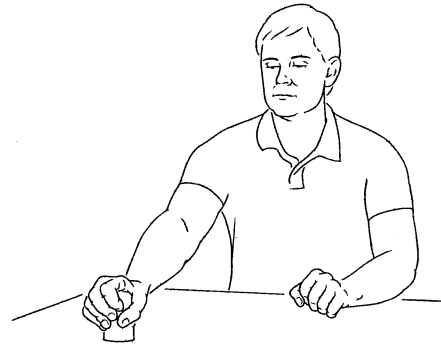


REACHING / TARGETING - 1
Open Hand / Reach Opposite



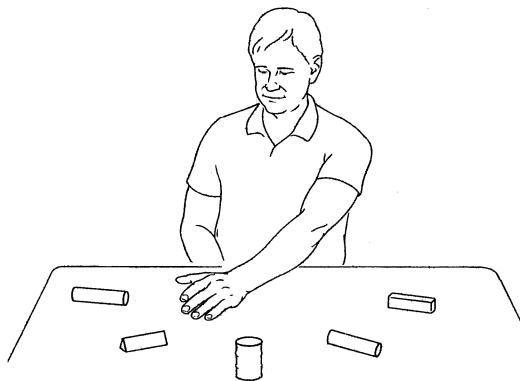
Reach one arm forward toward target. Open other hand at same time.
____ reps per set, ____ sets per day, ____ days per week

REACHING / TARGETING - 2
Close Hand / Reach Opposite



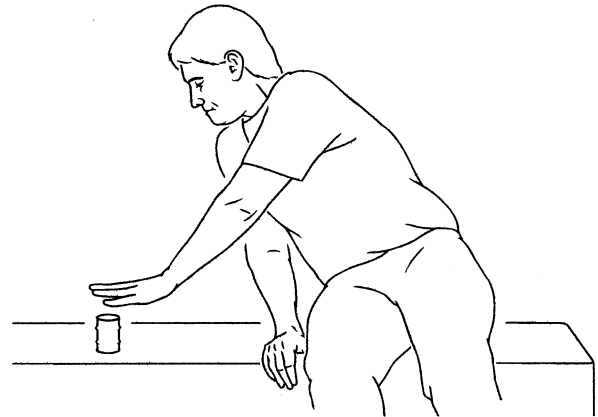
Reach one arm forward and grasp object. Close other hand at same time.
____ reps per set, ____ sets per day, ____ days per week

REACHING / TARGETING - 4 Across Table



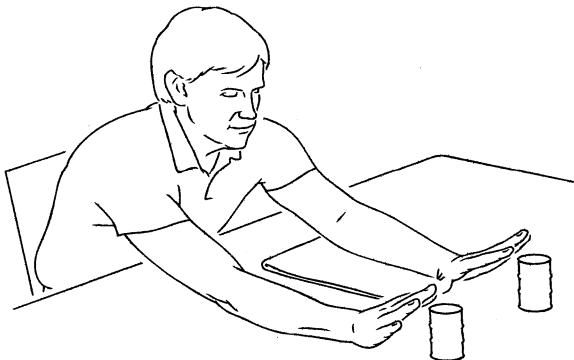
Reach for targets with one arm.
____ reps per set, ____ sets per day, ____ days per week
___ Vary size and distance of targets.

REACHING / TARGETING - 5 Across Body



Reach across body with one arm toward target.
____ reps per set, ____ sets per day, ____ days per week

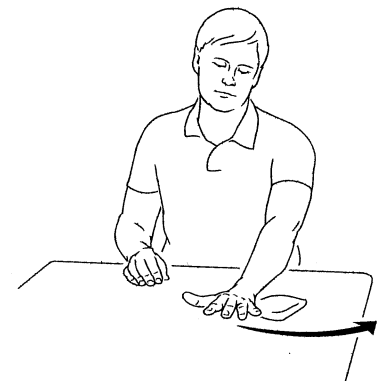
REACHING / TARGETING - 6 Forward: Bilateral



Place towel under left arm, rest on table. Reach both arms forward to reach targets.
____ reps per set, ____ sets per day, ____ days per week
___ Perform without using towel.

