

Exercise Report For:

BioFit



Feel Fit @ BioFit

Provided By:
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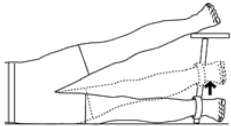
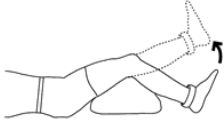
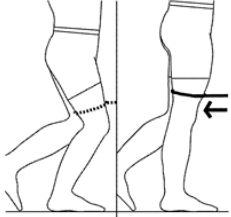
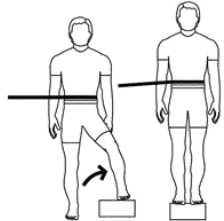
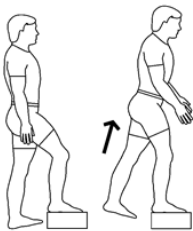
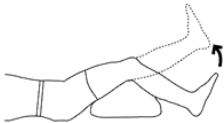
37, Kifisias Av., Indoor Basketball Arena

info@biofit.gr

Athens, Maroussi

Comment:

Για τις ασκήσεις ισορροπίας μπορείς να επιλέξεις αντί για BOSU, ένα μαξιλάρι. Επιλέγεις 12 διαφορετικές ασκήσεις για κάθε μέρα. Πραγματοποιείς 3 προπονήσεις μέσα στην εβδομάδα, για τις πρώτες 3 εβδομάδες. Στην συνέχεια προσθέτεις μία ακόμη προπόνηση.

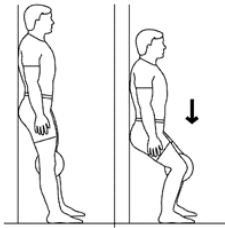
<p>Resist hip add sidelying w/wt</p>  <ul style="list-style-type: none"> • Lie on involved side. • Support uninvolved leg on chair as shown. • Keep involved leg straight, weight on ankle. • Lift leg upward. • Return to starting position. <p>Perform 4 sets of 10 Repetitions, once a day.</p> <p>Use Lbs. Rest 1 Minute between sets. Perform 1 repetition every 4 Seconds.</p>	<p>Resist knee ext (SAQ) w/wt</p>  <ul style="list-style-type: none"> • Place weight on ankle of involved leg. • Position knee over pillow, bending to about 30 degrees, as shown. • Straighten knee fully. • Return to start position and repeat. <p>Perform 4 sets of 10 Repetitions, once a day.</p> <p>Use Lbs. Rest 1 Minute between sets. Perform 1 repetition every 4 Seconds.</p>
<p>Resist knee ext uni stand w/elastic</p>  <ul style="list-style-type: none"> • Ate un elástico a un objeto inmóvil. • Ponga el elástico alrededor del muslo, un poco arriba de la rodilla involucrada, según se muestra. • Párese en la pierna involucrada, doblada a 45 grados. • Toque el piso con el dedo del pie, la otra pierna usando el objeto inmóvil para mantener el equilibrio. • Enderece la pierna, manteniendo el talón en el piso. • Regrese a la posición original. <p>Perform 4 sets of 10 Repetitions, once a day.</p> <p>Rest 1 Minute between sets. Perform 1 repetition every 4 Seconds.</p>	<p>Resist knee step up lateral w/elastic VMO</p>  <ul style="list-style-type: none"> • Attach elastic to secure object at waist level. • Loop elastic around waist. • Stand next to step as shown. • Step up leading with involved leg. • Step back down leading with uninvolved leg. <p>Special Instructions: When stepping up, control the motion. Do not let the elastic pull your trunk sideways.</p> <p>Perform 4 sets of 10 Repetitions, once a day.</p> <p>Use Elastic. Rest 1 Minute between sets. Perform 1 repetition every 4 Seconds.</p>
<p>AROM knee step ups</p>  <ul style="list-style-type: none"> • Stand with involved leg up on step. • Shift weight over knee. • Step up slowly. • Step back down leading with involved leg. • Repeat. <p>Special Instructions: Do not push off with trailing foot. This can be done by keeping ball of foot of the trailing foot lifted up.</p> <p>Perform 4 sets of 20 Repetitions, once a day.</p> <p>Rest 1 Minute between sets. Perform 1 repetition every 4 Seconds.</p>	<p>AROM knee ext (SAQ) sit</p>  <ul style="list-style-type: none"> • Sit, with involved leg bent to 45 degrees, supported with a pillow, as shown. • Straighten leg at knee. • Return to start position. <p>Perform 4 sets of 20 Repetitions, once a day.</p> <p>Rest 1 Minute between sets. Perform 1 repetition every 4 Seconds.</p>

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These exercises are to be used only under the direction of a licensed, qualified professional.

Caution: User must wear suitable eye protection such as safety goggles during this exercise to protect against possibility of eye injury as a result of the band or tube snapping towards the face if grip is lost or if the band or tube breaks.

