

# Exercise Report For:



Feel Fit @ BioFit

**Provided By:**  
**Dr. George Vavetsis**  
**BioFit**

Phone: +30 210 6828790

Fax: +30 210 6828793

[www.biofit.gr](http://www.biofit.gr)

37, Kifisias Av., Indoor Basketball Arena

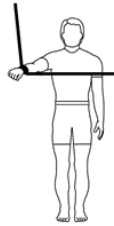
[info@biofit.gr](mailto:info@biofit.gr)

Athens, Maroussi

**Comment:**

Επιλέγεις 9 ασκήσεις, διαφορετικές κάθε μέρα. Μια μέρα την εβδομάδα έχεις ρεπό

**AROM shld scaption w/elastic fwd crosspull**



- Attach one elastic above.
- Position second elastic in front and to right side.
- Loop elastics around wrist of left arm.
- Keep elbow straight.
- Lift arm up at about a 45 degree angle from body.
- Lower and repeat.

**Special Instructions:**

The first elastic should help the arm to raise up. Do not let the second elastic pull arm forward. Reverse the pull of the second elastic if this exercise is for the right arm.

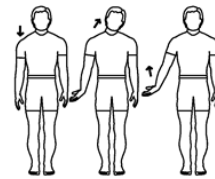
**Perform 5 sets of 1 Minute, once a day.**

Use Elastic.

Rest 1 Minute between sets.

Perform 1 repetition every 4 Seconds.

**AROM radial nerve stretch**



- Stand with arms at sides, palms at sides.
- Lower shoulder, keeping elbow straight.
- Bend wrist and rotate arm inward.
- Bend neck to opposite shoulder.
- Move arm backward.

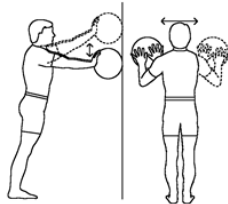
**Special Instructions:**

Always keep elbow straight.

**Perform 5 sets of 10 Repetitions, once a day.**

Rest 1 Minute between sets.

**AROM shld ball wall roll**



- Stand facing wall with ball on wall at shoulder level
- Keep elbows straight.
- Lean against ball and roll ball upward, then downward.
- Roll ball to right, then to left.
- Repeat sequence.

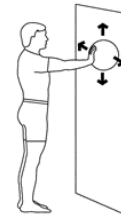
**Perform 5 sets of 1 Minute, once a day.**

Use Ball.

Rest 1 Minute between sets.

Perform 1 repetition every 4 Seconds.

**AROM shld circum w/ball**



- Hold a ball against the wall with involved arm.
- Keep elbow straight and push firmly on ball.
- Move ball side to side and up and down.

**Special Instructions:**

Keep arm straight.

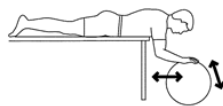
**Perform 5 sets of 1 Minute, once a day.**

Use Ball.

Rest 1 Minute between sets.

Perform 1 repetition every 4 Seconds.

**AROM shld pendulum w/ball**



- Lie face down with arm on ball as shown.
- Roll ball side to side and then forward and backward.
- Repeat.

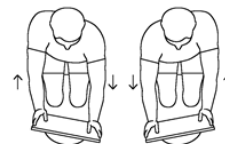
**Perform 5 sets of 1 Minute, once a day.**

Use Ball.

Rest 1 Minute between sets.

Perform 1 repetition every 4 Seconds.

**AROM shld protract/retract frontal plane w/Balance Board**



- Begin kneeling on hands and knees.
- Place Rocker Board directly under shoulders with rocker bottom perpendicular to body.
- Place hands on sides of board.
- Gently rock board side to side, keeping elbows straight.
- Keep back and neck straight and avoid letting shoulder blades sift upward.

**Perform 5 sets of 1 Repetition, once a day.**

Use Wobble Board.

Rest 0 Minute between sets.

Perform 1 repetition every 4 Seconds.

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**Stretch shld IR w/towel**



- Place involved arm behind back as far as possible.
- Hold other arm over shoulder with towel as shown.
- Grasp towel with involved arm.
- Slowly pull upward with uninvolved arm until a gentle stretch is felt.
- Hold, relax and repeat.

