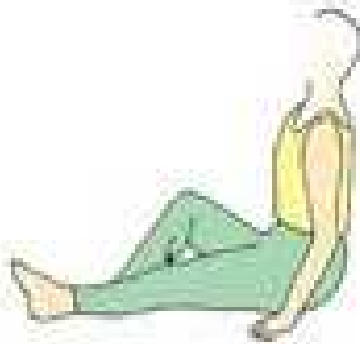
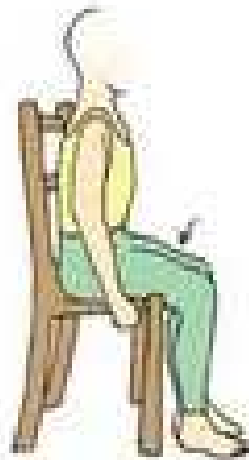


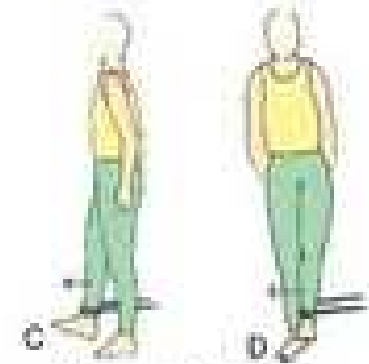
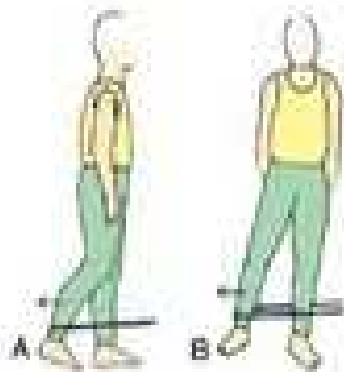
Posterior Cruciate Ligament Sprain Exercises



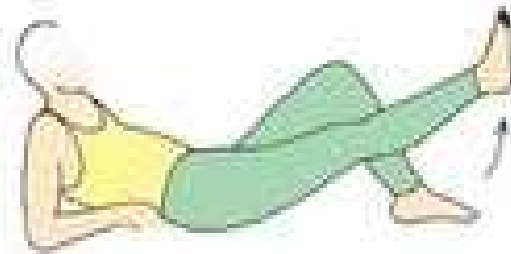
Quadriceps isometrics



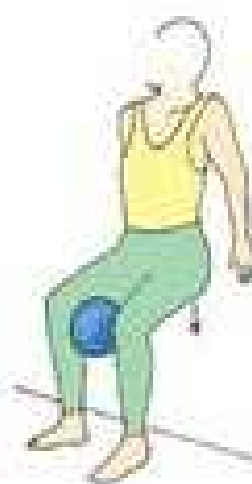
Quadriceps isometrics in chair



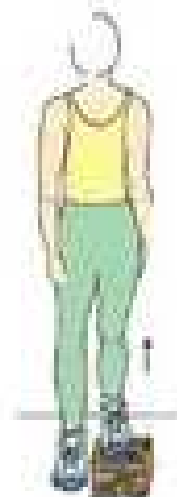
Knee stabilization



Straight leg raise

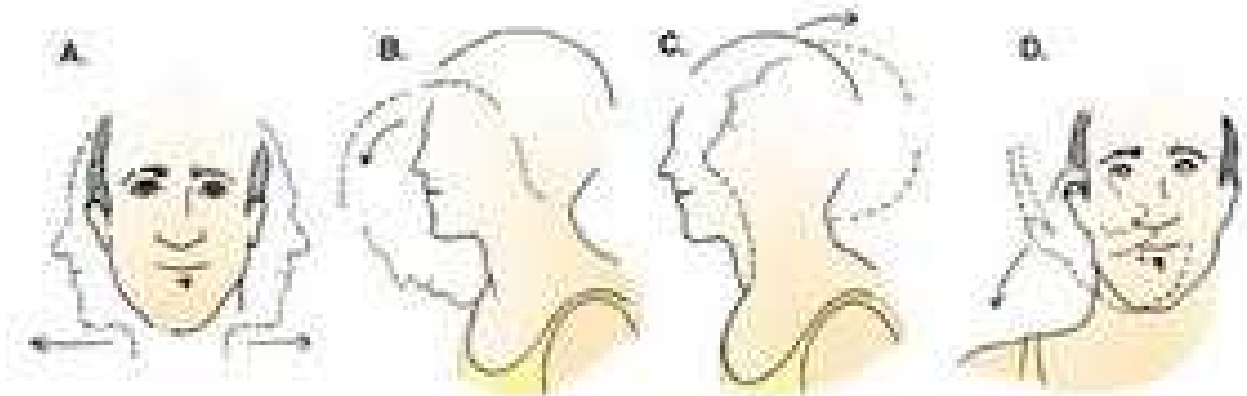


Wall squat with ball



Step-up

Ulnar Neuropathy (Handlebar Palsy) Exercises



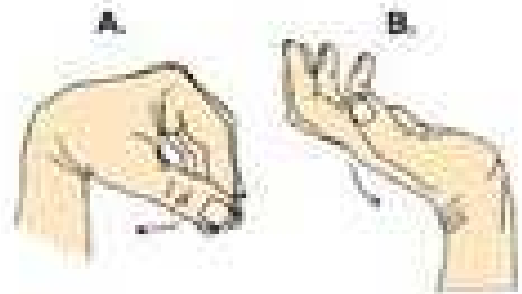
Neck range of motion exercises



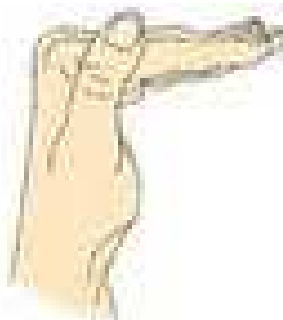
Scapular range of motion



Elbow range of motion



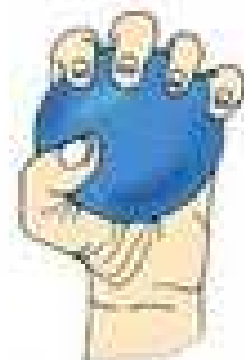
Wrist range of motion



Straight finger flexion

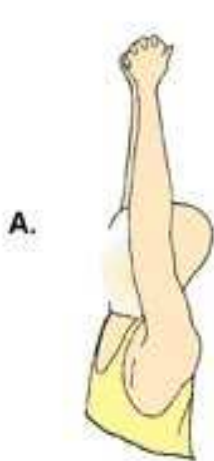


Finger squeeze



Grip strengthening

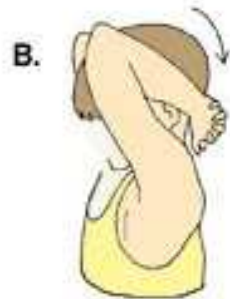
Triceps Tendonitis Exercises



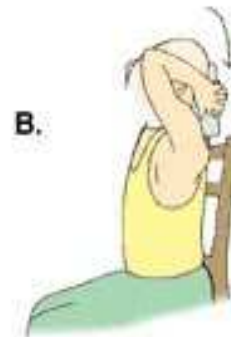
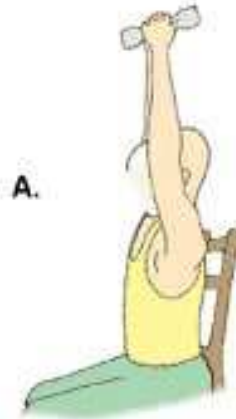
Triceps towel stretch



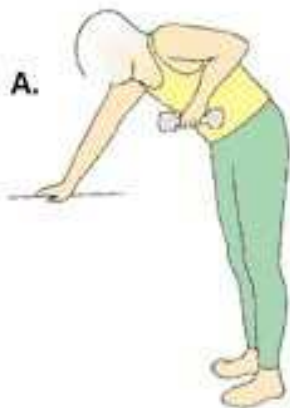
Towel resistance exercise



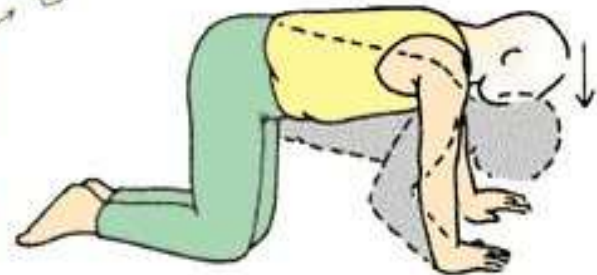
French stretch



French press

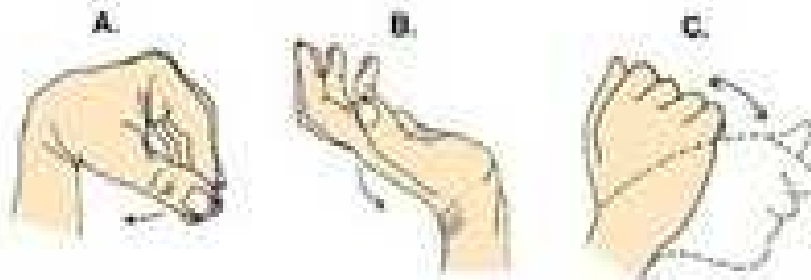


Triceps kick back

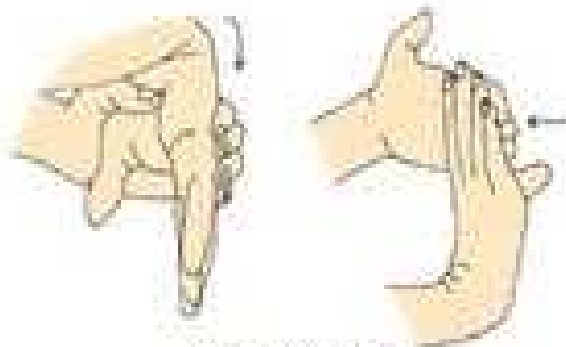


Modified push-up

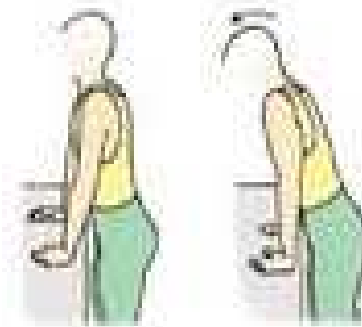
Triangular Fibrocartilage Complex Injuries Exercises



