

PT Wrist Weight Repeat

Name: _____

Time: _____

Date: _____

Therapist's name: _____

Your therapist is going to start you on this exercise _____.
You will have to watch the clock while you are doing the exercise.
At certain times you will have to stop.
You will need to hang a wrist weight on the rack.
Write down the time after when you are finished.
Then go back and continue your exercise.

Time	Which wrist weight?	Time finished

Primary exercise suggestions for therapist:

- Walking on treadmill*
- Using recumbent stepper*
- Mat exercises*

Options:

- Have patient push cart*
- Carry wrist weight in wheelchair*
- Carry wrist weight in walker bag*