

MyNotifi Exercise Regimen

Upper Extremity Exercises

- Active Resisted Extension (wrist)
- Bilateral Arm Raise Kneeling (wrist)
- Crisscross (wrist)
- Curl-up Diagonal
- Hook Lying combination (wrist)
- Horizontal Abduction with External Rotation, Prone (wrist)
- Horizontal Abduction with Internal Rotation, Prone (wrist)
- Opposite Arm and Leg Lift (Prone) (wrist)
- Quadruped Opposite Upper and Lower Extremity Extension (wrist)
- Quadruped Upper Extremity Extension (wrist)
- Scaption with External Rotation (wrist)
- Shoulder Abduction Standing (wrist)
- Shoulder Extension Standing (wrist)
- Shoulder External/Internal Rotation in Abduction, Standing (wrist)
- Shoulder External/Internal Rotation in Flexion, Standing (wrist)
- Shoulder Flexion Standing (wrist)
- Strengthening with Tubing or Resistive Band (wrist)
- Swimming (wrist)
- Teaser (wrist)

Lower Extremity Exercises

- Bent Knee Lift (Prone) (Ankle)
- Bilateral Leg Lowering (Ankle)
- Double Leg Circles (Ankle)
- External Hip Rotation (Prone) (Ankle)
- Hip Abduction Side Lying (Ankle)
- Internal Hip Rotation (Prone) (Ankle)
- Knee Flexion Standing (Ankle)
- Lower Lift (Ankle)
- Prone Hip Extension (Ankle)
- Scissor (Ankle)
- Straight Leg Raise Phase I (Ankle)
- Straight Leg Raise Phase II (Ankle)
- Straight Leg Raise Phase III (Ankle)
- Straight Leg Raise Prone (Ankle)
- Hook Lying Combination
- Opposite Arm and Leg Lift Prone (Ankle)

- Swimming (Ankle)

OTAGO Exercise Program (For Patients at Risk of Falls)

Warm Up

- Head Movements
- Neck Movements
- Back Extension
- Trunk Movements
- Ankle Movements

Strengthening

- Front Knee Strengthening
- Back Knee Strengthening
- Side Hip Strengthening
- Calf Raises
- Toe Raises
- Knee Bends

Balance

- Backwards walking
- Walk and Turn Around
- Side Ways Walking
- Heel Toe Standing
- Heel Toe Walking
- One Leg Standing
- Heel Walking
- Toe Walking
- Heel Toe Walking Backwards
- Sit to Stand
- Stair Walking