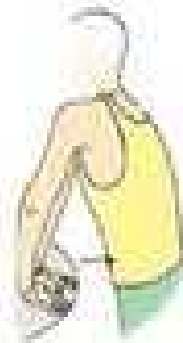
Wrist: Active range of motion



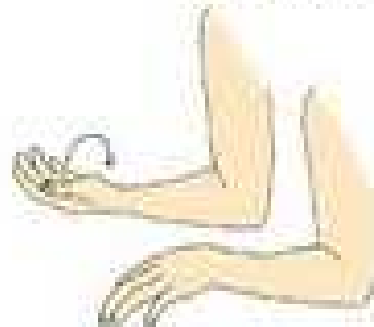
Wrist stretch



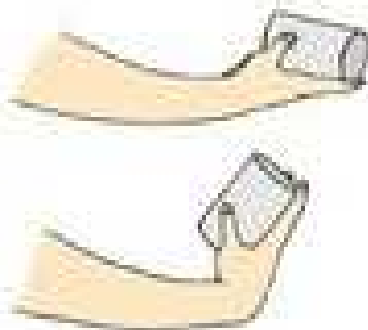
Wrist extension stretch



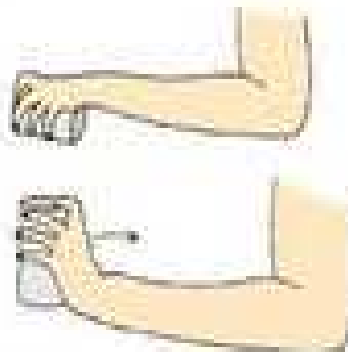
Wrist flexion stretch



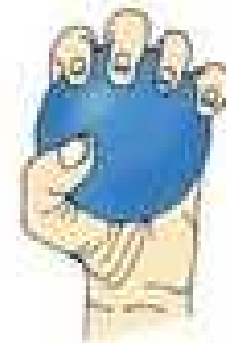
Pronation and supination of the forearm



Wrist flexion exercise



Wrist extension exercise



Grip strengthening

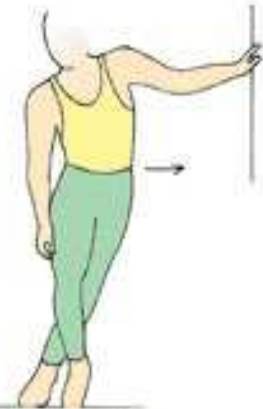
Trochanteric Bursitis Exercises



Piriformis stretch

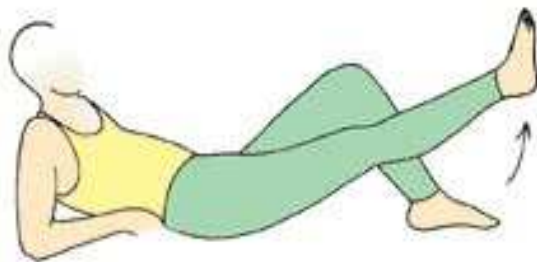


Standing



Side-leaning

Iliotibial band stretch



Straight leg raise



Prone hip extension

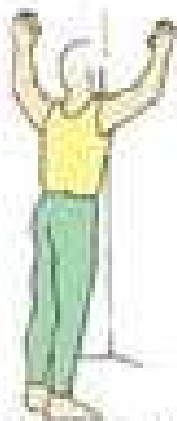


Wall squat with a ball

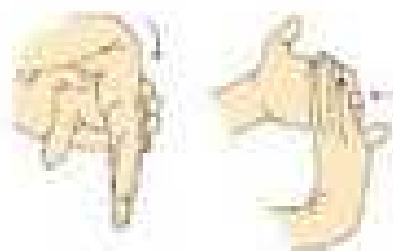


Side-lying leg lift

Stretching



Pectoralis stretch



Wrist stretch



Upper trapezius stretch



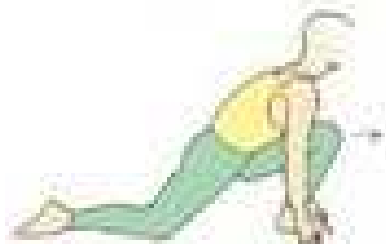
Standing hamstring stretch



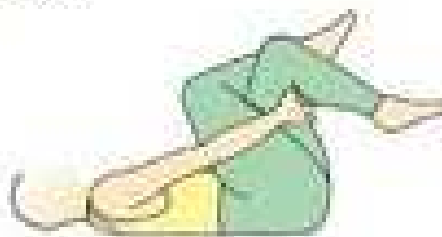
Quadriceps stretch



Standing calf stretch



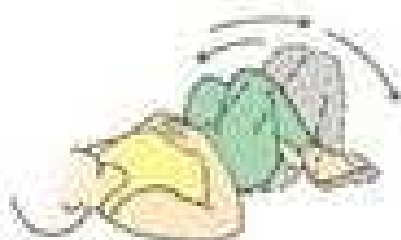
Hip flexor stretch



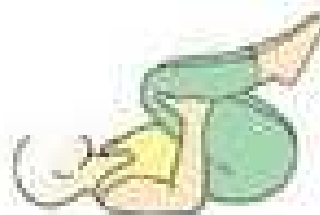
Piriformis stretch



Hip adductor stretch

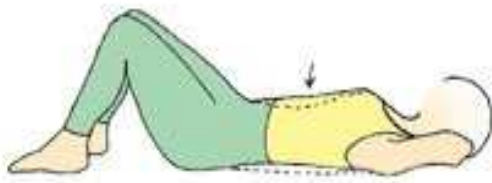


Trunk rotation

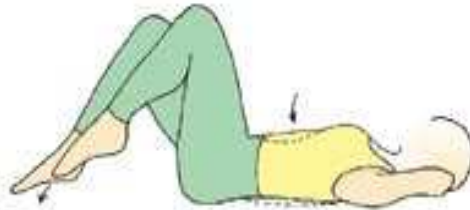


Double knee to chest

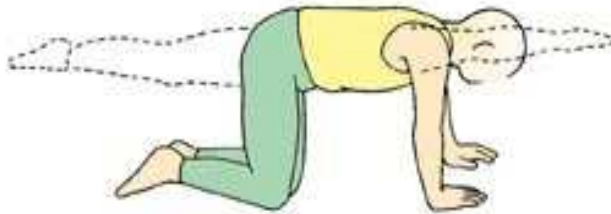
Spondyloysis/Spondyloisthesis Exercises



Pelvic tilt



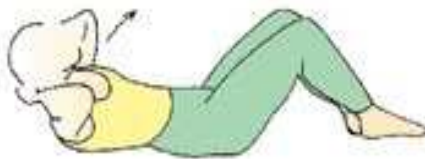
Dead bug



Quadruped arm/leg raises



Piriformis stretch

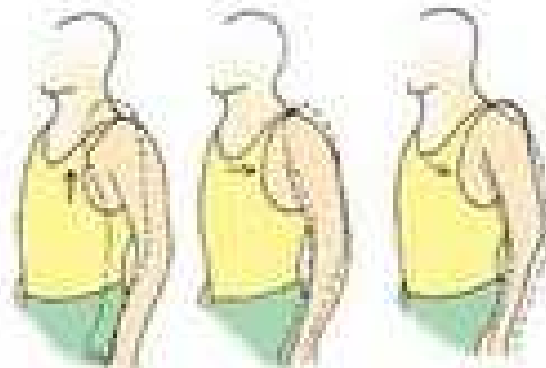


Partial curl

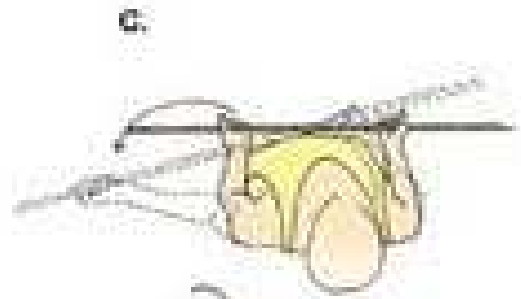
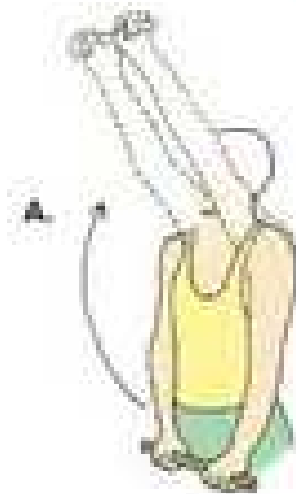


