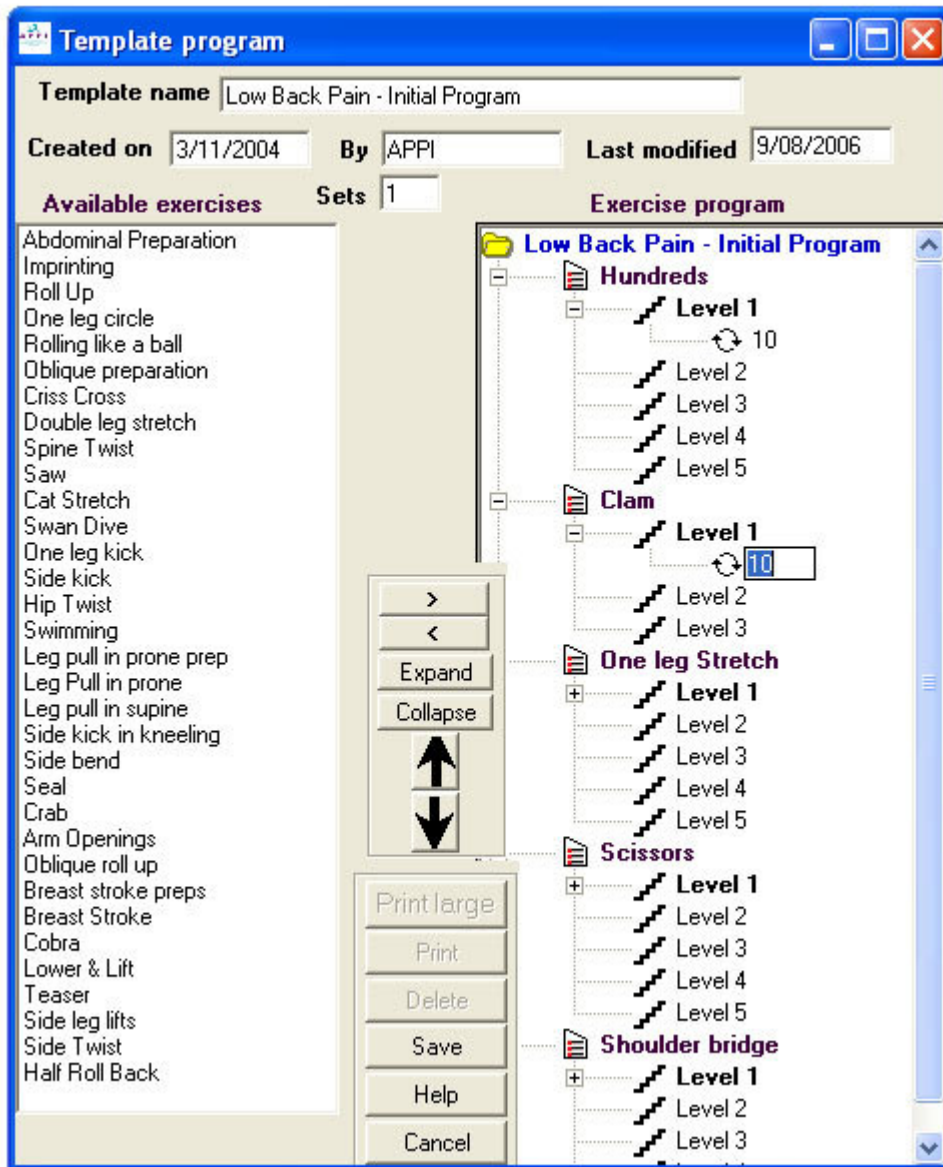




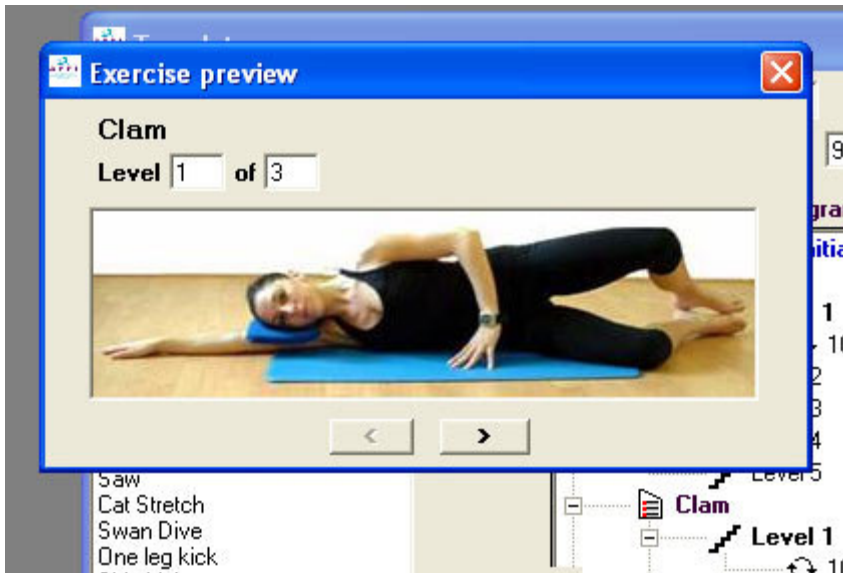
Sportstek Physical Therapy Supplies Pty Ltd  
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Oakleigh  
Victoria 3166



