

Corrective Exercise Strategy

Client:

Date:

Joint / Level	Level 1	Level 2	Level 3
Occipital	<input type="checkbox"/> Cervical Fist Traction	<input type="checkbox"/> Cervical Retraction + Rotation	
	<input type="checkbox"/> Suboccipital Release	<input type="checkbox"/> Isometric Cervical Rotation	
	<input type="checkbox"/> Cervical Decompression Mobility	<input type="checkbox"/> Suboccipitals Release	
	<input type="checkbox"/> Cervical Protraction	<input type="checkbox"/> Cervical Circles	
	<input type="checkbox"/> Active Cervical Rotation		
Cervical	<input type="checkbox"/> Active Cervical Rotation	<input type="checkbox"/> Quadruped Cervical Rotation	<input type="checkbox"/> Banded Cervical Flexion w/Rotation
	<input type="checkbox"/> Side Glide Cervical Mobility	<input type="checkbox"/> Levator Scapula Active Mobility	<input type="checkbox"/> Banded Cervical Extension w/Rotation
	<input type="checkbox"/> Massage Stick: Cervical	<input type="checkbox"/> Passive Upper Cervical Flexion	<input type="checkbox"/> Cervical Spine Matrix
	<input type="checkbox"/> Cervical Decompression Mobility		
Shoulder	<input type="checkbox"/> Posterior Shoulder Mobility	<input type="checkbox"/> Anterior Shoulder Mobility	<input type="checkbox"/> Chop - Low to High
	<input type="checkbox"/> Seated Front Bar Raise	<input type="checkbox"/> Shoulder/Lat Mobility	<input type="checkbox"/> Upright Row
	<input type="checkbox"/> Banded Split Squat & Shoulder Flexion	<input type="checkbox"/> Shoulder Pectoral Mobility	<input type="checkbox"/> Full Turkish Get Up



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	<input type="checkbox"/> Seated Bent Over Row	<input type="checkbox"/> Banded Thruster	<input type="checkbox"/> Half-Kneeling Kettlebell Halo
	<input type="checkbox"/> Shoulder Flexion on Wall	<input type="checkbox"/> Swords	<input type="checkbox"/> Kettlebell High Pull
	<input type="checkbox"/> Shoulder Bar Extension	<input type="checkbox"/> Horizontal Lateral Raise on Ball	<input type="checkbox"/> Scott Press
	<input type="checkbox"/> Shoulder External Rotation Mobility	<input type="checkbox"/> Bilateral Front Raise	<input type="checkbox"/> Pike press
	<input type="checkbox"/> Standing Neutral to Overhead	<input type="checkbox"/> Asymmetric Push Up	<input type="checkbox"/> Cuban Press
	<input type="checkbox"/> Internal Rotation Towel Assisted Mobility	<input type="checkbox"/> Supine Angel on Roller	<input type="checkbox"/> Reverse Lateral Lunge to Delt Flies
		<input type="checkbox"/> Supinated Shoulder Flexion	<input type="checkbox"/> Lateral Lunge to Shoulder Press
		<input type="checkbox"/> Turkish Get-Up 1/4	<input type="checkbox"/> Lateral Lunge to Overhead Press
		<input type="checkbox"/> Banded Shoulder Abduction	<input type="checkbox"/> Turkish Get-Up 1/2
		<input type="checkbox"/> Shoulder Internal Rotation Mobility	<input type="checkbox"/> Sumo KB High Pull
		<input type="checkbox"/> Banded Split Squat Press	
		<input type="checkbox"/> Pecking w/ Arm Extension	
Scapula	<input type="checkbox"/> Supine Banded Pull Down	<input type="checkbox"/> Kneeling Reverse Fly	<input type="checkbox"/> Single Arm Elevated Push



