

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 take a dumbbell and put it back on the rack.

Write down the time after when you are finished.

Then go back and continue your exercise.

Time	Weight of Dumbbell	Time finished

Primary exercise suggestions for therapist:

*Walking on treadmill*

*Using recumbent stepper*

*Mat exercises*

Options:

*Have patient push cart*

*Carry dumbbells in wheelchair*

*Carry dumbbells in walker bag*