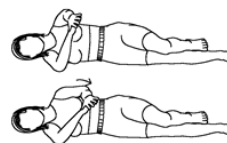
**Perform 5 sets of 4 Repetitions, once a day.**

Use Towel.

Hold exercise for 20 Seconds.

Rest 30 Seconds between sets.

**Stretch shld posterior capsule sidelying**



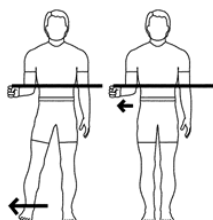
- Lie on involved side.
- Position involved arm out away from side.
- Use other arm and gently push forearm of involved arm downward.
- Hold and repeat.

**Perform 5 sets of 4 Repetitions, once a day.**

Hold exercise for 20 Seconds.

Rest 30 Seconds between sets.

**Var iso shld ER w/elastic**



- Attach elastic to secure object at waist level.
- Grasp elastic in hand, arm at side, elbow at 90 degrees.
- Rotate arm slightly outward.
- Step away from band, holding arm in same position.
- Step back and repeat.

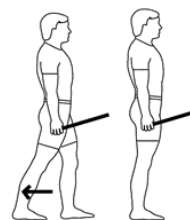
**Perform 5 sets of 10 Repetitions, once a day.**

Use Elastic.

Hold exercise for 10 Seconds.

Rest 10 Seconds between sets.

**Var iso shld ext w/elastic**



- Attach elastic to secure object at waist level.
- Grasp elastic in hand, arm at side, elbow straight.
- Keep arm at side.
- Step away from band, holding arm in same position.
- Step back and repeat.

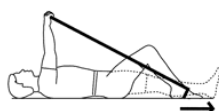
**Perform 5 sets of 10 Repetitions, once a day.**

Use Elastic.

Hold exercise for 10 Seconds.

Rest 10 Seconds between sets.

**Var iso shld flx supine w/elastic**



- Lie on back.
- Loop elastic around foot and hold elastic in hand as shown.
- Bend and straighten leg while holding arm still.

**Special Instructions:**

Keep elbow straight. Do not hold breath.

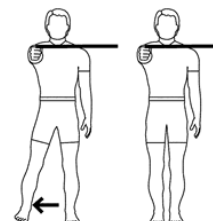
**Perform 5 sets of 10 Repetitions, once a day.**

Use Elastic.

Hold exercise for 10 Seconds.

Rest 10 Seconds between sets.

**Var iso shld horiz abd w/elastic**



- Attach elastic to secure object at shoulder level.
- Grasp elastic in hand, arm in front at shoulder level, elbow straight.
- Hold arm slightly outward.
- Step away from band, holding arm in same position.
- Step back and repeat.

**Perform 5 sets of 10 Repetitions, once a day.**

Use Elastic.

Hold exercise for 10 Seconds.

Rest 10 Seconds between sets.

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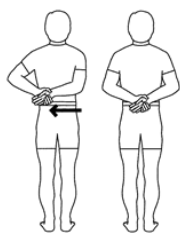
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**Stretch Serratus anterior**



- Reach behind back and hold hands together.
- Pull involved side across back at waist level.
- Relax and repeat.

**Perform 5 sets of 4 Repetitions, once a day.**

Hold exercise for 20 Seconds.

Rest 30 Seconds between sets.

**Stretch shld abd sit**



- Sit with side next to table.
- Place forearm on table, palm up as shown.
- Gently side bend at waist, moving hips away from table.

**Special Instructions:**

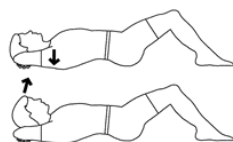
Do not force past comfort range. Do not bounce at end.

**Perform 5 sets of 4 Repetitions, once a day.**

Hold exercise for 20 Seconds.

Rest 30 Seconds between sets.

**Stretch shld blade pinch supine**



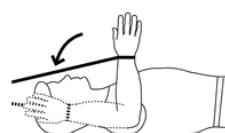
- Lie on back, knees bent.
- Place hands behind head, interlace fingers.
- Pull shoulder blades together.
- On the relax cycle, pull head forward gently.

**Perform 5 sets of 4 Repetitions, once a day.**

Hold exercise for 20 Seconds.

Rest 30 Seconds between sets.

