

	ex_em_id	Title	Instructions1	Instructions2	primary_angle	secondary_angle
0	3	Squat	Stand up with your feet	nan	['Knee']	[]
1	4	Push Ups	Get down on all fours	nan	['Knee', 'Knee']	['Hip', 'Hip']
2	5	Backward Lunges	Stand with your feet	nan	['Knee', 'Knee']	['Hip', 'Hip']
3	7	Single Leg Squat	Balance on one leg with	Keeping your thighs in	['Knee', 'Knee']	['Hip', 'Hip']
4	8	Rectus Femoris Release			['Knee', 'Knee']	['Hip', 'Hip']
5	9	Patellar Tendon Release	Place a foam roller under	Move your knees over	['Knee', 'Knee']	['Hip', 'Hip']
6	10	Cervical Rotation Isometrics			['Neck', 'Neck']	[]
7	11	Isometric Neck Extension	Face forward with good	Apply a firm pressure	['Knee', 'Knee']	['Hip', 'Hip']
8	12	AROM Neck Rotation	Sit upright and keep the	Return to the starting	['Neck', 'Neck']	[]
9	13	Cervical Rotation	Sit upright on a chair	Return the head to ne	['Neck', 'Pelvic']	[]
10	14	Cervical Flexion Isome	Face forward with good	Place a hand below th	['Pelvic', 'Pelvic']	['Hip', 'Hip']
11	15	Deltoid Foam Roller R	Lie on your front and r	Move your body over	['Knee', 'Knee']	['Hip', 'Hip']
12	16	Thoracic Rotation	Relax the spine on you	Return top the middle	['Pelvic', 'Pelvic']	['Hip', 'Hip']
13	17	Neck Rotation Stretch	Face forward with good	Apply a firm pressure	['Pelvic', 'Pelvic']	['Neck', 'Neck']
14	18	Supine chin tug	Start from Crook lying	glide the chin back to	['Neck', 'Pelvic']	['Pelvic', 'Neck']
15	19	Cervical Extension Iso	Face forward with good	Apply a firm pressure	['Pelvic', 'Pelvic']	['Neck', 'Neck']
16	20	Spinal Rotation	Lie on your back with	Return to the middle t	['Pelvic', 'Pelvic']	['Neck', 'Neck']
17	21	Cat And Camel Exercis	Relax the abdomen an	Tilt the pelvis forward	['Knee', 'Knee']	['Hip', 'Hip']
18	22	Single Knee Hug	Lie on your back with	Lower the leg down ar	['Ankle', 'Ankle']	[]
19	23	Right Thoracic Rotatio	Relax the spine on you	Return top the middle	[]	[]
20	24	Deep Neck Flexor Recrui			[]	[]
21	25	Gentle Sciatic Nerve G	Place your heel on a m	gently allow the foot t	['Shoulder', 'Shoulder']	['Pelvic', 'Pelvic']
22	26	SHOULDER ADDUCTOR	Raise your arm forward	Apply a firm pressure	['Shoulder', 'Shoulder']	[]
23	27	Shoulder Abductor Iso	Raise your arm laterall	Apply a firm pressure	['Shoulder', 'Shoulder']	[]
24	28	Count of Field			['Neck', 'Pelvic']	[]
25	29	Wand Exercise Should	Hold a stick at each en	Hold this position for t	['Neck', 'Pelvic']	[]
26	30	Active Assisted Should	Start from sitting posit	Raise the arm forward	['Shoulder', 'Shoulder']	['Neck', 'Neck']
27	31	Shoulder Flexion With	Start from Supine lying	Raise the arm forward	['Pelvic', 'Pelvic']	['Neck', 'Neck']
28	32	Ankle Toe Pumps	Pull your feet and toes	nan	['Ankle', 'Ankle']	[]