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			Up
	<input type="checkbox"/> Banded Lateral Raise	<input type="checkbox"/> Reverse Fly on Ball	<input type="checkbox"/> T-Stability Push-Up
	<input type="checkbox"/> Levator Scapulae Release	<input type="checkbox"/> Forward Flexion Lateral Raise	
	<input type="checkbox"/> Isometric Shoulder Abduction	<input type="checkbox"/> CT Upper Trap Release	
	<input type="checkbox"/> Scapular Retraction	<input type="checkbox"/> Power Square Pumpers	
	<input type="checkbox"/> Push Back Push Up	<input type="checkbox"/> Banded Diagonal Wall Slides	
	<input type="checkbox"/> Tiger Push Up	<input type="checkbox"/> Prone Scapular Retraction	
	<input type="checkbox"/> Y Raises Upper Back Stability on Ball	<input type="checkbox"/> Single-Leg Single Arm Row	
		<input type="checkbox"/> Leg Pull Planks + Push Up on Ball	
		<input type="checkbox"/> Flexed Lateral Raise	
		<input type="checkbox"/> Banded Straight Arm Pull Down on Ball	
Thoracic	<input type="checkbox"/> Tiger Push Up	<input type="checkbox"/> Arm Raise & High Knee w/ Ball	<input type="checkbox"/> Chop Low to High
	<input type="checkbox"/> Push-Back Push-Up	<input type="checkbox"/> Trunk Rotational Lunge	<input type="checkbox"/> Thoracic Rotation Mobility
	<input type="checkbox"/> Y Raises Upper Back Stability on Ball	<input type="checkbox"/> Waiter's Carry	<input type="checkbox"/> Turkish Get-Up 1/2



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	<input type="checkbox"/> Prone Elbow Raise	<input type="checkbox"/> Quadruped Thread the Needle	<input type="checkbox"/> Side Plank Trunk Rotation
	<input type="checkbox"/> Supine Elbow Push	<input type="checkbox"/> Pecking with Arms Extension	
	<input type="checkbox"/> Kneeling Active Trunk Rotation	<input type="checkbox"/> Sphinx	
	<input type="checkbox"/> Thoracic Extension	<input type="checkbox"/> Turkish Get-Up 1/4	
	<input type="checkbox"/> Thoracic Extension on Ball	<input type="checkbox"/> Horizontal Lateral Raise on Ball	
	<input type="checkbox"/> Supine Thoracic Extension	<input type="checkbox"/> Lunge w/ Opposite Trunk Rotation	
	<input type="checkbox"/> Trunk Cervical Pole Rotation	<input type="checkbox"/> Banded Trunk Rotation	
	<input type="checkbox"/> Cervical Neutral Trunk Rotation	<input type="checkbox"/> Overhead Shoulder Mobility	
	<input type="checkbox"/> Latissimus Dorsi Stretch		
	<input type="checkbox"/> Trunk Pole Lateral Flexion		
	<input type="checkbox"/> Prone Trunk Rotation		
	<input type="checkbox"/> Cat Cow Mobility		
	<input type="checkbox"/> Posterior Shoulder Mobility		
	<input type="checkbox"/> Walking Crossband Lunge		
Core	<input type="checkbox"/> Front Plank	<input type="checkbox"/> Turkish Get-Up 1/4	<input type="checkbox"/> Turkish Get-Up 1/2



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	<input type="checkbox"/> Cat and Dog Mobility	<input type="checkbox"/> Single Arm DB Press on Ball	<input type="checkbox"/> Crab Walk
	<input type="checkbox"/> Diaphragmatic Breathing	<input type="checkbox"/> Bear Walk	<input type="checkbox"/> Single Arm Plank
	<input type="checkbox"/> Rollout Core Stability on Ball	<input type="checkbox"/> Med Ball Twist Core Stability	<input type="checkbox"/> Transverse Rotation Core Stability on Ball
	<input type="checkbox"/> Side Plank	<input type="checkbox"/> Rotary Stability Plank	<input type="checkbox"/> Alternating Front Plank Raise
	<input type="checkbox"/> Side Kneeling Paloff Press	<input type="checkbox"/> Rotational Lunge	<input type="checkbox"/> Full Turkish Get Up
	<input type="checkbox"/> Bird Dog Planks	<input type="checkbox"/> Segmental Spine Flexion	<input type="checkbox"/> Pike on Ball
	<input type="checkbox"/> Side Plank Leg Raise	<input type="checkbox"/> Single-Leg Single Arm Row	<input type="checkbox"/> Bird Dogs on Ball
	<input type="checkbox"/> Rotary Stability Plank on Wall	<input type="checkbox"/> Abdominal Leg Raise	<input type="checkbox"/> Pallof Press Squats
	<input type="checkbox"/> Side Plank on Knee	<input type="checkbox"/> Side Plank Scissor Kick	
		<input type="checkbox"/> Leg Pull Planks + Push Up on Ball	
		<input type="checkbox"/> Pallof Press	
		<input type="checkbox"/> Pallof Press Lunge	
		<input type="checkbox"/> Side Standing Pallof Press	
		<input type="checkbox"/> Pallof Press Bridge	
		<input type="checkbox"/> Waiter's Carry	
Lumbar	<input type="checkbox"/> Prone Trunk Rotation	<input type="checkbox"/> Rotational Lunge	<input type="checkbox"/> Standing Stir the Pot