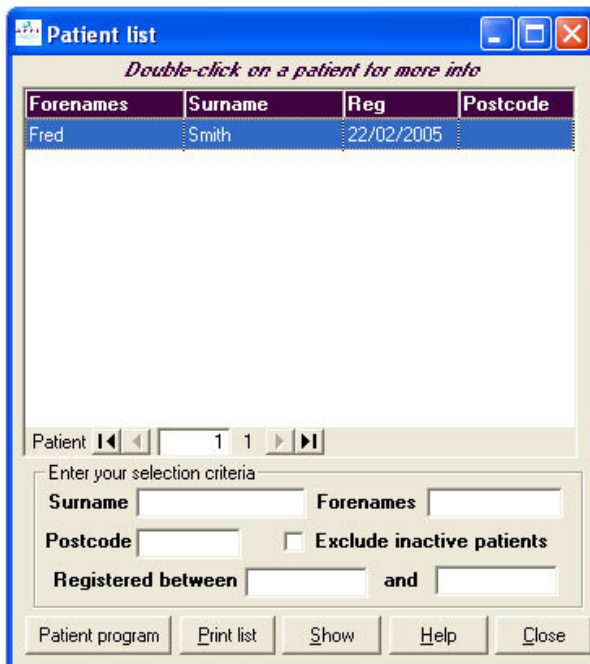
You can select one of the existing programs, or choose 'New Template' to create and save your own. You can save the template names that suit your common prescriptions to save time.



Once you have selected your program (eg Back Pain Workout) you can add or remove specific exercises from the main list. You can also edit how many repetitions the patient should do (as shown).



You can preview each stage of each exercise simply by right clicking on the exercise name



You can easily add and search for patients, to find their contact details aswell as the programs they have been assigned

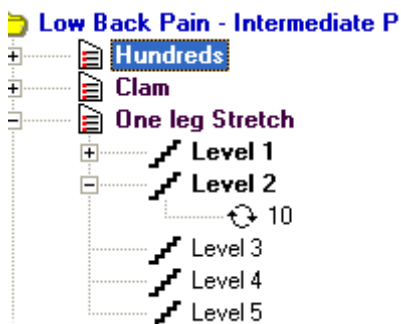


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## Complete Exercise List

Abdominal Preparation  
Imprinting  
Roll Up  
One leg circle  
Rolling like a ball  
Oblique preparation  
Criss Cross  
Double leg stretch  
Spine Twist  
Saw  
Cat Stretch  
Swan Dive  
One leg kick  
Side kick  
Hip Twist  
Swimming  
Leg pull in prone prep  
Leg Pull in prone  
Leg pull in supine  
Side kick in kneeling  
Side bend  
Seal  
Crab  
Arm Openings  
Oblique roll up  
Breast stroke preps  
Breast Stroke  
Cobra  
Lower & Lift  
Teaser  
Side leg lifts  
Side Twist  
Half Roll Back

Each of these programs has levels. This is where the large amount of detail appears in the software



The final print out will depend on which level of each exercise you choose. For example Level 5 of the exercise One Leg Stretch will print out a more comprehensive/difficult program than Level 2. See below for example:

**Program name:** Low Back Pain - Intermediate Program  
**Program date:** 9/08/2006

## One leg Stretch

Starting position: Rest position. Centre engaged.

### Level 1

- INHALE to prepare
  - EXHALE, slide your left heel forwards along the floor
  - INHALE, slide your left heel back along the floor
  - Repeat alternating legs
- Sets: 1 Reps: 10



### Level 2

- INHALE to prepare
  - EXHALE, float your left leg into tabletop
  - INHALE and hold the tabletop position
  - EXHALE, reach your left leg forwards and upwards on a diagonal line
  - INHALE, fold this leg back into the tabletop position
  - EXHALE, lower your leg to the mat
  - Repeat alternating legs
- Sets: 1 Reps: 10



### Level 3

- Float both legs into tabletop one at a time
  - INHALE to prepare
  - EXHALE, reach your left leg forwards and upwards on a diagonal line
  - INHALE, fold this leg back into the tabletop position
  - Repeat alternating legs
- Sets: 1 Reps: 30



#### Level 4

- Repeat as for level 3 and progress by reaching your arms towards your bent leg. Reach your outer hand to the outer ankle and place your inside hand at the top of your knee, fingertips facing inwards
  - INHALE for two alternating leg and arm movements
  - EXHALE for two alternating leg and arm movements
- Sets: 1    Reps: 10



**Program name:** Low Back Pain - Intermediate Program  
**Program date:** 9/08/2006

### One leg Stretch

#### Level 5

- Float both legs into tabletop one at a time
  - EXHALE, scoop your upper body into the abdo. prep. position
  - Repeat as for level 4 maintaining the abdo. prep position
  - INHALE for two alternating leg and arm movements
  - EXHALE for two alternating leg and arm movements
- Sets: 1    Reps: 10



#### Tips

- Imagine that the extending leg is reaching forwards to touch a button on the wall in front of the body
- Imagine that the back of your pelvis is stuck in a block of cement to prevent it swinging it sideways
- When in the abdo. prep. position, keep your eyes focused on your knees

**NOTE: Final print out is in Microsoft word format, therefore it can easily be edited**