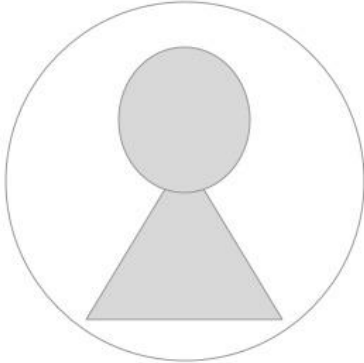


Our Team



Wayne Banks
Developer
Torn L3 ligament, misaligned
clavicle



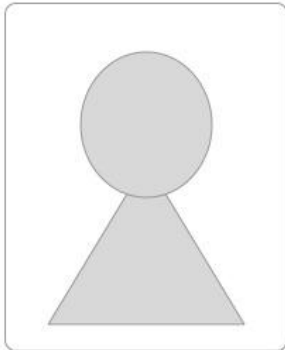
Sam Brooks
Developer
Aggravated lower lumbar, hip
malaplaysia



Michael Norelli
Developer
Sciatic crease, irregular
spagiotic hemotoma



Doctors



Dr. Jackson Sonenberg

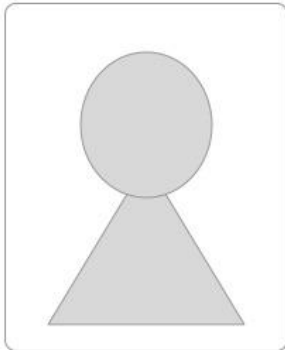
jsonenberg@ptexperts.com

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

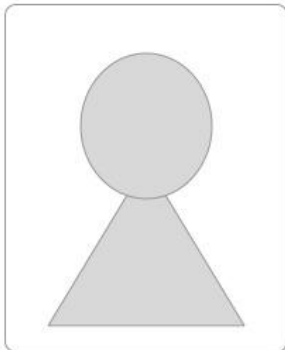
docsasha@gmail.com

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

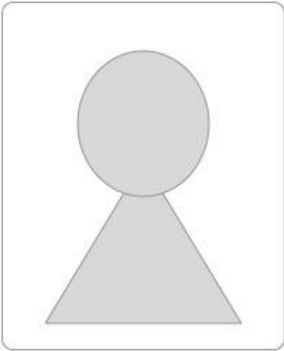
415-555-9999

2300 Post St., San Francisco, CA

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

Add

Dr. Jackson Sonenberg



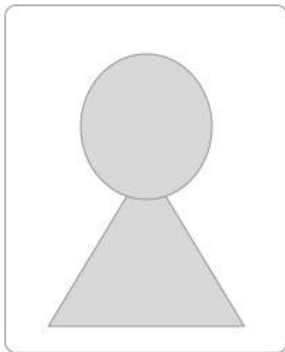
jsonenberg@ptexperts.com

415-555-6666

450 Post St., San Francisco, CA

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

Dr. Jackson Sonenberg

[EDIT](#)

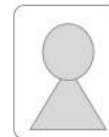
jsonenberg@ptexperts.com

415-555-6666

450 Post St., San Francisco, CA

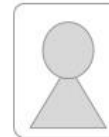
University of California, San Francisco,
specializing in spine, neck, and back
issues.

PATIENTS



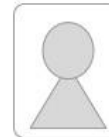
[Kate McKinnon](#)

Torn L3 ligament, misaligned clavicle



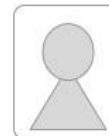
[Vinjay Sulman](#)

Aggravated lower lumbar, hip
malaplaysia



[Leticia Washington](#)

Sciatic crease, irregular spagiotic
hemotoma



[Cornelius Paulson](#)

Focal distilated apoplasimid, tear in
upper right fascicle

IB

[ADD NEW PATIENT](#)

Doctor Sign Up

Kate McKinnon

Torn L3 ligament, misaligned clavicle



EXERCISES



Prone Extension

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



Seated Chair Press

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



Diagonal Raise

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



Outward Rotation

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



Reach Behind Your Back

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

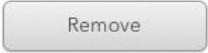


Upright Rowing

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

FREQUENCY

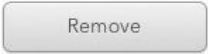
Twice daily



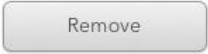
Three times daily



Twice daily



Twice daily



Three times daily



Twice daily



Exercises

EXERCISE
IMAGE

[Seated Chair Press](#)

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

SHOULDER

EXERCISE
IMAGE

[Diagonal Raise](#)

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

SHOULDER

EXERCISE
IMAGE

[Outward Rotation](#)

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

LEG

EXERCISE
IMAGE

[Reach Behind Your Back](#)

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

SHOULDER

EXERCISE
IMAGE

[Upright Rowing](#)

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

ARM

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

Carousel

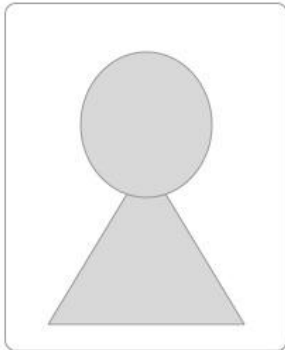


Carousel consists of three slides:

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](#)

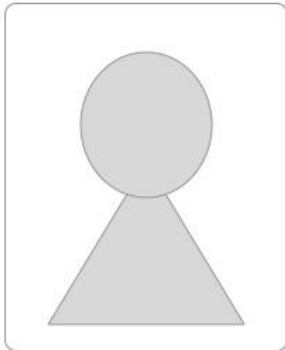
Patients



[Kate McKinnon](#)

Torn L3 ligament, misaligned
clavicle

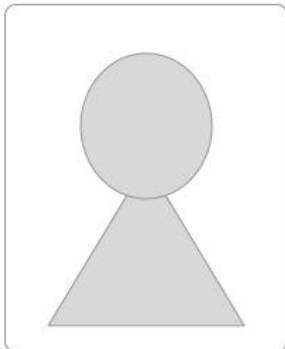
Dr. Jackson Sonenberg



[Vinjay Sulman](#)

Aggravated lower lumbar, hip
malaplaysia

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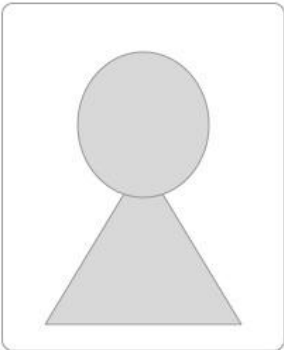
[Leticia Washington](#)

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.

IB

[FREQUENCY](#) [EXERCISES](#)

EXERCISE
IMAGE

[Twice daily](#)

[Prone Extension](#)

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EXERCISE
IMAGE

[Three times
daily](#)

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IMAGE

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daily](#)

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EXERCISE
IMAGE

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EDIT

Patient Sign Up