

Exercise Report For: **A.M.Σ.Σ.**



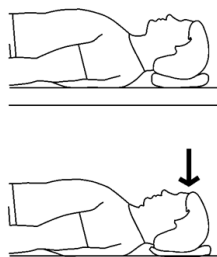
Be Fit @ Biofit

Provided By:
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Athens, Maroussi

AROM cerv retract (chin tuck) supine

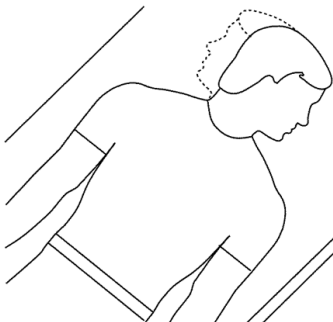


Perform 4 sets of 20 Repetitions, once a day.

Rest 1 Minute between sets.

Perform 1 repetition every 4 Seconds.

AROM cerv rot supine

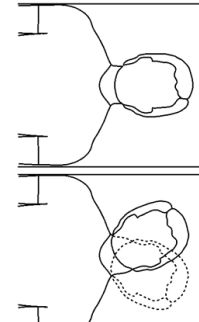


Perform 4 sets of 20 Repetitions, once a day.

Rest 1 Minute between sets.

Perform 1 repetition every 4 Seconds.

AROM cerv sidebending supine

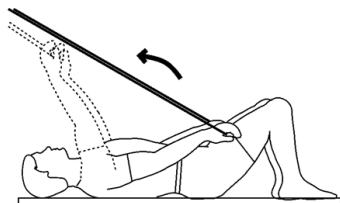


Perform 4 sets of 20 Repetitions, once a day.

Rest 1 Minute between sets.

Perform 1 repetition every 4 Seconds.

AAROM shld flx bil supine w/elastic



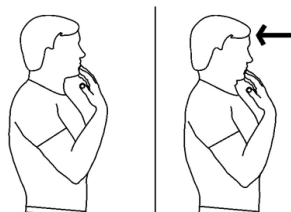
Perform 4 sets of 1 Minute, once a day.

Use Elastic.

Rest 1 Minute between sets.

Perform 1 repetition every 4 Seconds.

AROM cerv retract (chin tuck) sit/stand

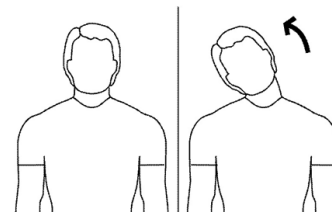


Perform 4 sets of 20 Repetitions, once a day.

Rest 1 Minute between sets.

Perform 1 repetition every 4 Seconds.

AROM cerv sidebending sit

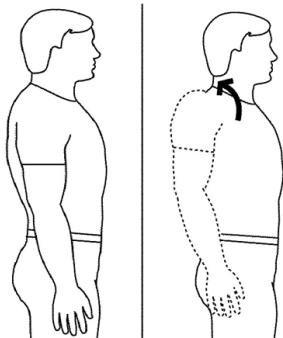


Perform 4 sets of 20 Repetitions, once a day.

Rest 1 Minute between sets.

Perform 1 repetition every 4 Seconds.

AROM shld elev/retract bil (shld rolls)

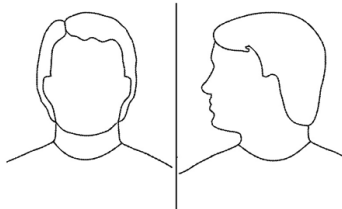


Perform 4 sets of 20 Repetitions, once a day.

Rest 1 Minute between sets.

Perform 1 repetition every 4 Seconds.

AROM cerv rot sit

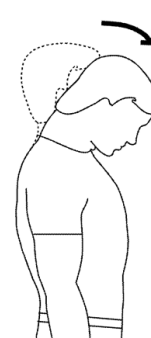


Perform 4 sets of 20 Repetitions, once a day.

Rest 1 Minute between sets.

Perform 1 repetition every 4 Seconds.

AROM cerv flx sit/stand



Perform 4 sets of 20 Repetitions, once a day.

Rest 1 Minute between sets.

Perform 1 repetition every 4 Seconds.

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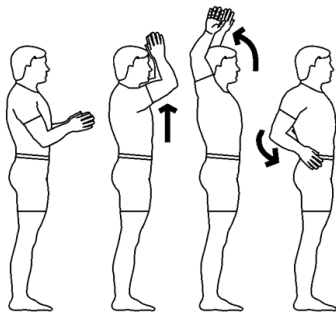
These exercises are to be used only under the direction of a licensed, qualified professional.

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.

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AROM shld retract/thoracic ext - Sun Salute

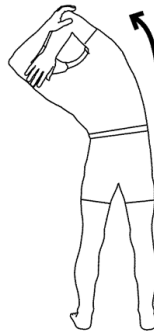


Perform 4 sets of 20 Repetitions, once a day.

Rest 1 Minute between sets.

Perform 1 repetition every 4 Seconds.

Stretch Lattisimus/Obliques stand

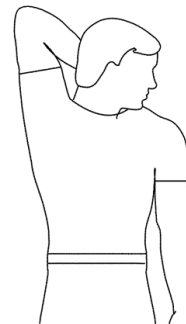


Perform 4 sets of 4 Repetitions, once a day.

Hold exercise for 15 Seconds.

Rest 30 Seconds between sets.

Stretch Levator scapulae arm up



Perform 4 sets of 4 Repetitions, once a day.

Hold exercise for 15 Seconds.

Rest 30 Seconds between sets.

Stretch Trapezius upper

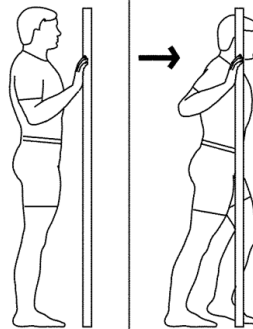


Perform 4 sets of 4 Repetitions, once a day.

Hold exercise for 15 Seconds.

Rest 30 Seconds between sets.

Stretch Pectoral standing bil at door

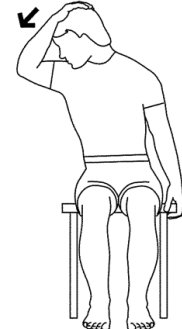


Perform 4 sets of 4 Repetitions, once a day.

Hold exercise for 15 Seconds.

Rest 30 Seconds between sets.

Stretch Levator scapulae arm down



Perform 4 sets of 4 Repetitions, once a day.

Hold exercise for 15 Seconds.

Rest 30 Seconds between sets.

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