All-fours-to-heels sit

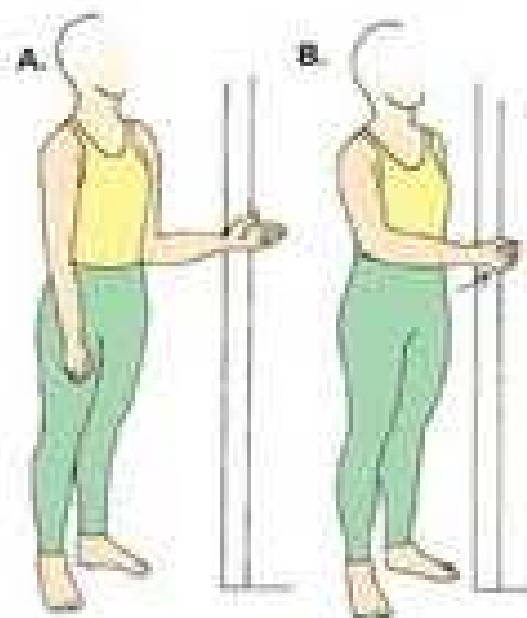
Shoulder Bursitis Exercises



Scapular range of motion



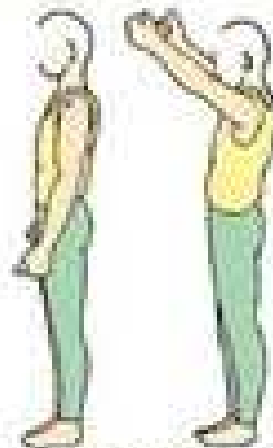
Wand exercises



Isometrics



Tubing exercise for external rotation



Scaption

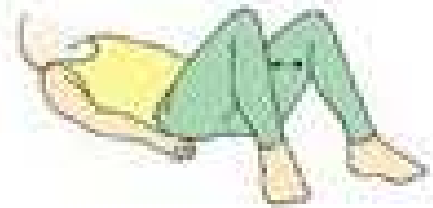
Sacroiliac Pain Exercises



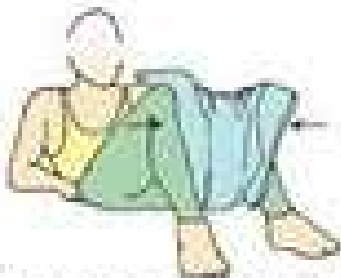
Standing hamstring stretch



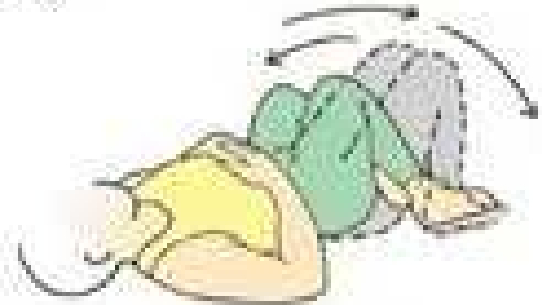
Quadriceps stretch



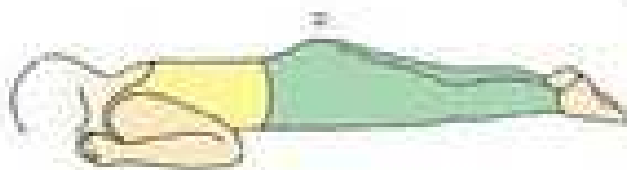
Hip adductor stretch



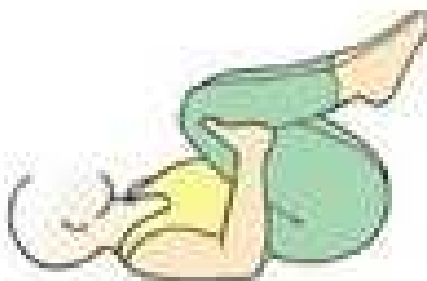
Sitting hip adduction isometrics



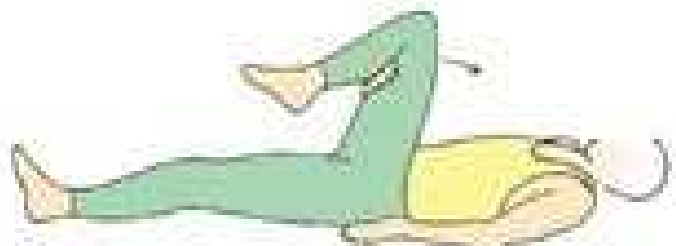
Trunk rotation



Gluteal isometric

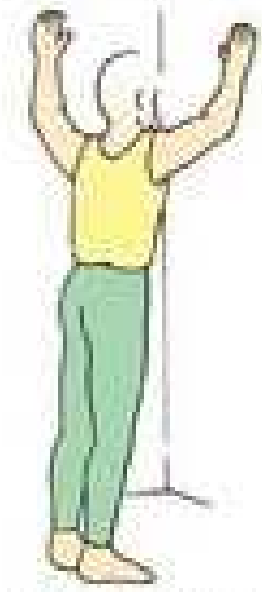


Double knee to chest

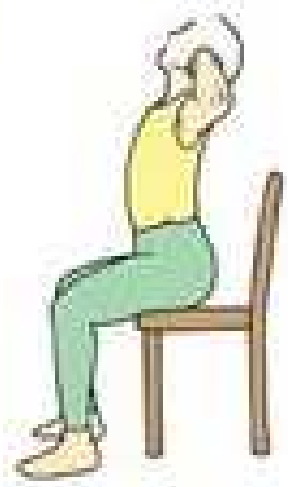


Single knee to chest stretch

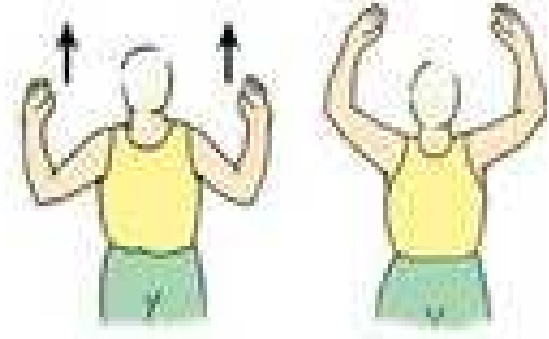
Rhomboid Muscle Strain or Spasm Exercises



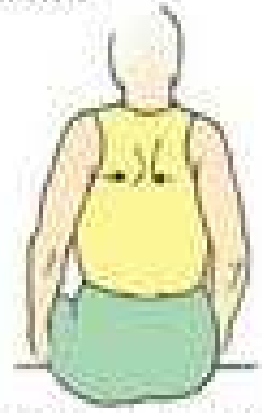
Pectoralis stretch



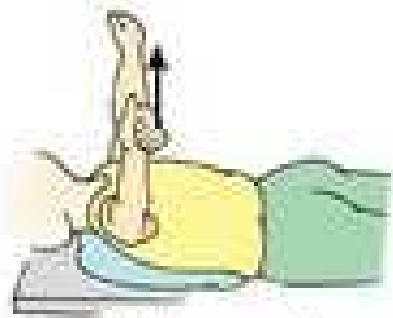
Thoracic extension



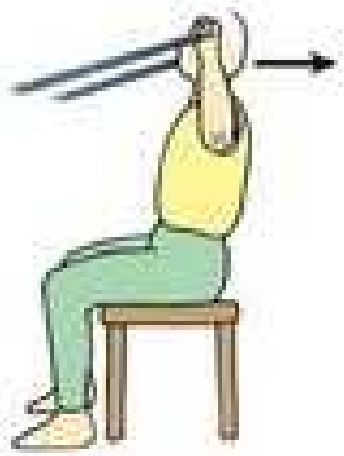
Arm slides on wall



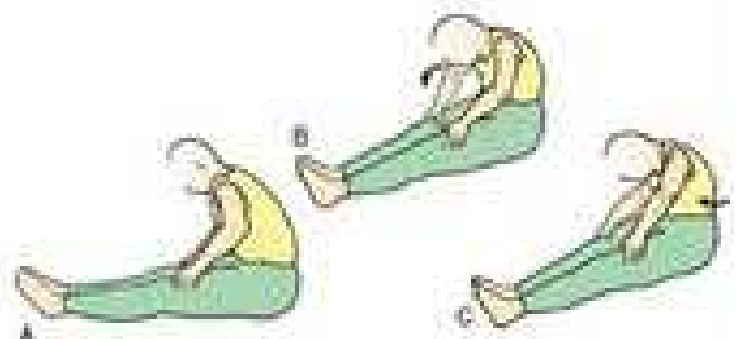
Scapular squeezes



Mid-trap exercise

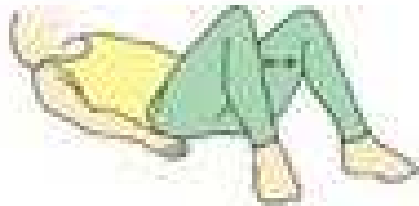


Rowing exercise

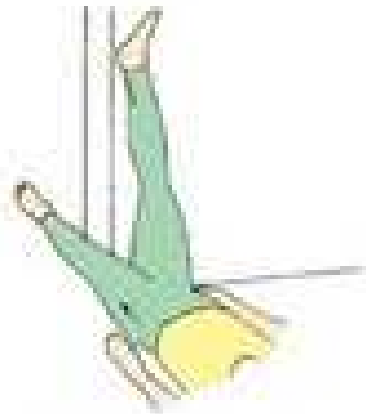


Thoracic stretch

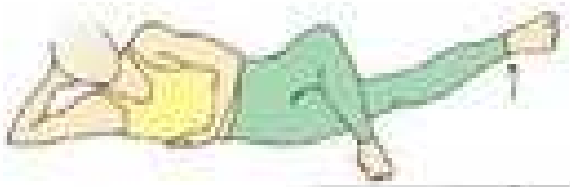
Groin Strain Exercises



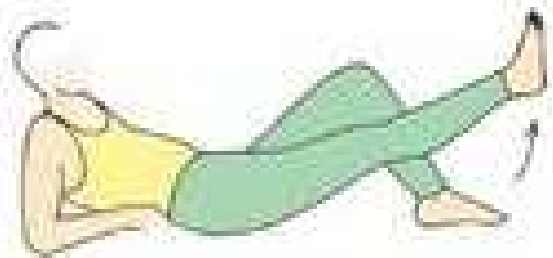
Hip adductor stretch



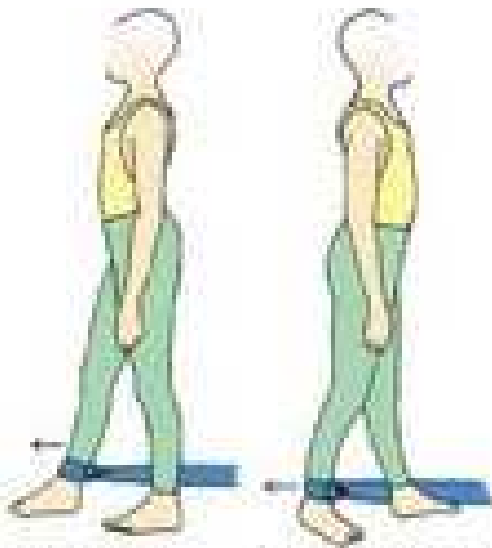
Hamstring stretch on wall



Side-lying leg lift (cross over)