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	<input type="checkbox"/> Side Kneeling Pallof Press	<input type="checkbox"/> Pallof Press Bridge	<input type="checkbox"/> Banded Alphabet Posture
	<input type="checkbox"/> Rollout Core Stability	<input type="checkbox"/> Pallof Press	<input type="checkbox"/> Pallof Press Squats
	<input type="checkbox"/> Side Plank Leg Raise	<input type="checkbox"/> Side Standing Pallof Press	<input type="checkbox"/> Side Plank Trunk Rotation
	<input type="checkbox"/> Rotary Stability Plank on Wall	<input type="checkbox"/> Leg Pull Plank & Push Up on Ball	<input type="checkbox"/> Ninja Burpee
	<input type="checkbox"/> Bird Dog Plank	<input type="checkbox"/> Waiter's Carry	<input type="checkbox"/> Pike on Ball
	<input type="checkbox"/> Side Plank on Knee	<input type="checkbox"/> Pallof Press Lunge	<input type="checkbox"/> Elevated Spiderman Push-Up
	<input type="checkbox"/> Cobra with Chin Tuck	<input type="checkbox"/> Prone Active Lumbar Extension	<input type="checkbox"/> Oblique Leg Pull on Ball
	<input type="checkbox"/> Trunk & Cervical Pole Rotation		
	<input type="checkbox"/> Side Plank		
	<input type="checkbox"/> Lumbar Rotation Mobility		
SI Joint	<input type="checkbox"/> Supine Piriformis	<input type="checkbox"/> Glute Ham Posterior Mobility	<input type="checkbox"/> Banded Hip Flexion
	<input type="checkbox"/> Kneeling Hip Flexor	<input type="checkbox"/> Standing Active Hip ROM	<input type="checkbox"/> Goblet Lunge
	<input type="checkbox"/> Frontal Plane Leg Swing	<input type="checkbox"/> Single Leg Hip Extension on Ball	<input type="checkbox"/> Front Rack Forward Lunge
	<input type="checkbox"/> Prone Internal Hip Rotation	<input type="checkbox"/> Abdominals Leg Raise	<input type="checkbox"/> Back Rack Reverse Lunge
	<input type="checkbox"/> Hip Flexion on Box	<input type="checkbox"/> Single-Leg Bosu Push	<input type="checkbox"/> KB Deadlift



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	<input type="checkbox"/> Glute Wall March	<input type="checkbox"/> Banded Hip Pull	<input type="checkbox"/> Sumo Deadlift
	<input type="checkbox"/> Standing Hip Extension	<input type="checkbox"/> Lunge	<input type="checkbox"/> Sumo KB High Pull
	<input type="checkbox"/> Glute Rolling	<input type="checkbox"/> Leg Pulls on Ball	
	<input type="checkbox"/> Side Lying Hip Abduction	<input type="checkbox"/> Prone Quadriceps Stretch	
	<input type="checkbox"/> Prone Trunk Rotation	<input type="checkbox"/> Side Lunge w/ DB Swords	
		<input type="checkbox"/> Executive Piriformis Stretch	
Hips	<input type="checkbox"/> Side-Lying Hip Abduction	<input type="checkbox"/> Abduction Squats	<input type="checkbox"/> Oblique Leg Pull w/ Ball
	<input type="checkbox"/> Banded Seated Hip Abduction	<input type="checkbox"/> Seated Hip Abduction with Band	<input type="checkbox"/> KB Thruster
	<input type="checkbox"/> Isometric Abduction	<input type="checkbox"/> DB Sumo Squat	
	<input type="checkbox"/> Walking Crossband Lunge	<input type="checkbox"/> Banded V-Sit Scissors	
	<input type="checkbox"/> Banded Glute Bridge	<input type="checkbox"/> Bilateral Dead Bug	
	<input type="checkbox"/> Hand Assisted Squat	<input type="checkbox"/> Supine Plank Kicks	
	<input type="checkbox"/> Mountain Climbers	<input type="checkbox"/> Abdominal Leg Raise	
	<input type="checkbox"/> Supine Piriformis Mobility	<input type="checkbox"/> Single Leg Star Tap	
		<input type="checkbox"/> Wall Squat on Ball	
		<input type="checkbox"/> Weighted Toe	