29	33	STANDING SPINAL EXT	Place your hands on y	Lean back comfortably	['Pelvic', 'Pelvic']	['Hip', 'Hip']
30	35	Dynamic Quadriceps	Sit forward in your cha	Place your feet "\n" fl	['Ankle', 'Ankle']	['Knee', 'Knee']
31	38	Arm Circling Exercise	Sit upright with your a	Return to the starting	[]	[]
32	41	Active Shoulder Extern	Start with your arm in	Hold for the prescrib	['Shoulder', 'Shoulder']	['Neck', 'Neck']
33	42	Pendular Exercise			[]	[]
34	45	Pelvic Tilting Exercise	Place the hands on the	Feel like you are drawi	['Neck', 'Pelvic']	['Pelvic', 'Neck']
35	46	Side Lying Isometric Hip	Abduction		['Hip', 'Hip']	['Pelvic', 'Pelvic']
36	47	Isometric Hip Abduction	and External Rotation in	Side Lying	['Hip', 'Hip']	['Knee', 'Knee']
37	48	Wall Pushups	Place the hands on a v	Bend the arms to lowe	['Neck', 'Pelvic']	['Shoulder', 'Shoulder']
38	49	Knee Flexion In Standing			['Knee', 'Knee']	['Ankle', 'Ankle']
39	50	Gluteal Strengthening			['Hip', 'Hip']	['Pelvic', 'Pelvic']
40	51	Knee Flexion Sitting			['Knee', 'Knee']	['Hip', 'Hip']
41	52	Assisted Plantar fascia	release		['Ankle', 'Ankle']	[]
42	53	Assisted Plantar fascia	release		['Hip', 'Hip']	['Knee', 'Knee']
43	54	Isometric Quadriceps	Sit on a chair and plac	Press the foot into the	['Knee', 'Knee']	['Hip', 'Hip']
44	55	Vmo Strengthening			['Knee', 'Knee']	[]
45	56	Standing Hip Extension			['Shoulder', 'Shoulder']	[]
46	57	Prone Slr			['Knee', 'Knee']	['Hip', 'Hip']
47	58	Supine Heel Slide			['Knee', 'Knee']	['Hip', 'Hip']
48	68	Gluteal Activation			['Pelvic', 'Pelvic']	['Hip', 'Hip']
49	69	Knee Flexion			['Knee', 'Knee']	[]
50	70	Mini Squats			['Knee', 'Knee']	['Hip', 'Hip']
51	72	Forward Lunges			['Knee', 'Knee']	['Hip', 'Hip']
52	73	Standing Toe Touching			['Hip', 'Hip']	['Pelvic', 'Pelvic']
53	75	Upper Back Rotation			['Shoulder', 'Shoulder']	[]
54	76	Knee Plyometric			['Knee', 'Knee']	['Hip', 'Hip']
55	77	Supported Mini Squats			['Knee', 'Knee']	['Hip', 'Hip']
56	78	Shoulder Flexion			['Shoulder', 'Shoulder']	[]
57	79	Pelvic Rotation			['Pelvic', 'Pelvic']	['Hip', 'Hip']
58	80	Upper Abdomen Strength			['Pelvic', 'Pelvic']	['Neck', 'Neck']
59	81	Pelvic Lifting			['Pelvic', 'Pelvic']	['Hip', 'Hip']
60	83	Left Cervical Rotation			['Neck', 'Pelvic']	[]
61	84	Upper Abdominal Recrui			['Pelvic', 'Pelvic']	['Hip', 'Hip']
62	87	Prone On Elbows			['Neck', 'Neck']	['Pelvic', 'Pelvic']
63	89	Wand Assisted Internal	Rotation Shoulder		['Shoulder', 'Shoulder']	['Elbow', 'Elbow']
64	99	Ankle Proprioception			['Ankle', 'Ankle']	[]
65	100	Neck Rotation			['Neck', 'Neck']	[]
66	101	Modified Plank			['Pelvic', 'Pelvic']	['Shoulder', 'Shoulder']
67	103	Side Lying Arm Rotation			['Shoulder', 'Shoulder']	[]
68	104	Shoulder Assisted Internal	Rotation		['Shoulder', 'Shoulder']	['Elbow', 'Elbow']
69	105	Balance Exercise			['Pelvic', 'Pelvic']	['Shoulder', 'Shoulder']