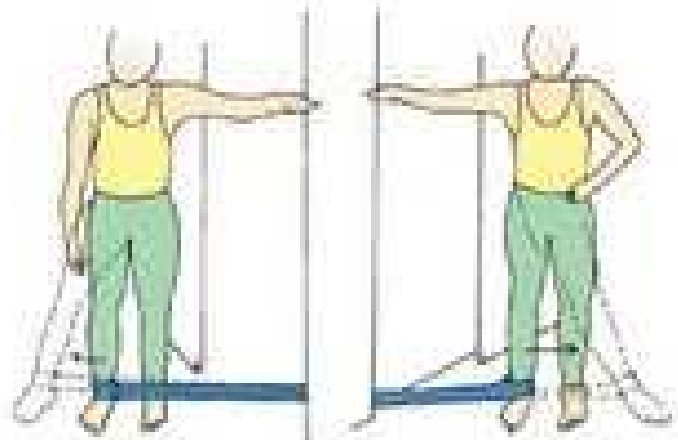


Straight leg raise



Hip flexion

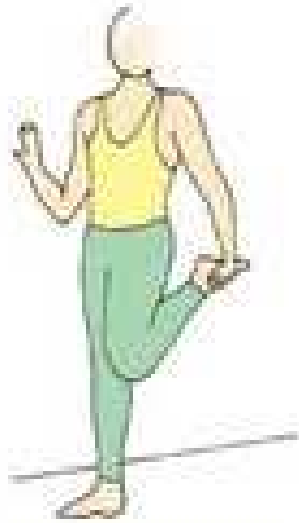
Hip extension



Hip abduction

Hip adduction

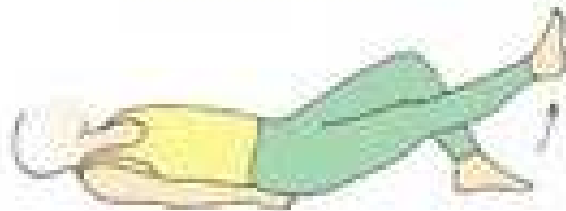
Thigh Bruise Exercises



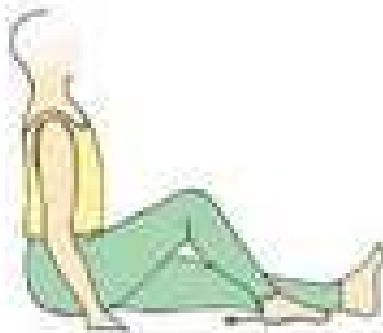
Quadriceps stretch



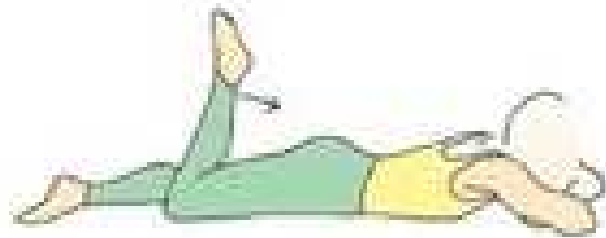
Quadriceps isometrics



Straight leg raise



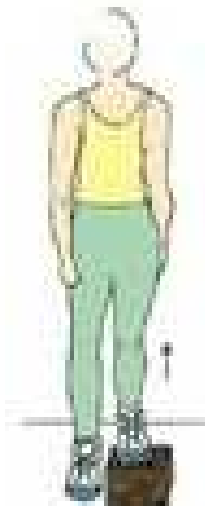
Heel slide



Prone knee bends

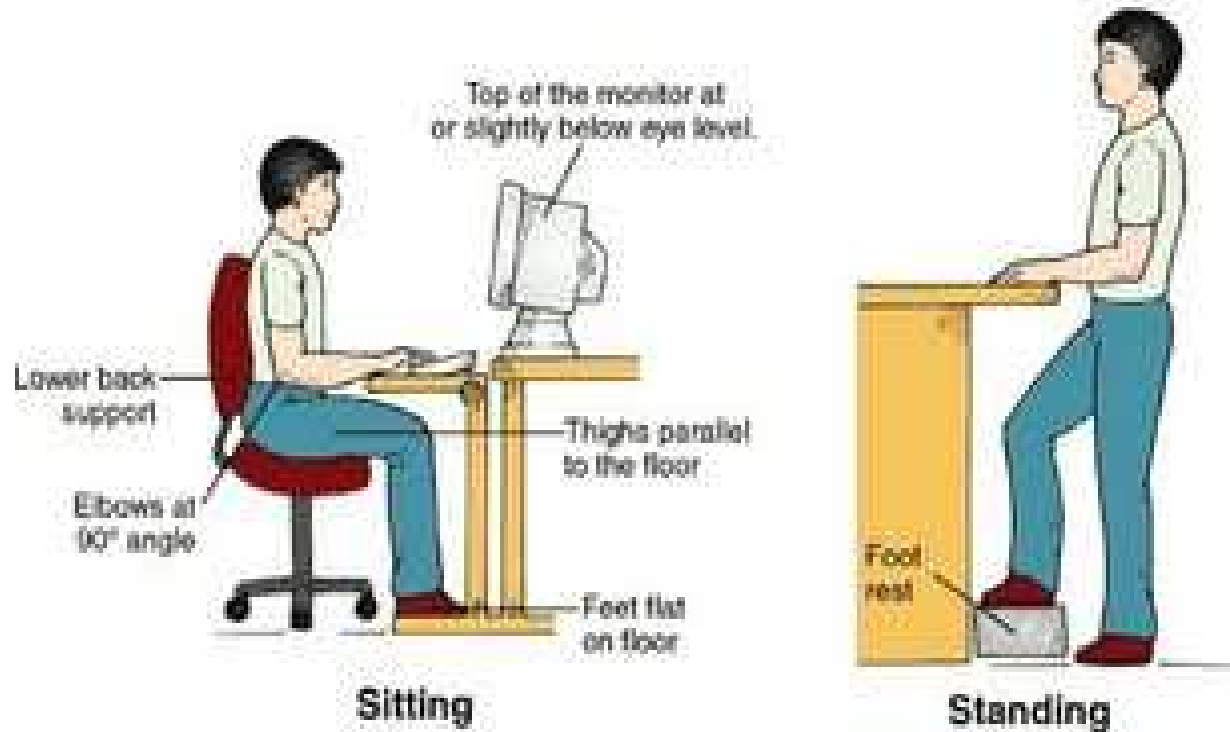


Wall slide

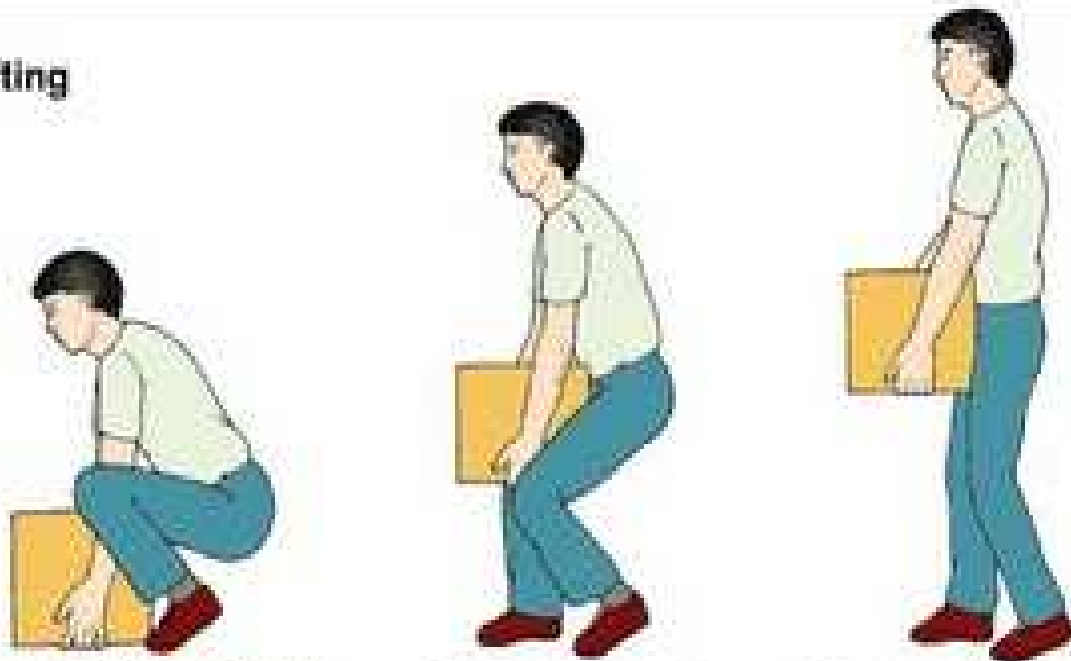


Step-up

Proper Sitting, Standing, and Lifting



Lifting

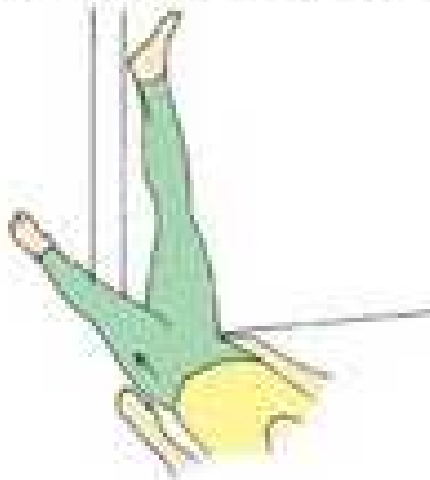


1. Bend your knees and squat down to a comfortable level.

2. Lift the object and bring it close to your body.

3. Return to an upright position by pushing up with your legs and buttocks.

Prepatellar (Knee) Bursitis Rehabilitation Exercises



Hamstring stretch on wall



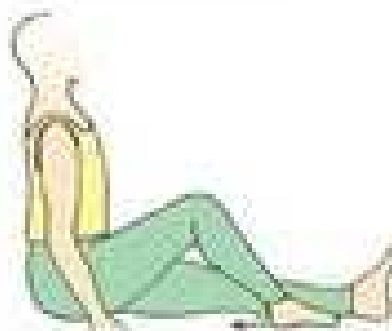
Standing calf stretch



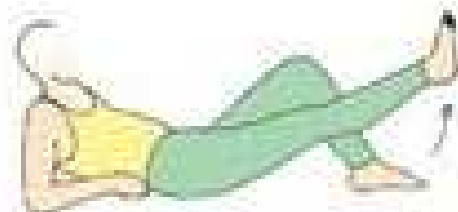
Quadriceps stretch



Quadriceps isometrics

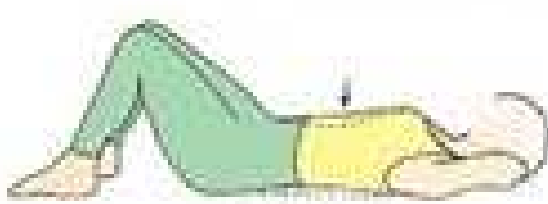


Heel slide



Straight leg raise

Stretching and Strengthening Exercises After Delivery



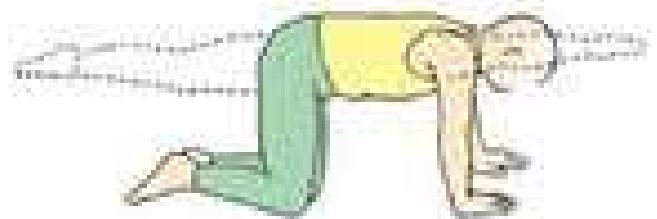
Pelvic tilt



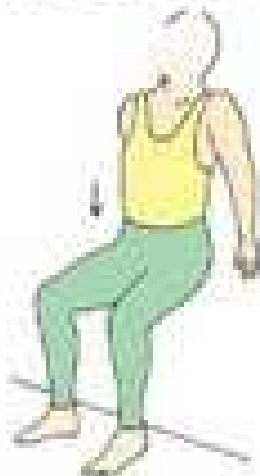
Side-lying leg lift



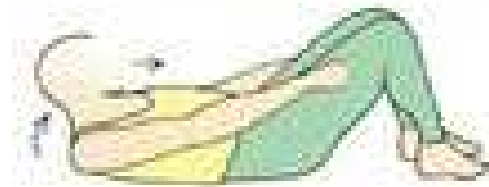
Side-lying leg lift (cross over)