**Stretch shld ER w/elastic supine static**



- Secure elastic and loop around wrist.
- Lie on back with arm at 90 degrees, elbow on ground, hand raised.
- Gently slide body downward allowing hand to move in direction of head, until stretch is felt.
- Keep elbow at 90 degrees.

**Special Instructions:**

If needed, you may break this into 4 sets of 5 minutes, and do pendulum exercise in between sets. Your arm will be at your side, which is slightly different from the picture shown.

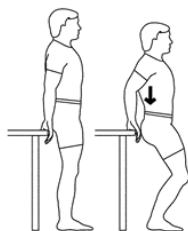
**Perform 5 sets of 4 Repetitions, once a day.**

Use Elastic.

Hold exercise for 20 Seconds.

Rest 30 Seconds between sets.

**Stretch shld ext**



- Stand with back to table.
- Place both hands on table, fingers forward, as shown.
- Gently bend legs, allowing elbows to bend, until stretch is felt.

**Special Instructions:**

Do not force past comfort range. Do not bounce at end.

**Perform 5 sets of 4 Repetitions, once a day.**

Hold exercise for 20 Seconds.

Rest 30 Seconds between sets.

**Stretch shld flx uni sit trunk bending**



- Sit at table.
- Place arm on table, elbow straight.
- Slowly bend trunk downward.
- You should feel a stretch at the shoulder.

**Perform 5 sets of 4 Repetitions, once a day.**

Hold exercise for 20 Seconds.

Rest 30 Seconds between sets.

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**Stretch cerv/thoracic/arm neural**



- Stand with left arm on wall, hand backward as shown.
- Slowly turn body outward until as stretch is felt across chest.
- Slowly turn neck to right until a stretch is felt down the front of arm.

**Perform 5 sets of 4 Repetitions, once a day.**

Hold exercise for 20 Seconds.  
Rest 30 Seconds between sets.

**Stretch Lattisimus/Obliques kneeling**

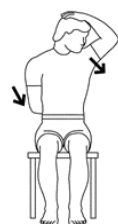


- Kneel on floor as shown.
- Reach forward with right arm, grasping a secure object.
- Lean back toward heels.
- Repeat with other side.

**Perform 5 sets of 4 Repetitions, once a day.**

Hold exercise for 20 Seconds.  
Rest 30 Seconds between sets.

**Stretch Levator scapulae arm behind**



- Sit.
- Reach right arm behind back.
- Place left hand on top of head.
- Pull head down and to diagonally to the left, looking toward the left hip.
- Repeat to other side.

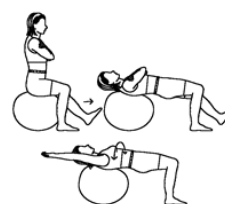
**Special Instructions:**

The stretch can be increased by moving the shoulder of the arm behind the back downward.

**Perform 5 sets of 4 Repetitions, once a day.**

Hold exercise for 20 Seconds.  
Rest 30 Seconds between sets.

**Stretch lumbar ext supine rocking w/ball**

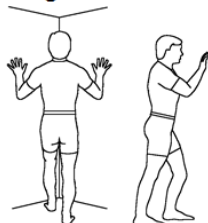


- Sit upright on ball with arms crossed over chest.
- Walk outward using the legs while leaning back until low back is on ball.
- Lift arms over head and rock side to side on ball.
- Walk back up to sitting position and repeat.

**Perform 5 sets of 4 Repetitions, once a day.**

Use Ball.  
Hold exercise for 20 Seconds.  
Rest 30 Seconds between sets.

**Stretch Pectoral standing at corner**

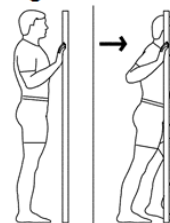


- Stand in in corner.
- Place arms at chest level on wall.
- Gently step forward, keeping back straight.
- Return to start position.

**Perform 5 sets of 4 Repetitions, once a day.**

Hold exercise for 20 Seconds.  
Rest 30 Seconds between sets.

**Stretch Pectoral standing bil at door**



- Stand in doorway or in corner.
- Place arms at chest level on sides of doorway as shown.
- Gently step forward, keeping back straight.
- Return to start position.

**Special Instructions:**

Place both hands at waist level or at head level to stretch different portions of muscle.