70	106	Sitting Pectoral Stretching			['Neck', 'Pelvic']	['Shoulder', 'Shoulder']
71	107	Hip Abduction			['Hip', 'Hip']	['Pelvic', 'Pelvic']
72	108	Lower Abdominal Recruit	ment		['Hip', 'Hip']	['Pelvic', 'Pelvic']
73	109	Supine Hamstring Stretch			['Pelvic', 'Pelvic']	['Hip', 'Hip']
74	110	High Knee Lump			['Knee', 'Knee']	['Hip', 'Hip']
75	111	Step-Ups	Stand with a step in fr	Drive the leg up into s	['Knee', 'Knee']	['Hip', 'Hip']
76	112	Hip Adduction Strengt	Lie on your side and r	Lower the leg to the fl	['Knee', 'Knee']	['Hip', 'Hip']
77	113	Standing Ankle Circum	Start with Standing po	Repeat these ankle ro	['Ankle', 'Ankle']	['Knee', 'Knee']
78	114	Standing Back Extensio	Place your hands on y	Relax forward to straig	['Pelvic', 'Pelvic']	['Hip', 'Hip']
79	115	Core Strengthening	Start in prone lying, fo	Hold in Cobra position	[]	[]
80	116	Triceps Stretching	Sit upright in the chair	Hold the stretch for th	['Pelvic', 'Pelvic']	['Hip', 'Hip']
81	117	Levator Scapulae Stret	Move the chin down to	Remove the hand and	['Shoulder', 'Shoulder']	['Elbow', 'Elbow']
82	118	Upper Trapezius Stret	Sit up straight on a ch	Use the other hand to	['Neck', 'Neck']	['Shoulder', 'Shoulder']
83	119	Bilateral Cervical Rota	Sit upright and keep th	nan	['Neck', 'Neck']	['Shoulder', 'Shoulder']
84	120	Thumb Finger Opposit	Stand with hand in fro	Take your thumb across	['Wrist', 'Wrist']	['Elbow', 'Elbow']
85	121	Chin Tucks Postural Re	Sit on a chair "\n" Rais	Repeat as prescribed	['Neck', 'Neck']	['Shoulder', 'Shoulder']
86	122	Lateral Flexion Spine			['Pelvic', 'Pelvic']	['Shoulder', 'Shoulder']
87	123	Reach Thoracic	Sit with you arms strai	Hold this stretch for th	['Neck', 'Neck']	['Shoulder', 'Shoulder']
88	124	Wrist Shaking	Rest your forearm with	Lower and up the han	['Wrist', 'Wrist']	['Elbow', 'Elbow']
89	125	Reverse Namaste	Stand and bring both t	Push both the dorsal a	['Wrist', 'Wrist']	['Shoulder', 'Shoulder']
90	126	Namastey Extention	Stand and bring both t	Push both the palms t	['Wrist', 'Wrist']	['Shoulder', 'Shoulder']
91	127	Upper Body Stretch	From an upright seate	Return to the starting	['Neck', 'Neck']	['Shoulder', 'Shoulder']
92	128	Posterior Capsule Stre	Stand and lift your arm	nan	['Neck', 'Neck']	['Shoulder', 'Shoulder']
93	129	Spinal Extension	Stand tall with your fe	Bring the arms back to	['Pelvic', 'Pelvic']	['Shoulder', 'Shoulder']
94	130	Calf Strengthening	Sit on a chair with feet	Hold this position	['Ankle', 'Ankle']	['Knee', 'Knee']
95	131	Quadriceps Strength	Sit on the chair so tha	Slowly bend the knees	['Knee', 'Knee']	['Hip', 'Hip']
96	132	Sitting Elbow Cross Pe	From a supported pos	Hold for the designate	['Shoulder', 'Shoulder']	['Neck', 'Neck']