Quadruped arm/leg raises



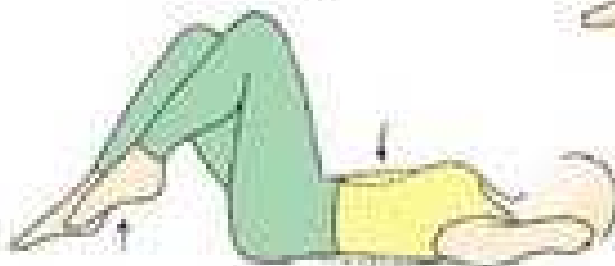
Wall squat



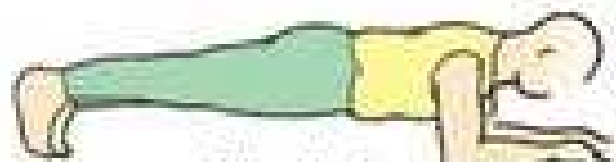
Partial curl



Diagonal curl

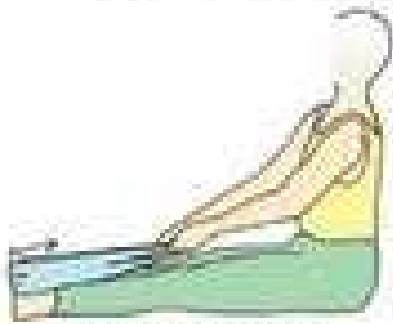


Dead bug



The plank

Posterior Tibial Tendonitis Exercises



Towel stretch



Towel pickup



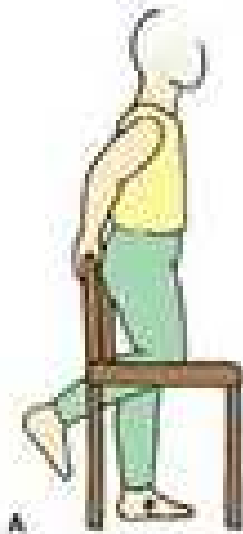
Standing calf stretch



Heel raises

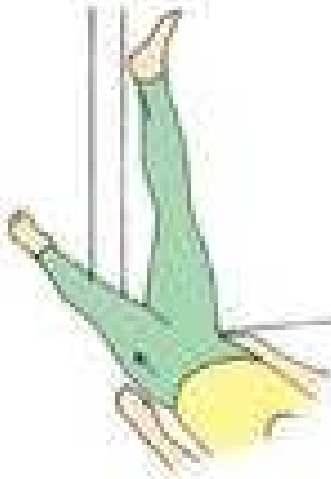


Resisted inversion



Static and dynamic balance exercises

Pes Anserine (Knee) Bursitis Exercises



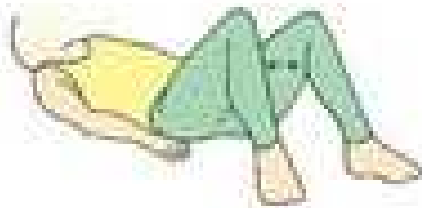
**Hamstring stretch
on wall**



Standing calf stretch



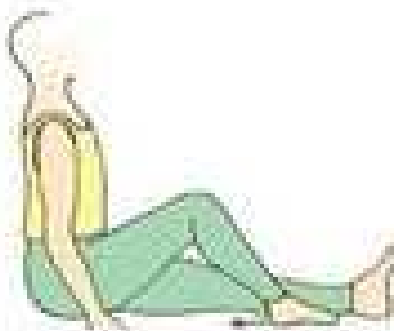
Quadriceps stretch



Hip adductor stretch



Quadriceps isometrics

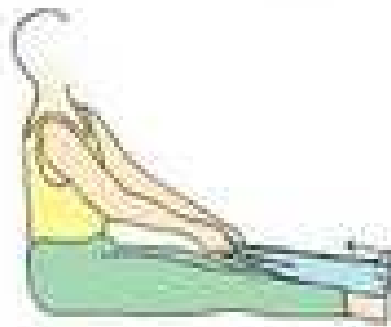


Heel slides

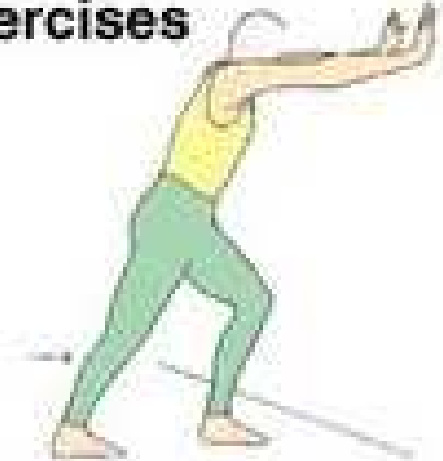


Hamstring isometrics

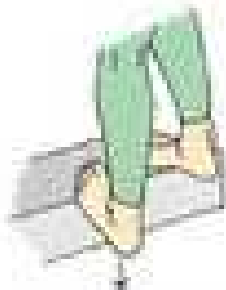
Plantar Fasciitis Exercises



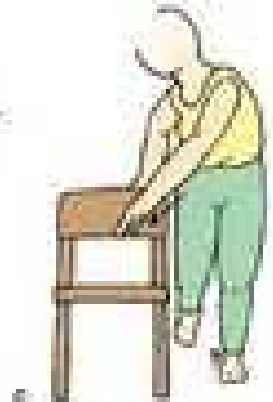
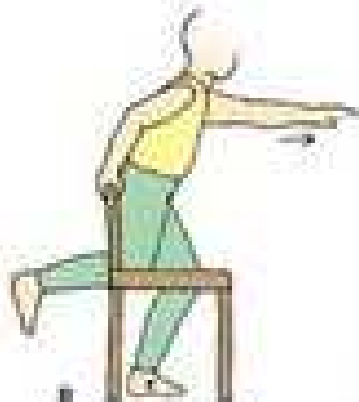
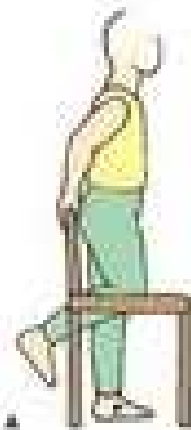
Towel stretch



Standing calf stretch



Plantar fascia stretch



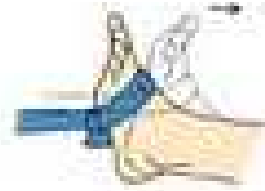
Static and dynamic balance exercises



Towel pickup



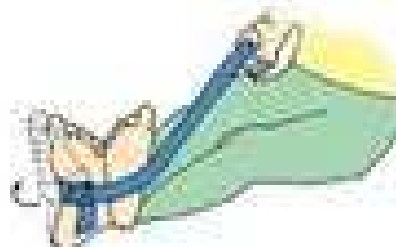
Frozen can roll



Resisted dorsiflexion



Resisted plantar flexion

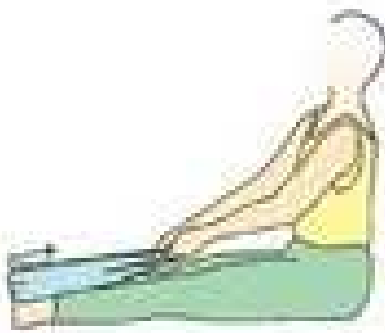


Resisted inversion



Resisted eversion

Peroneal Tendon Strain Exercises



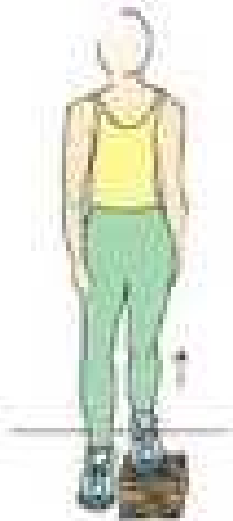
Towel stretch



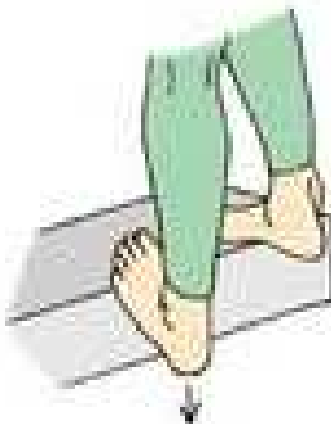
Standing calf stretch



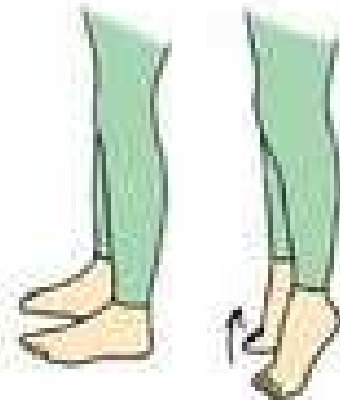
Standing soleus stretch



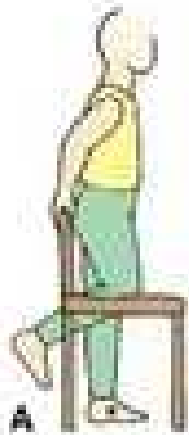
Step-up



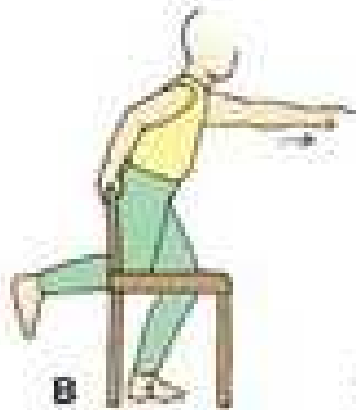
Plantar fascia stretch



Heel raises



A



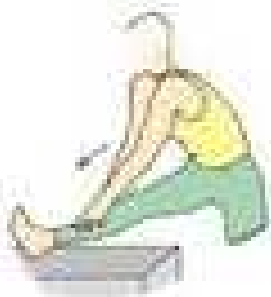
B



C

Static and Dynamic Balance Exercises

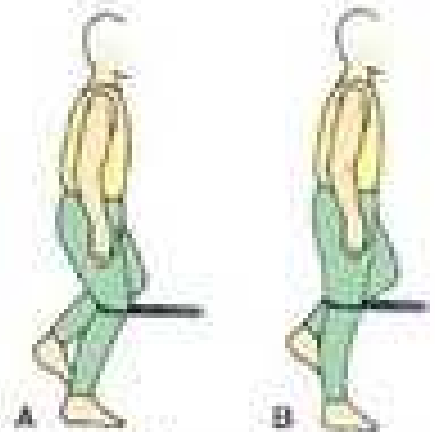
Patellar Tendonitis (Jumper's Knee) Exercises



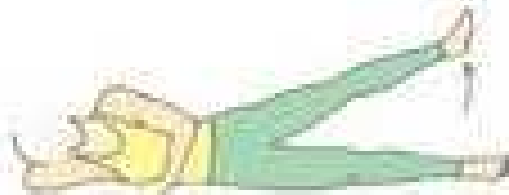
Standing hamstring stretch



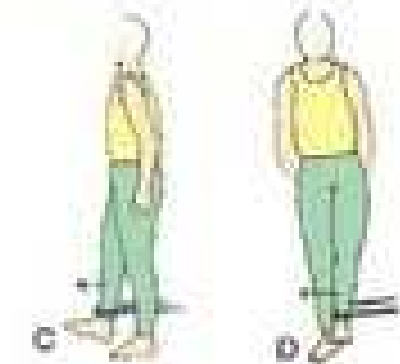
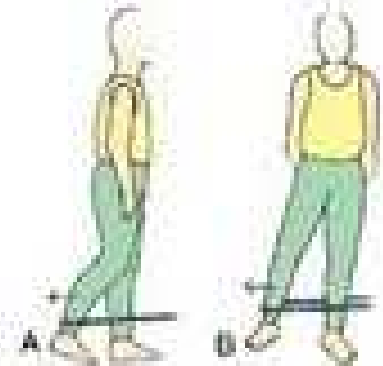
Quadriceps stretch