**Perform 5 sets of 4 Repetitions, once a day.**

Hold exercise for 20 Seconds.  
Rest 30 Seconds between sets.

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**Resist elbow flx/ext overhead w/Bodyblade**



- Hold Bodyblade overhead in hands, palms facing, standing in partial squat, feet hip distance apart.
- Oscillate blade up and down.

**Perform 5 sets of 1 Minute, once a day.**

Use Body Blade.

Rest 1 Minute between sets.

Perform 1 repetition every 4 Seconds.

**Resist shld abd/add forward squat w/Bodyblade**



- Hold Bodyblade in hands between legs, palms facing, blade front to back, in a partial squat position, legs slightly more than hip distance apart.
- Bend forward, keeping back straight.
- Oscillate blade side to side.

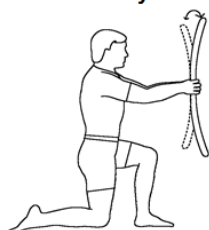
**Perform 5 sets of 1 Minute, once a day.**

Use Body Blade.

Rest 1 Minute between sets.

Perform 1 repetition every 4 Seconds.

**Resist shld abd/add kneel w/Bodyblade**



- Hold Bodyblade in hands in front, palms facing, blade vertical, half kneeling.
- Oscillate blade side to side.

**Perform 5 sets of 1 Minute, once a day.**

Use Body Blade.

Rest 1 Minute between sets.

Perform 1 repetition every 4 Seconds.

**Resist shld horiz abd/add w/Bodyblade**



- Hold Bodyblade in hands in front, palms facing, blade vertical standing in partial squat position, feet hip distance apart.
- Oscillate blade side to side.

**Perform 5 sets of 1 Minute, once a day.**

Use Body Blade.

Rest 1 Minute between sets.

Perform 1 repetition every 4 Seconds.

**Resist shld flx/ext w/Bodyblade**



- Hold Body Blade in hands, palms down, standing in partial squat position, feet hip distance apart.
- Oscillate blade up and down.

**Perform 5 sets of 1 Minute, once a day.**

Use Body Blade.

Rest 1 Minute between sets.

Perform 1 repetition every 4 Seconds.

**Stretch Biceps/shld ext w/cane**



- Hold one end of cane in hand of involved arm, other end with other hand.
- Keep elbow of involved arm straight and use other arm to push involved arm backward as shown.
- Hold and repeat.

**Perform 5 sets of 4 Repetitions, once a day.**

Use Cane.

Hold exercise for 20 Seconds.

Rest 30 Seconds between sets.

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**Mob shld inferior glide at wall**



- Stand facing the wall with elbow bent.
- Lift involved arm and place elbow against wall as shown.
- Place other hand on top of upper arm.
- Push down and slightly outward.
- Hold and relax.

**Perform 5 sets of 10 Repetitions, once a day.**

Rest 1 Minute between sets.

**Mob shld inferior glide w/towel**



- Place towel roll under involved arm.
- With other hand pull involved arm down and across body.
- Relax and repeat.

**Perform 5 sets of 10 Repetitions, once a day.**

Use Towel.

Rest 1 Minute between sets.

**Mob shld inferior glide w/towel (w/shld flx)**



- Bend elbow of involved arm.
- Place towel roll between forearm and upper arm.
- Lift elbow up above shoulder level.
- Place other hand at middle of forearm and push downward.
- Hold and relax.

**Perform 5 sets of 10 Repetitions, once a day.**

Use Towel.

Rest 1 Minute between sets.

**Mob shld lat distract sidelying w/elastic**



- Attach elastic to secure object above.
- Lie on uninvolved side.
- Loop elastic at upper arm.
- Place a 5 pound weight at wrist, rest wrist on hip.
- Allow elastic to pull shoulder upward for 10-20 seconds.
- Use other arm to release tension on elastic for 10-15 seconds and resume stretch.
- Continue.

**Perform 5 sets of 10 Repetitions, once a day.**

Use Elastic.

Rest 1 Minute between sets.

**Mob shld lat/inferior distract stand w/elastic**



- Attach elastic to secure object at shoulder level.
- Stand with involved side to elastic.
- Place elastic at upper arm.
- Place a 5 pound weight at wrist.
- Gently lean away, allowing elastic to pull shoulder joint for 10-20 seconds.
- Lean back to release tension and repeat.

