exercise four times, once per day

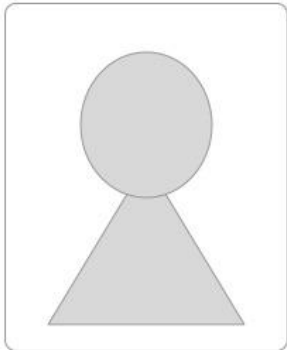
Patients



[Kate McKinnon](#)

Torn L3 ligament, misaligned
clavicle

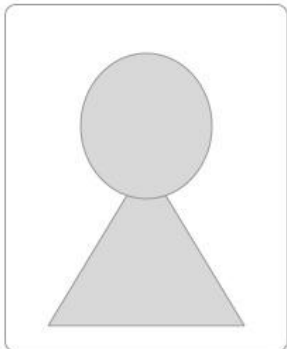
Dr. Jackson Sonenberg



[Vinjay Sulman](#)

Aggravated lower lumbar, hip
malaplaysia

Dr. Sasha Virudusky



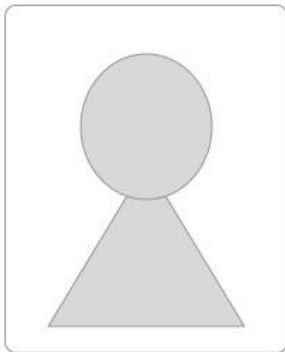
[Leticia Washington](#)

Sciatic crease, irregular
spagiotic hemotoma

Dr. Jackson Sonenberg



Kate McKinnon



km109@gmail.com

415-555-7777

450 Post St., San Francisco, CA

Torn L3 ligament, misaligned clavicle

DOCTOR



[Dr. Jackson Sonenberg](#)

University of California, San Francisco,
specializing in spine, neck, and back
issues.

EXERCISES

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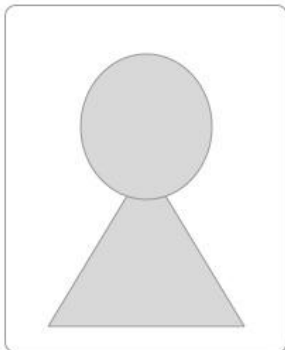
EXERCISE
IMAGE

[Upright Rowing](#)

Tie an exercise band to a doorknob. Hold the
ends of the exercise band in both hands.

EDIT

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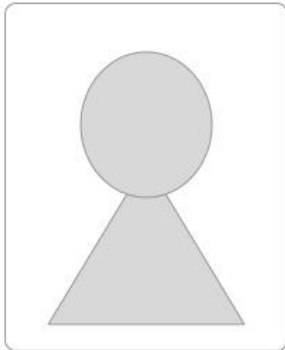
EXERCISE
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Patient Sign Up

Doctors



Dr. Jackson Sonenberg

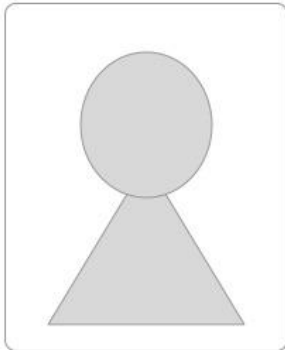
jsonenberg@ptexperts.com

415-555-6666

450 Post St., San Francisco, CA

University of California, San Francisco,
specializing in spine, neck, and back
issues.

REMOVE



Dr. Sasha Virudusky

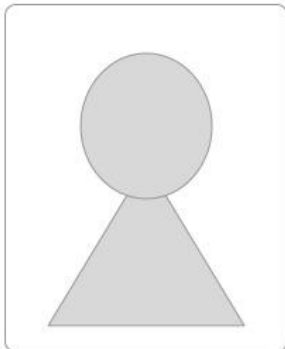
docsasha@gmail.com

415-555-8888

2348 Geary St., San Francisco, CA

St. Louis University, focus in rotator cuff,
scapula, clavicle, and humerus.

Add



Dr. Angela Grimes

ag@kaiser.com

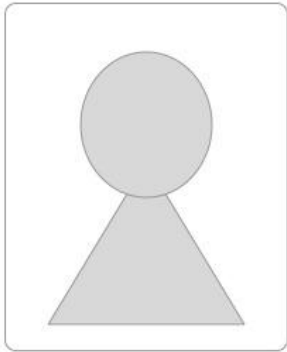
415-555-9999

2300 Post St., San Francisco, CA

Univeristy of Chicago Medical School,
expert in ankle, foot, leg and hip
physiology.

Add

Dr. Jackson Sonenberg



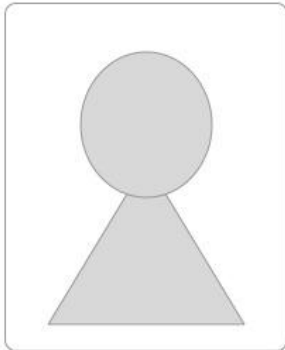
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Dr. Jackson Sonenberg

[EDIT](#)

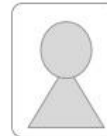
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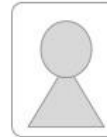
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PATIENTS



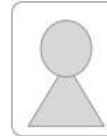
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Torn L3 ligament, misaligned clavicle



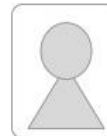
[Vinjay Sulman](#)

Aggravated lower lumbar, hip
malaplaysia



[Leticia Washington](#)

Sciatic crease, irregular spagiotic
hemotoma



[Cornelius Paulson](#)

Focal distilated apoplasmid, tear in
upper right fascicle

[ADD NEW PATIENT](#)

Doctor Sign Up

Kate McKinnon

Torn L3 ligament, misaligned clavicle



Prone Extension

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Remove



Seated Chair Press

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Upright Rowing

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Carousel



Carousel consists of three slides:

1. "This application will allow management of patient physical therapy exercises by doctors and patients. It allows doctors to assign exercises to patients and allows patients to see their exercises and pick a doctor."
2. "Sign up as a doctor or a patient, and after you enter your information, you'll be allowed to take actions appropriate for your role."
3. "Click the appropriate sign-up button below to begin!"

[DOCTOR SIGN UP](#)[PATIENT SIGN UP](#)