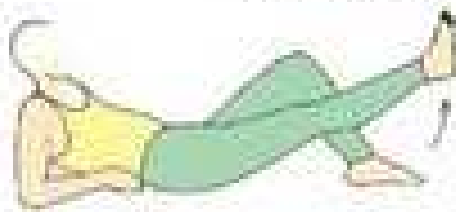
Resisted knee extension



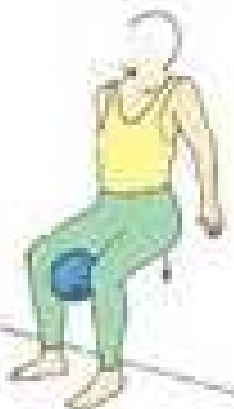
Side-lying leg lift



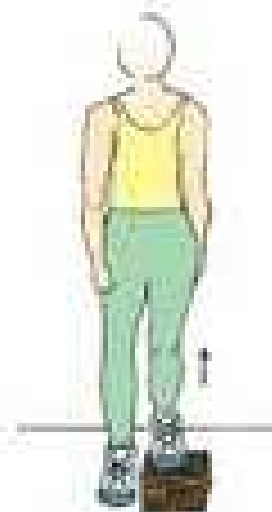
Knee stabilization



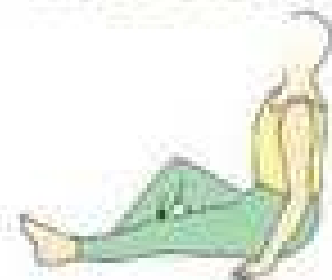
Straight leg raise



Wall squat with a ball

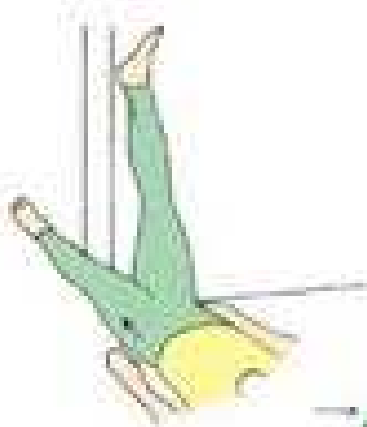


Step-up



Quadriceps isometrics

Subluxing Kneecap Exercises



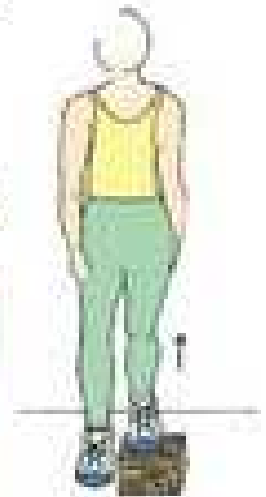
Hamstring stretch
on wall



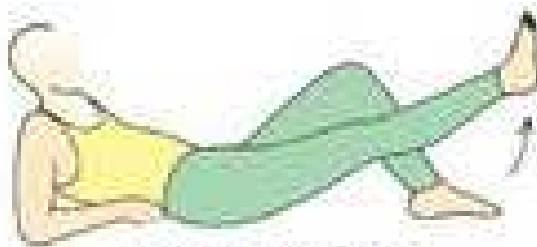
Standing calf stretch



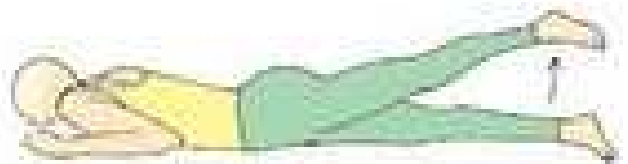
Quadriceps isometrics



Step-up



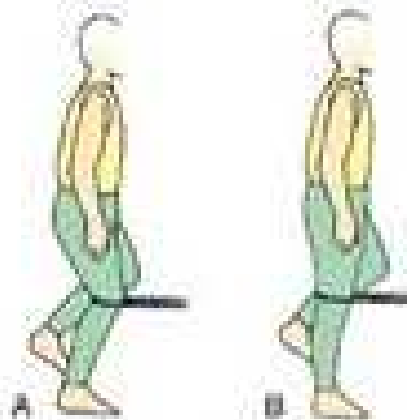
Straight leg raise



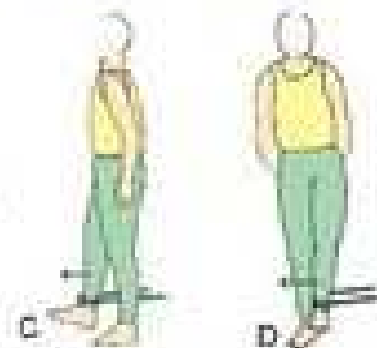
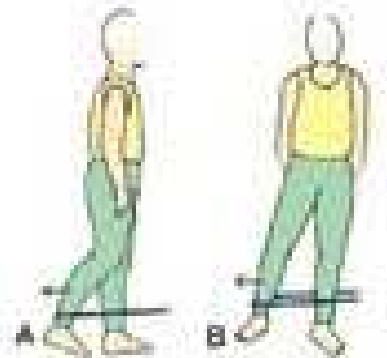
Prone hip extension