AROM knee wall slide bil for VMO

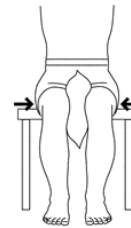


- Lean on wall, feet approximately 12 inches from wall, shoulder distance apart.
- Place pillow between knees.
- Bend knees to 45 degrees.
- Hold for 5 seconds.
- Return to starting position.

Perform 4 sets of 20 Repetitions, once a day.

Rest 1 Minute between sets.
Perform 1 repetition every 4 Seconds.

Iso hip add sit w/pillow



- Sit in chair or on firm surface with towel roll or pillow between knees.
- Squeeze legs together.

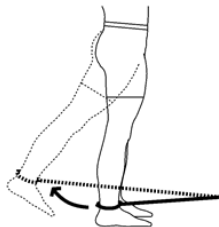
Special Instructions:

Do not hold breath.

Perform 4 sets of 10 Repetitions, once a day.

Hold exercise for 10 Seconds.
Rest 10 Seconds between sets.

Resist hip ext stand w/elastic

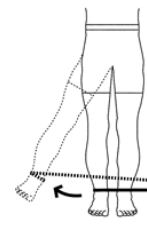


- Attach elastic to secure object at ankle level.
- Loop around ankle.
- Stand, facing toward the pull.
- Extend leg backward, keeping knee straight.
- Return to start position.

Perform 4 sets of 10 Repetitions, once a day.

Use Elastic.
Rest 1 Minute between sets.
Perform 1 repetition every 4 Seconds.

Resist hip abd uni stand w/elastic



- Attach elastic to secure object at ankle level.
- Stand with involved leg away as shown.
- Keep knee straight, pull away, moving leg outward.
- Return to start position.

Perform 4 sets of 10 Repetitions, once a day.

Use Elastic.
Rest 1 Minute between sets.
Perform 1 repetition every 4 Seconds.

Resist hip flx straight leg stand w/elastic



- Attach elastic to secure object at ankle level.
- Loop band around ankle.
- Stand, facing away from the pull.
- Extend leg forward, keeping knee straight.
- Slowly return to start position and repeat.

Special Instructions:

Keep back straight.

Perform 4 sets of 10 Repetitions, once a day.

Use Elastic.
Rest 1 Minute between sets.
Perform 1 repetition every 4 Seconds.

Resist hip flx stand w/elastic proximal



- Attach elastic to secure object at knee level.
- Loop around at thigh just above knee.
- Stand, facing away from the pull.
- Extend leg forward, keeping knee straight.
- Return to start position.

Special Instructions:

Keep knee slightly bent on leg that you are standing on.

Perform 4 sets of 10 Repetitions, once a day.

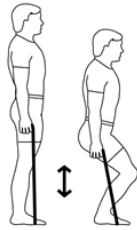
Use Elastic.
Rest 1 Minute between sets.
Perform 1 repetition every 4 Seconds.

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Resist knee squat bil full w/elastic



- Stand on both legs.
- Hold elastic in both hands, elbow straight.
- Place elastic under feet.
- Bend knees to 90 degrees.
- Pull to add tension to elastic.
- Straighten knees.
- Slowly repeat.

Special Instructions:

Keep back straight.

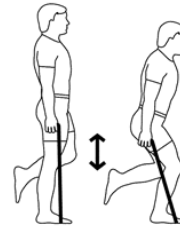
Perform 4 sets of 10 Repetitions, once a day.

Use Elastic.

Rest 1 Minute between sets.

Perform 1 repetition every 4 Seconds.

Resist knee squat uni partial w/elastic



- Place elastic under foot of involved leg, hold elastic in hands.
- Stand on involved leg.
- Slowly bend knee to 45 degrees, Keep back straight.
- Straighten knee.
- Slowly repeat.

Special Instructions:

Maintain proper low back posture.

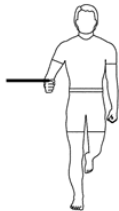
Perform 4 sets of 10 Repetitions, once a day.

Use Elastic.

Rest 1 Minute between sets.

Perform 1 repetition every 4 Seconds.

Resist stance uni w/crosspull w/elastic



- Attach elastic to secure object at waist level.
- Hold elastic in hand.
- Stand on involved leg, pull on elastic until tension is felt.
- Hold arm stable and maintain balance.
- Repeat with pull from other direction.

Special Instructions:

Increase difficulty by standing on a pillow or by pulling harder on the elastic. Increase time until you can stand for up to 2 minutes.

Perform 4 sets of 1 Minute, once a day.

Use Elastic.

Rest 1 Minute between sets.

Perform 1 repetition every 4 Seconds.

AROM hip jump uni w/BOSU



- Stand on BOSU with both feet.
- Jump up, land on one leg, jump back up and land with other leg.
- Repeat.

Perform 4 sets of 1 Minute, once a day.

Use BOSU.

Rest 1 Minute between sets.

Perform 1 repetition every 1 Second.

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