**Perform 5 sets of 10 Repetitions, once a day.**

Use Elastic.

Rest 1 Minute between sets.

**Resist elbow flx/ext w/Bodyblade**



- Hold Bodyblade in hands, palms forward, standing in partial squat position, feet hip distance apart.
- Oscillate blade forward and backward.

**Perform 5 sets of 1 Minute, once a day.**

Use Body Blade.

Rest 1 Minute between sets.

Perform 1 repetition every 4 Seconds.

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**Iso shld IR**



- Stand with involved arm at side against wall or door frame as shown.
- Push hand inward.

**Special Instructions:**

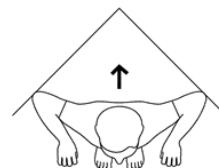
Do not hold breath.

**Perform 5 sets of 10 Repetitions, once a day.**

Hold exercise for 10 Seconds.

Rest 10 Seconds between sets.

**Iso shld retract**



- Stand with your back to a corner.
- Raise arms to 90 degrees with elbows bent.
- Lean back into corner and hold body stable with arms.
- Hold, move away from wall and repeat.

**Special Instructions:**

Do not hold breath.

**Perform 5 sets of 10 Repetitions, once a day.**

Hold exercise for 10 Seconds.

Rest 10 Seconds between sets.

**Mob shld anterior glide sit**

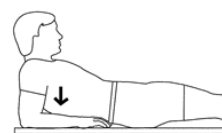


- Sit at table with involved arm placed on table extended behind, elbow straight.
- Place other hand on back of upper arm.
- Pull forward.
- Hold and repeat.

**Perform 5 sets of 10 Repetitions, once a day.**

Rest 1 Minute between sets.

**Mob shld anterior glide supine**

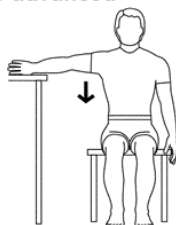


- Lie on back with trunk supported on elbows.
- Relax shoulder muscles, leaning between arms.

**Perform 5 sets of 10 Repetitions, once a day.**

Rest 1 Minute between sets.

**Mob shld caudal glide advanced**



- Sit in chair with arm out to side resting on table as shown.
- Relax shoulder muscles.

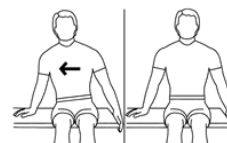
**Special Instructions:**

To progress, add weight above elbow and increase time.

**Perform 5 sets of 10 Repetitions, once a day.**

Rest 1 Minute between sets.

**Mob shld caudal glide beginner**



- Sit on firm surface, grasp edge, keeping arm straight.
- Slowly lean trunk away while relaxing shoulder.

**Perform 5 sets of 10 Repetitions, once a day.**

Rest 1 Minute between sets.

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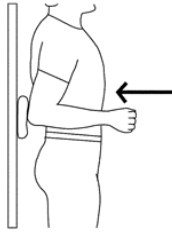
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**Iso shld ext at wall**



- Stand facing away from wall as shown with elbow bent.
- Place a pillow or towel between elbow and wall.
- Push against wall.

**Special Instructions:**

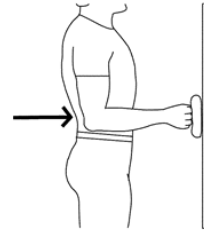
Do not hold breath.

**Perform 5 sets of 10 Repetitions, once a day.**

Hold exercise for 10 Seconds.

Rest 10 Seconds between sets.

**Iso shld flx bent elbow at wall**



- Stand facing wall as shown with elbow bent.
- Make a fist, with a pillow or towel between hand and wall.
- Push against wall.

**Special Instructions:**

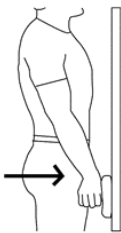
Do not hold breath.

**Perform 5 sets of 10 Repetitions, once a day.**

Hold exercise for 10 Seconds.

Rest 10 Seconds between sets.

**Iso shld flx straight arm at wall**



- Stand facing wall as shown with elbow straight.
- Make a fist, with a pillow or towel between hand and wall.
- Push against wall.