Wall squat with a ball

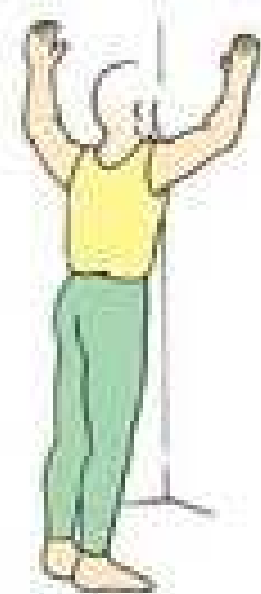


Resisted knee extension

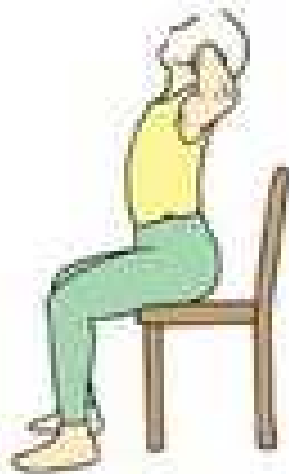


Knee stabilization

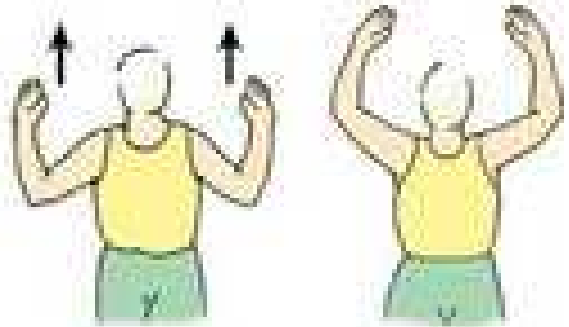
Upper Back Exercises



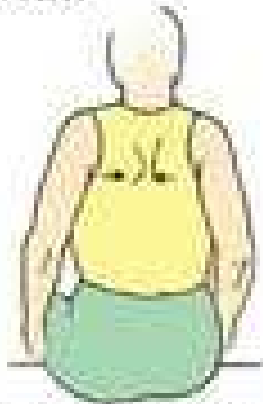
Pectoralis stretch



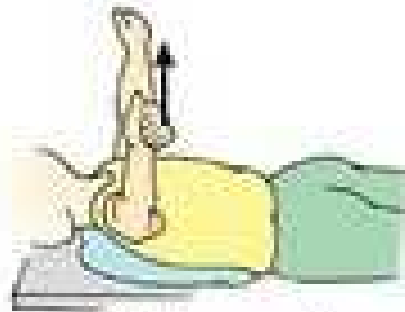
Thoracic extension



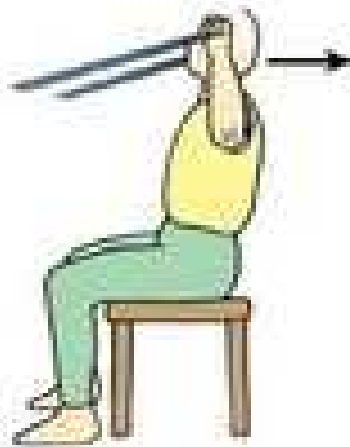
Arm slides on wall



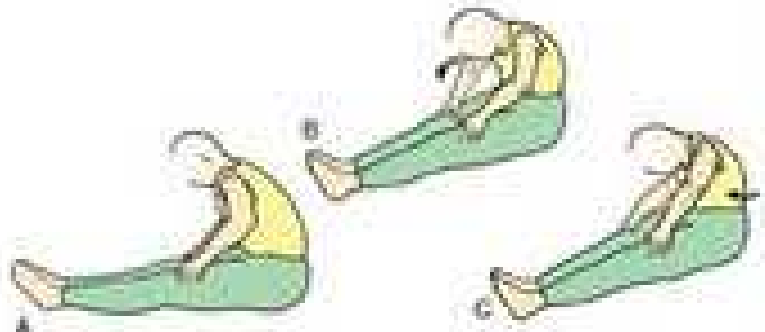
Scapular squeezes



Mid-trap exercise

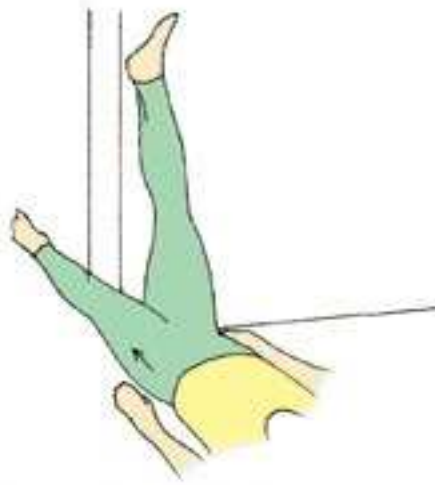


Rowing exercise



Thoracic stretch

Osgood-Schlatter Disease Exercises



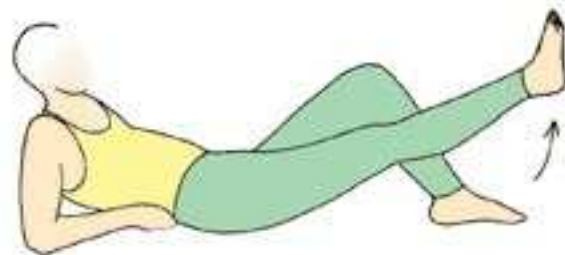
Hamstring stretch on wall



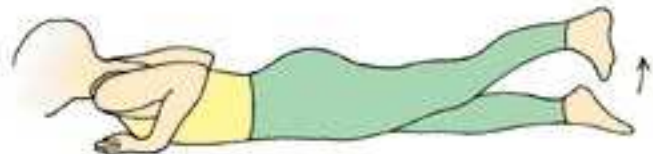
Standing calf stretch



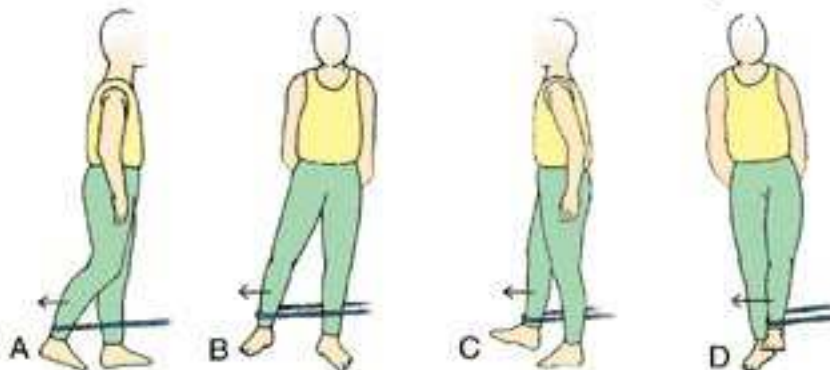
Quadriceps stretch



Straight leg raise

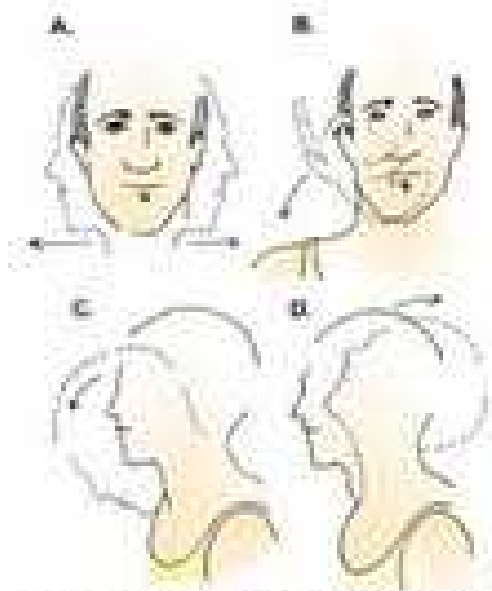


Prone hip extension

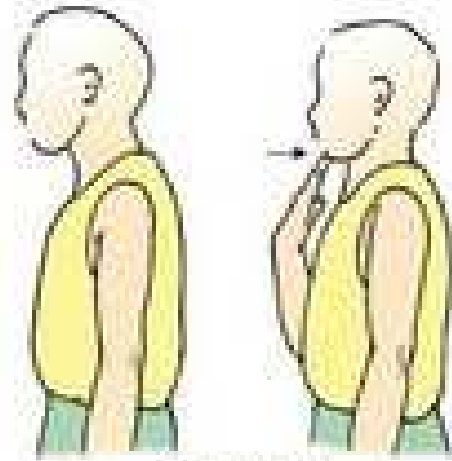


Knee stabilization

Neck Strain Exercises



Neck range of motion exercises



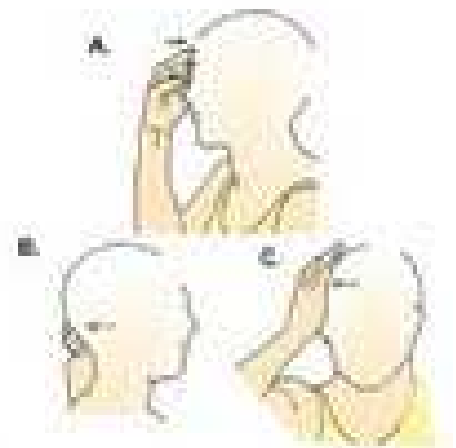
Chin tucks



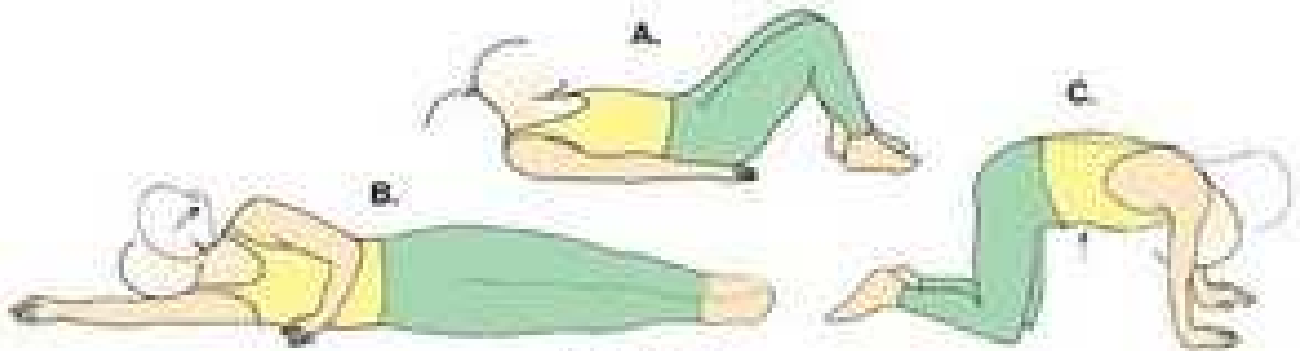
Upper trapezius stretch



Scalene stretch

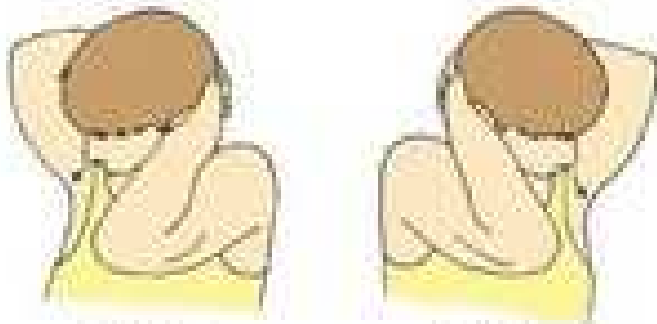


Neck isometric exercises



Head lifts

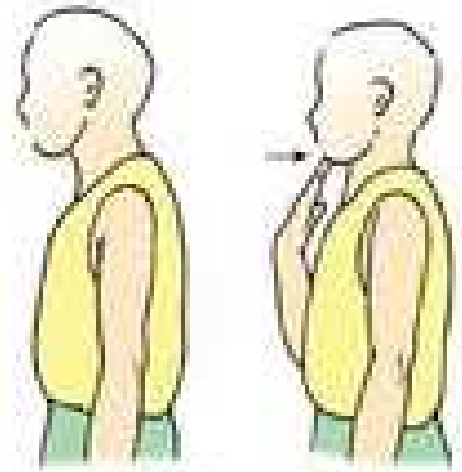
Neck Spasm Exercises



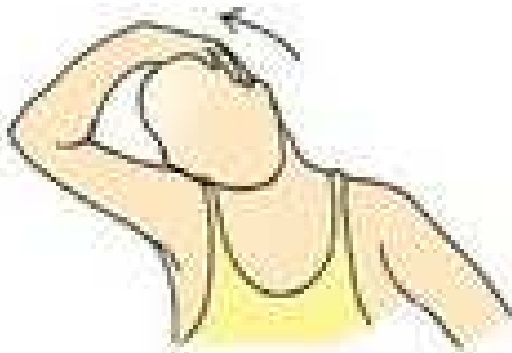
Right

Left

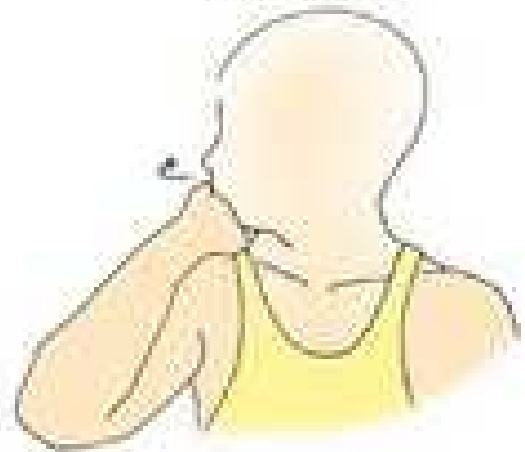
Neck flexion



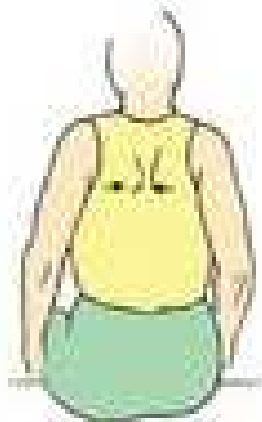
Chin tucks



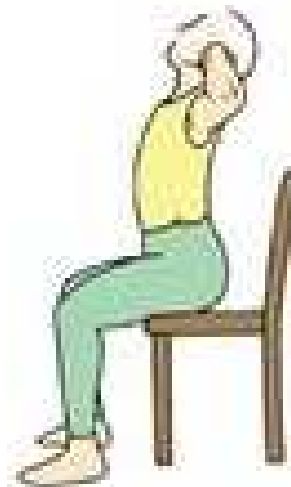
Upper trapezius stretch



Neck rotation



Scapular squeezes

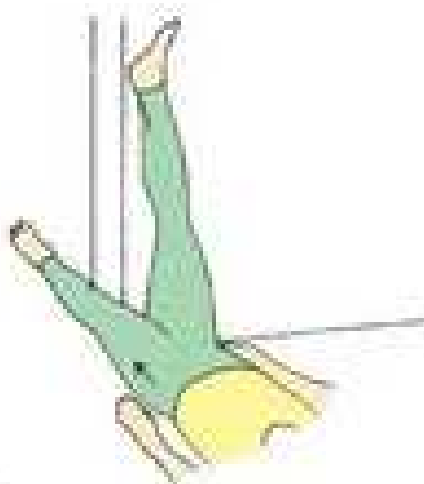


Thoracic extension

Hamstring Strain Exercises



Standing hamstring stretch



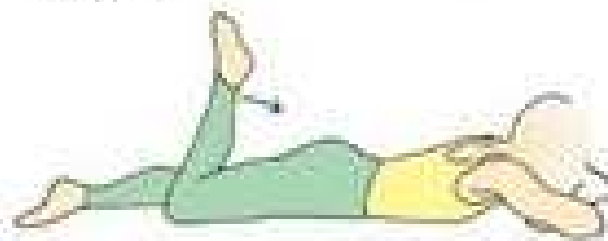
**Hamstring stretch
on wall**



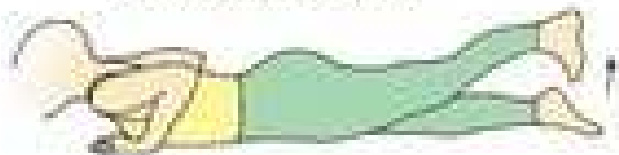
Standing calf stretch



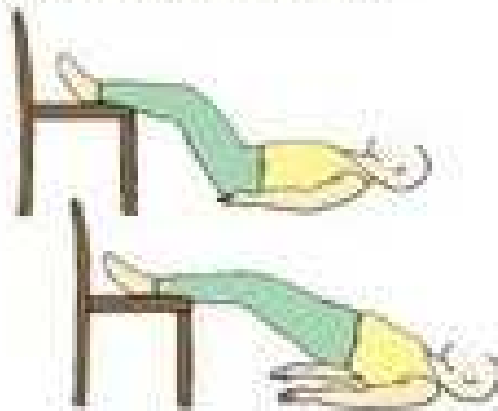
Elastic tubing hamstring curls



Prone knee bends



Prone hip extension



Chair lifts



Lunges

Meniscal (Cartilage) Tear Exercises



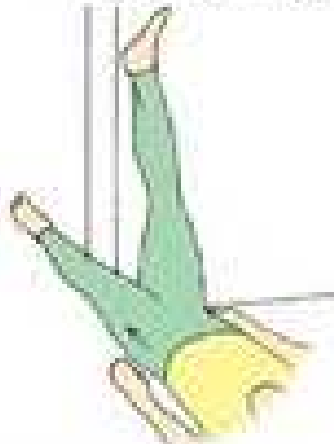