97	133	Quadriceps Activation	Sit forward in your cha	Raise one foot up to st	['Knee', 'Knee']	['Hip', 'Hip']
98	134	Anterior Capsule Stret	From a supported pos	Hold for the designate	['Shoulder', 'Shoulder']	['Neck', 'Neck']
99	135	Pelvic Shifting	Sit on a chair "\n" Slur	A Hold for the prescri	['Hip', 'Hip']	['Pelvic', 'Pelvic']
100	136	Bilateral Knee Kick	Sit on a chair with you	Lower the foot to the	['Knee', 'Knee']	['Hip', 'Hip']
101	137	Piriformis Stretching	h	Sit with your foot on t	nan	['Hip', 'Hip']
102	138	Thoracic Rotation Sitti	ng	From a supported pos	Perform the movemen	['Shoulder', 'Shoulder']
103	139	Core Activation	A Sit on the chair with	Exhale and raise the u	['Hip', 'Hip']	['Shoulder', 'Shoulder']
104	140	External Oblique Activ	ty	Sit on a chair with arm	Return to the middle t	['Pelvic', 'Pelvic']
105	141	Rectus Abdominis Rec	Sit on the chair with b	Relax and repeat	['Pelvic', 'Pelvic']	['Hip', 'Hip']
106	142	Sitting Hip Adductor S	it	Sit on a chair with a b	Perform the movemen	['Pelvic', 'Pelvic']
107	143	Hip Flexor Strengthen	er	Sit with good posture	Lower the foot down"	['Hip', 'Hip']
108	144	Knee Dangling	Sit on a chair with you	Lower the foot to the	['Hip', 'Hip']	['Knee', 'Knee']
109	145	Sitting SLR	Sit on a chair with you	Lower the foot to the	['Hip', 'Hip']	['Knee', 'Knee']
110	146	Heel Slide Sitting	Place your heel on a g	ently allow the foot t	['Ankle', 'Ankle']	['Knee', 'Knee']
111	147	Standing Lateral Bend	Stand tall with your kn	Hold the position as y	['Pelvic', 'Pelvic']	['Shoulder', 'Shoulder']
112	148	Standing Upper Back E	Stand with you arms s	Hold this stretch for th	['Shoulder', 'Shoulder']	['Neck', 'Neck']
113	149	Sitting Spinal Flexion	From a supported pos	Keeping your back stra	['Pelvic', 'Pelvic']	['Hip', 'Hip']
114	150	Sitting Ankle Pumps	Sit forward in your cha	Hold this stretch for th	['Ankle', 'Ankle']	['Knee', 'Knee']
115	151	Plantar fascia Release	Raise your foot over y	Hold the stretch for th	['Ankle', 'Ankle']	['Knee', 'Knee']
116	152	Tibialis Anterior Stret	Start in sitting positio	Hold for the prescrib	['Ankle', 'Ankle']	['Knee', 'Knee']
117	153	Wrist Extension Stretc	Bend your wrist so you	Hold for the prescrib	['Wrist', 'Wrist']	['Elbow', 'Elbow']
118	154	Wrist Flexion Stretch	Bend your wrist "\n" n	Hold for the prescrib	['Wrist', 'Wrist']	['Elbow', 'Elbow']
119	155	Brachioradialis Stretch	Bend your wrist "\n" i	Hold for the prescrib	['Elbow', 'Elbow']	['Wrist', 'Wrist']
120	156	Finger Strengthening	Open the palm with fi	Hold for the prescrib	['Elbow', 'Elbow']	['Elbow', 'Elbow']
121	157	Standing Trapezius rec	Stand with a chair ne	Lift your shoulders up	['Shoulder', 'Shoulder']	['Neck', 'Neck']
122	158	Deep Neck Flexors Str	Lie face up on crook lyi	Hold for the prescrib	['Pelvic', 'Pelvic']	['Hip', 'Hip']
