Integrated Nursing Solutions LLC

E-jail medical records

LOGIN

PASSWORD

ENTER

File   Home   Options   Serch

Jhon Smith

New Pacient

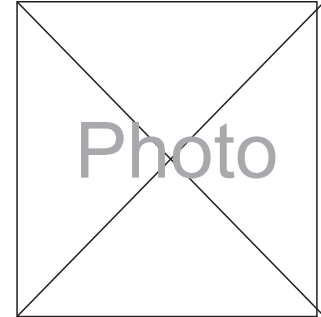Pacient   Document   Schedule

Name
Status
Supervisor
Star date
End date
Notes

Submit   Clear

Photo

Sign

SAVE
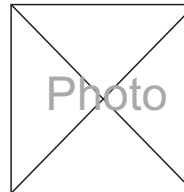
File   Home   Options   Serch

Jhon Smith

New Pacient

Pacient   Document   Schedule

Number	Name	Date	Satus
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Number	Name	Date	Satus

Photo

Name xxx
Status xxxx
Supervisor xxx
Star date xxx
End date xxxx
Notes xxxx

Medication ▽

Medication ▽

Medication ▽

File   Home   Options   Serch

Jhon Smith

Medication ▽
Paracetamol
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Sign

SAVE

File   Home   Options   Serch

Jhon Smith

New Pacient

Pacient   Document   Schedule

Form A

Form B

Form E

Form F

Form C

Form D

File   Home   Options   Serch

Jhon Smith

New Pacient

Pacient   Document   Schedule

Form A

Integrated Nursing Solutions LLC

Back Stretches/Exercises

Name: _____   Date: _____   ID: _____

Repeat _____ times on each side.
Do _____ sessions per day.

Single Knee to Chest Stretch

Pull one knee in to chest until a comfortable stretch is felt in the lower back and buttocks. Repeat with opposite knee. Hold _____ seconds. Repeat _____ times on each side. Do _____ sessions per day.

Pelvic Tilt

Flatten back by tightening stomach muscles and buttocks. Hold _____ seconds. Repeat _____ times. Do _____ sessions per day.

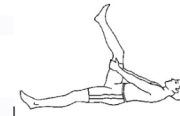**Double Knee to Chest Stretch**

Pull both knees in to chest until a comfortable stretch is felt in lower back. Keep back relaxed. Hold _____ seconds. Repeat _____ times. Do _____ sessions per day.

Supine Hamstring Stretch

Lying on back and supporting thigh behind knee, slowly straighten knee until a stretch is felt in the back of the thigh. Hold _____ seconds. Repeat _____ times per leg. Do _____ sessions per day.

Lower Truck Rotation Stretch