Passive knee extension



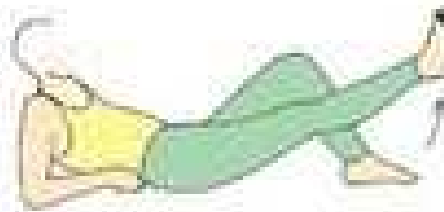
Heel slide



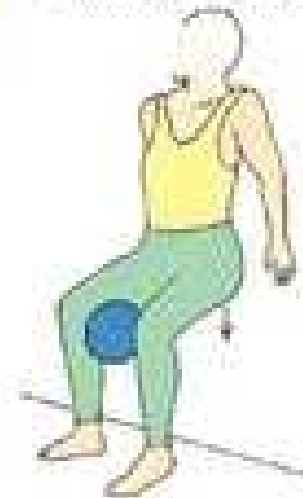
Standing calf stretch



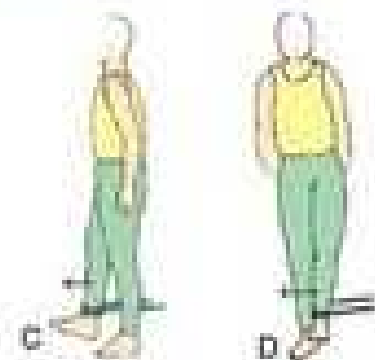
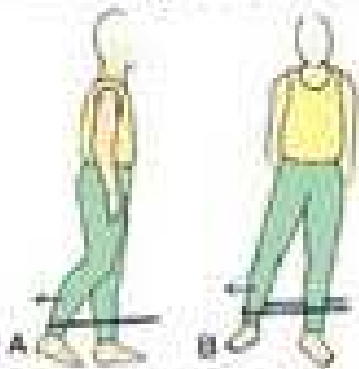
Hamstring stretch on wall



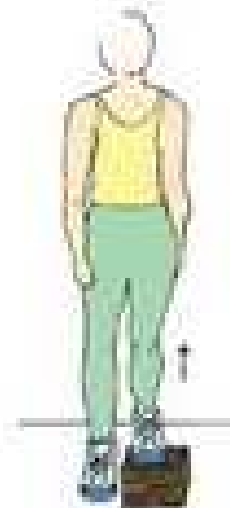
Straight leg raise



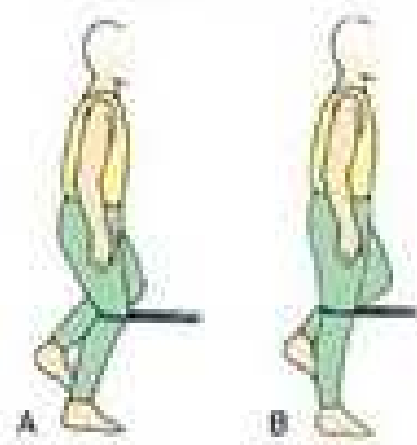
Wall squat with ball



Knee stabilization

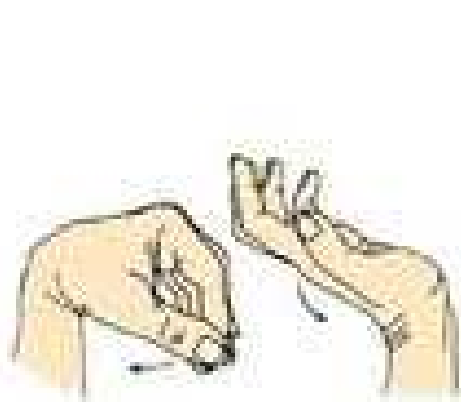


Step-up



Resisted knee extension

Medial Epicondylitis (Golfer's Elbow) Exercises



Wrist range of motion



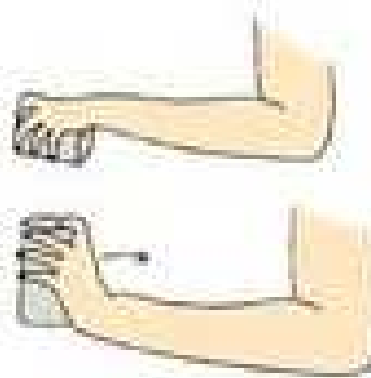
Wrist stretch



Pronation and supination
of the forearm



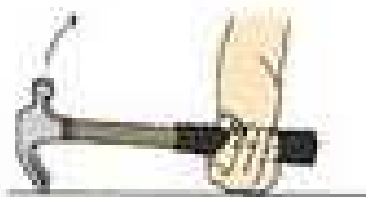
Wrist flexion exercise



Wrist extension exercise



Wrist radial deviation
strengthening

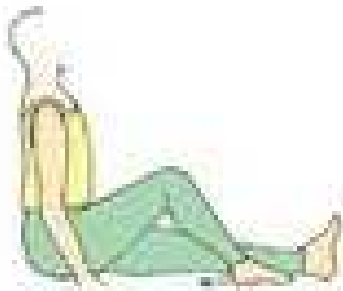


Forearm pronation and
supination strengthening

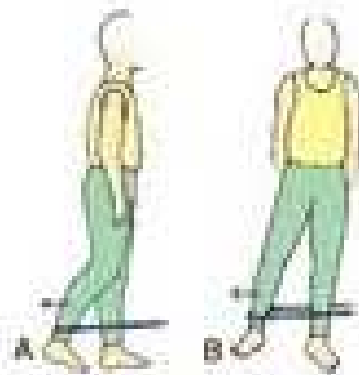


Elbow flexion and extension

Medial Collateral Ligament Sprain Exercises

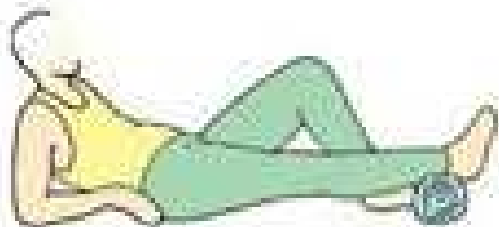


Heel slide

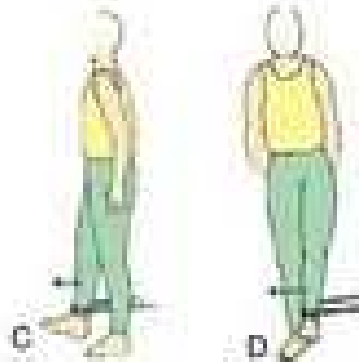


A

B

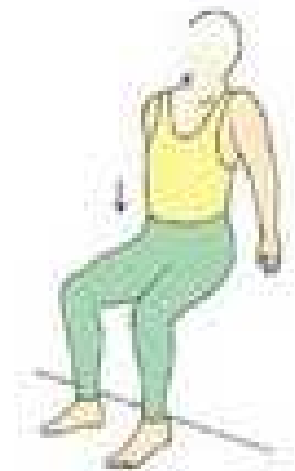


Passive knee extension

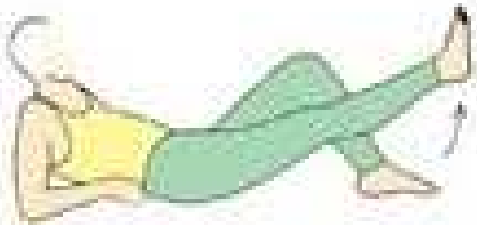


C

D



Wall slide

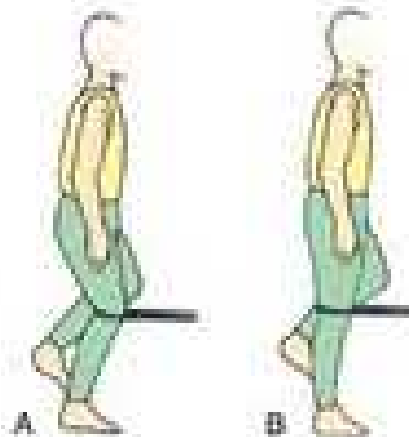


Straight leg raise

Knee stabilization

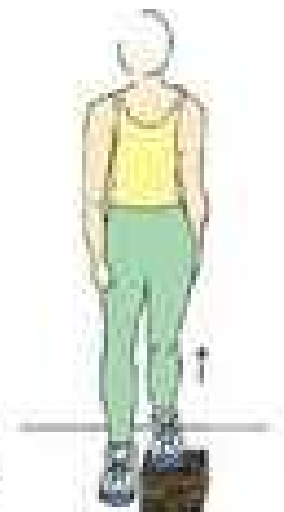


Prone knee bends



A

B

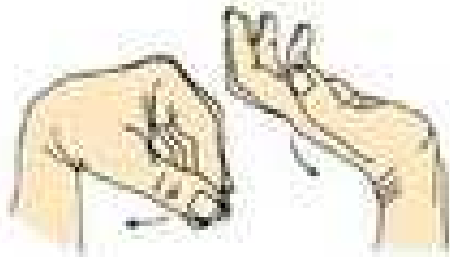


Step-up



Side-lying leg lift

Medial Apophysitis (Little Leaguer's Elbow) Exercises



Wrist range of motion



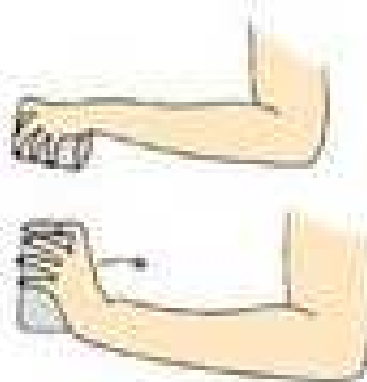
Wrist stretch



Pronation and supination of the forearm



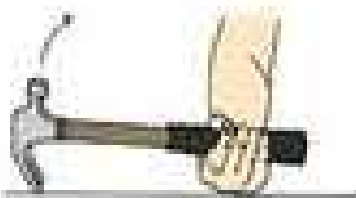
Wrist flexion exercise



Wrist extension exercise



Wrist radial deviation strengthening



Forearm pronation and supination strengthening



Elbow flexion and extension

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<http://physiophysio.blogspot.com/search/label/Excercises%20and%20Modalities>

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