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		Touch Squat to OH Extension	
		<input type="checkbox"/> Toe Touch Squats	
		<input type="checkbox"/> Executive Piriformis Stretch	
Knees	<input type="checkbox"/> Knee Flexion on Ball	<input type="checkbox"/> Side Lunge w/ DB Sword	<input type="checkbox"/> Single Leg Bow Squat
	<input type="checkbox"/> Active Lateral Hamstring Mobility	<input type="checkbox"/> Skater Squat	<input type="checkbox"/> Lateral Lunge to Overhead Press
	<input type="checkbox"/> Floor Touch Squat	<input type="checkbox"/> Wall Squat on Ball	<input type="checkbox"/> Lunge Burpee
	<input type="checkbox"/> Banded Terminal Knee Extension	<input type="checkbox"/> Glute Ham Posterior Mobility	<input type="checkbox"/> Lateral Lunge to Shoulder Press
	<input type="checkbox"/> Walking Crossband Lunge	<input type="checkbox"/> Toe Touch Squat	<input type="checkbox"/> Goblet Lunge
	<input type="checkbox"/> Hamstring Stretch	<input type="checkbox"/> Weighted Toe Touch Squat to OH Extension	
	<input type="checkbox"/> Glute/Hamstring Mobility	<input type="checkbox"/> Horseman Squat	
		<input type="checkbox"/> Prone Quadriceps Stretch	
		<input type="checkbox"/> Lunge	
		<input type="checkbox"/> Medial Step Down	
Ankles	<input type="checkbox"/> Overhead Transverse Toe Tap	<input type="checkbox"/> Medial Step Down	<input type="checkbox"/> Single Leg Posterior Lateral Reach
	<input type="checkbox"/> Anteriolateral Reaching Step	<input type="checkbox"/> Banded Proprioception Clock	<input type="checkbox"/> 4 Point Hops



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	<input type="checkbox"/> Banded Long Flexor Stability	<input type="checkbox"/> Single Leg Star Balance Tap	<input type="checkbox"/> Plantar Flexion Holds
	<input type="checkbox"/> Seated Soleus Stretch	<input type="checkbox"/> Ankle Stabilization Walk	<input type="checkbox"/> Unilateral Airplane
	<input type="checkbox"/> Anterior Tibialis Rolling	<input type="checkbox"/> Weighted Bilateral Heel Raise	<input type="checkbox"/> Single Leg Medial Reach
	<input type="checkbox"/> Manual Tibialis Anterior Release	<input type="checkbox"/> Quick-Rebounding Calve Raise (1 leg)	<input type="checkbox"/> Overhead Rotational Lunge
	<input type="checkbox"/> Manual Tibialis Posterior Release	<input type="checkbox"/> Dowel Walk Over	<input type="checkbox"/> Lateral Lunge Opposite Reach
	<input type="checkbox"/> Foot Rolling	<input type="checkbox"/> Active Achilles	<input type="checkbox"/> Side Lunge w/ Medial Reach
	<input type="checkbox"/> Active Ankle Eversion	<input type="checkbox"/> Isometric Ankle Eversion	<input type="checkbox"/> Reach Forward Lunge
		<input type="checkbox"/> Banded Ankle Eversion	