123	159	Knee To Chest	Lie faceup "\n" holding	Hold for the prescrib	['Pelvic', 'Pelvic']	['Hip', 'Hip']
124	160	Bridging	Lie on your back with	Lower the heels to the	['Pelvic', 'Pelvic']	['Hip', 'Hip']
125	161	Gluteal Stretching	Lie on your back & ber	nan	['Pelvic', 'Pelvic']	['Hip', 'Hip']
126	162	Prone Straight Leg Glu	Lie on your front and r	Exhale and push the le	['Pelvic', 'Pelvic']	['Hip', 'Hip']
127	163	Prone On Hands	Lie face down "\n" pla	Lower the torso to the	['Pelvic', 'Pelvic']	['Neck', 'Neck']
128	164	Lumbar fascia Stretchi	ng	Knee on all floors "\n"	Curl the spine into a b	['Pelvic', 'Pelvic']
129	165	Double Knee To Chest	Lie on your back with	Release the feet to the	['Pelvic', 'Pelvic']	['Hip', 'Hip']
130	166	Adduction Stretching	Sit on the floor with s	nan	['Hip', 'Hip']	['Pelvic', 'Pelvic']
131	167	Tailor Stretch	Sit with your knees be	Lean forward with goo	['Hip', 'Hip']	['Pelvic', 'Pelvic']
132	168	Median Nerve Gliding	Raise your arms out to	Turn the palm to face	['Neck', 'Neck']	['Shoulder', 'Shoulder']
133	169	Median Nerve Gliding	Raise your arm out to	Move the palm away a	['Neck', 'Neck']	['Shoulder', 'Shoulder']
134	170	Ulnar Nerve Gliding	Raise the hand up so t	nan	['Neck', 'Neck']	['Shoulder', 'Shoulder']
135	171	Neck Extension	it upright and look up	Steadily return to the	['Neck', 'Neck']	['Shoulder', 'Shoulder']
136	172	Wrist Flexion	Rest the forearm with	Relax the wrist to a ne	['Wrist', 'Wrist']	['Elbow', 'Elbow']
137	173	Brachioradialis Ball Re	Use a small ball to rol	nan	['Elbow', 'Elbow']	['Wrist', 'Wrist']
138	174	Finkelstein Stretch	Allow the thumb to roll	nan	['Wrist', 'Wrist']	['Elbow', 'Elbow']
139	175	VMO Strengthening	Sit on the floor with y	Straighten the knee ar	['Knee', 'Knee']	['Hip', 'Hip']
140	176	Supine Hip Adductor S	Place a foam roller bet	Squeeze the foam roll	['Knee', 'Knee']	['Hip', 'Hip']
141	177	Dumbell Assisted Wris	t Rest your arm on a ta	Under control slowly a	['Wrist', 'Wrist']	['Elbow', 'Elbow']
142	178	Wrist Flexion Dumbell	Hold a dumbbell with	Under control slowly a	['Wrist', 'Wrist']	['Elbow', 'Elbow']
143	179	Wrist Supination Prona	tion Mobility		['Wrist', 'Wrist']	['Elbow', 'Elbow']
144	180	Thumb Opposition			['Wrist', 'Wrist']	['Elbow', 'Elbow']
145	181	Thumb Extension Isom	nan	nan	['Wrist', 'Wrist']	['Elbow', 'Elbow']
146	182	Theraband Resisted Cer	vical Side Flexion		['Neck', 'Neck']	['Shoulder', 'Shoulder']
147	183	Theraband Resisted C	Place a band around th	Hold for the prescrib	['Neck', 'Neck']	['Shoulder', 'Shoulder']
148	184	Bridging With One Leg	Lie face up with knees	Raise the standing hee	['Pelvic', 'Pelvic']	['Hip', 'Hip']
149	185	Upper Back Extension	Lie on your front with	Raise the head and ch	['Shoulder', 'Shoulder']	['Neck', 'Neck']