**Special Instructions:**

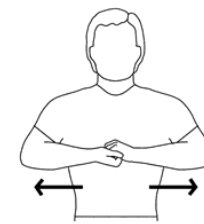
Do not hold breath.

**Perform 5 sets of 10 Repetitions, once a day.**

Hold exercise for 10 Seconds.

Rest 10 Seconds between sets.

**Iso shld horiz abd bil**



- Stand with arms in front, elbows bent, hands clasped together.
- Hold hands tightly while trying to pull apart.
- Relax and repeat.

**Special Instructions:**

Do Not Hold Breath.

**Perform 5 sets of 10 Repetitions, once a day.**

Hold exercise for 10 Seconds.

Rest 10 Seconds between sets.

**Iso shld horiz abd uni**



- Stand with arm in front, elbow bent, positioned at wall, as shown.
- Place pillow between arm and wall.
- Push outward against wall.

**Special Instructions:**

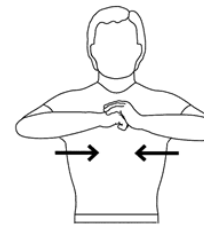
Do Not Hold Breath.

**Perform 5 sets of 10 Repetitions, once a day.**

Hold exercise for 10 Seconds.

Rest 10 Seconds between sets.

**Iso shld horiz add bil**



- Stand with arms in front, elbows bent, hands together.
- Push hands inward toward one another.
- Keep shoulders level.

**Special Instructions:**

Do Not Hold Breath.

**Perform 5 sets of 10 Repetitions, once a day.**

Hold exercise for 10 Seconds.

Rest 10 Seconds between sets.

**Issued By:** Dr. George Vavetsis

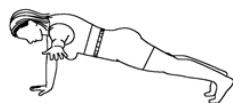
These exercises are to be used only under the direction of a licensed, qualified professional.

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 push up arm lift**



- Begin in push up position.
- Lift left arm up and outward.
- Return to start position and perform movement with right arm.
- Repeat

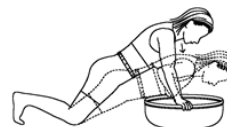
**Perform 5 sets of 1 Minute, once a day.**

Use Ball.

Rest 1 Minute between sets.

Perform 1 repetition every 4 Seconds.

**AROM shld push up kneel w/BOSU**



- Place BOSU domed side down.
- Kneel and place hands on sides of BOSU as shown.
- Perform a push up.
- Lower and repeat.

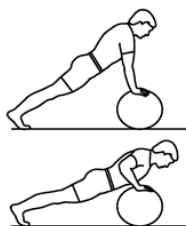
**Perform 5 sets of 1 Minute, once a day.**

Use BOSU.

Rest 1 Minute between sets.

Perform 1 repetition every 4 Seconds.

**AROM shld push-up w/ball**



- Position body on floor with hands on ball, elbows straight as shown.
- Slowly lower body to floor and return to starting position.
- Keep ball steady during the push up.
- Repeat.

**Perform 5 sets of 1 Minute, once a day.**

Use Ball.

Rest 1 Minute between sets.

Perform 1 repetition every 4 Seconds.

**AROM shld rotn kneel w/wobble board**



- Position body on floor with hands on wobble board, elbows straight as shown.
- Slowly rotate board to the left, then right, and return to starting position.
- Keep board level during the rotation.
- Repeat.

**Perform 5 sets of 1 Minute, once a day.**

Use Wobble Board.

Rest 1 Minute between sets.

Perform 1 repetition every 4 Seconds.

**Iso shld abd w/bent elbow**



- Stand with involved side to wall, arm at side.
- Bend elbow to 90 degrees.
- Position pillow between arm and wall.
- Push upper arm against wall.

**Special Instructions:**

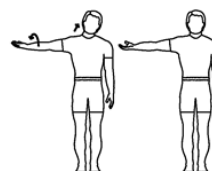
Do not hold breath.

**Perform 5 sets of 10 Repetitions, once a day.**

Hold exercise for 10 Seconds.

Rest 10 Seconds between sets.

**AROM ulnar nerve glide proximal straight elbow**



- Begin with arm out to side, elbow straight, palm up.
- Rotate arm backward.
- Bend neck to opposite shoulder.

**Perform 5 sets of 10 Repetitions, once a day.**

Rest 1 Minute between sets.

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