150	186	Alternate Leg To Arm	Lie face down and len	Lower that hand and f	['Shoulder', 'Shoulder']	['Hip', 'Hip']
151	187	Arm Assisted Shoulder	Lie on your back and r	Lower the arm to the	['Shoulder', 'Shoulder']	['Elbow', 'Elbow']
152	188	Supine But Stretch	Lie on your back & ber	Reach your hand arou	['Pelvic', 'Pelvic']	['Hip', 'Hip']
153	189	Sitting Adductor Stret	ch	Sit with your knees be	Lean forward with goo	['Hip', 'Hip']
154	190	Wall Assisted Mini Squ	ats		['Hip', 'Hip']	['Knee', 'Knee']
155	191	Standing IT Band Stret	ch	Step one foot behind t	Straighten the arm an	['Hip', 'Hip']
156	192	Cross Over Arms	Stand with your arms	Cross over the arms ar	['Shoulder', 'Shoulder']	['Neck', 'Neck']
157	193	Shoulder Shrugging	From a seated position	Repeat for the numbe	['Neck', 'Neck']	['Shoulder', 'Shoulder']
158	194	Theraband Resisted St	Stand on your front wi	Pull the foot across th	['Hip', 'Hip']	['Knee', 'Knee']
159	195	Theraband Resisted Si	ng	Sit on a chair with ban	Hold the prescribed po	['Knee', 'Knee']
160	196	Standing Adductor Thr	st	Place a band around t	Drive the hips forward	['Knee', 'Knee']
161	197	Wand Assisted Shoul	der	Stand holding a wand	Pull the stick down to	['Shoulder', 'Shoulder']
162	198	Bilateral Assisted Shou	lder	Hold both your hands	Hold this for the presc	['Shoulder', 'Shoulder']
163	199	Finger Lader Exercise			['Shoulder', 'Shoulder']	['Neck', 'Neck']
164	200	SLR Bridging Without	A	Lie on your back with	Raise one leg straight	['Pelvic', 'Pelvic']
165	201	Band Resisted Fingers	Holding some band	or repeat as prescribed	['Wrist', 'Wrist']	['Elbow', 'Elbow']
166	202	Intrinsic Foot Muscle	f	Place one foot on a te	Move the foot over th	['Ankle', 'Ankle']
167	203	Tennis Ball Assisted	Plantar fascia Release		['Ankle', 'Ankle']	['Knee', 'Knee']
168	204	Theraband Resisted C	Place the foot off the f	Hold this position ther	['Ankle', 'Ankle']	['Knee', 'Knee']
169	205	theraband Resisted Chair	Sitting Ankle Planterflexion		['Ankle', 'Ankle']	['Knee', 'Knee']
170	206	Theraband Resisted C	Place a piece of resista	Pause and return to th	['Ankle', 'Ankle']	['Knee', 'Knee']
171	207	Theraband Resisted Long	Sitting Ankle Dorsiflexion		['Ankle', 'Ankle']	['Knee', 'Knee']
172	208	Long Sitting Theraban	Place the foot on the f	Hold this position ther	['Ankle', 'Ankle']	['Knee', 'Knee']
173	209	Theraband Resisted Lc	Place a piece of resista	Pause and return to th	['Ankle', 'Ankle']	['Knee', 'Knee']
174	210	Theraband Resisted Si	ng	Lie in side lying with a	Slowly move the feet t	['Pelvic', 'Pelvic']
175	211	Chair Assisted Calf Rai	se	Stand with a chair "\n"	Lower the forefeet to	['Ankle', 'Ankle']
176	212	Standing Single Leg Ra	ise	Stand tall without bac	Slide the hips down i	['Hip', 'Hip']
177	213	Theraband Resisted Lc				