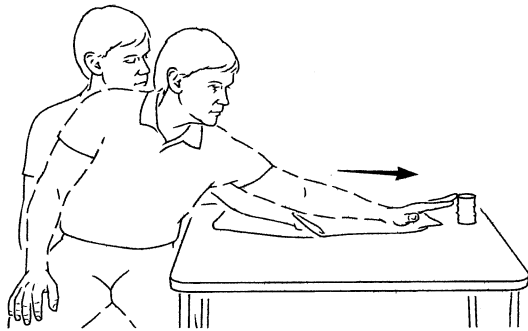
REACHING / TARGETING - 12 Bean Bag

Quickly push bean bag off table.



____ reps per set,
____ sets per day,
____ days per week

REACHING / TARGETING - 13 Lateral



Place towel under one arm. Reach arm out to side to reach target. Keep elbow straight.
 _____ reps per set, _____ sets per day, _____ days per week
 ___ Perform without using towel.

REACHING / TARGETING - 16 Down and Forward

Reach down and forward toward target on floor.

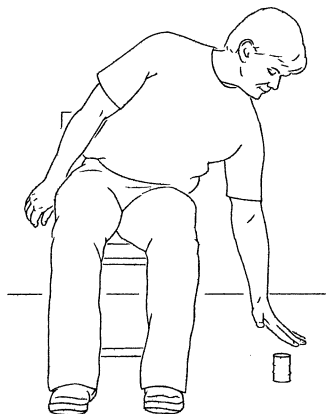


_____ reps per set,
 _____ sets per day,
 _____ days per week

___ Repeat with other arm.

REACHING / TARGETING - 17 Down and Lateral

Reach down and to side toward target on floor.

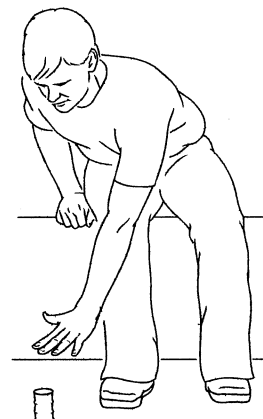


_____ reps per set,
 _____ sets per day,
 _____ days per week

___ Repeat with other arm to other side.

REACHING / TARGETING - 18 Down and Across Body

Reach across body and down toward target on floor.

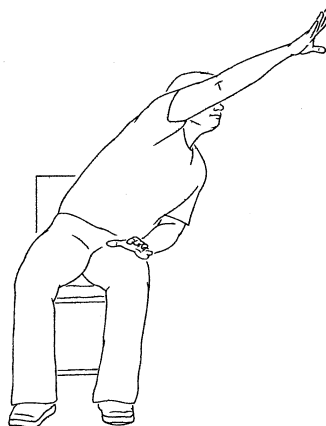


_____ reps per set,
 _____ sets per day,
 _____ days per week

___ Repeat with other arm to other side.

REACHING / TARGETING - 19 Up and Across Body (Weight Bearing)

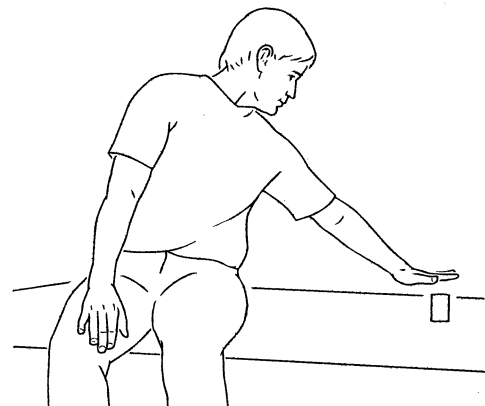
Use hand for weight bearing. Reach up and across body with other hand.



_____ reps per set,
 _____ sets per day,
 _____ days per week

REACHING / TARGETING - 21 Behind Body

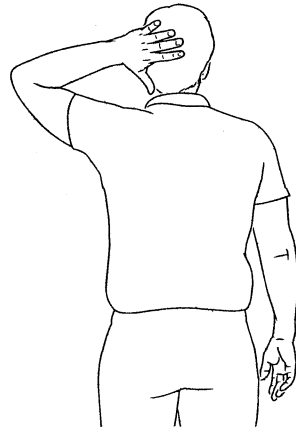
Reach behind body toward target with one arm.
 _____ reps per set, _____ sets per day, _____ days per week



REACHING / TARGETING - 22 Behind Head

Raise arm and reach to back of head. Do not shrug shoulders.

Hint: Perform in front of mirror for feedback.

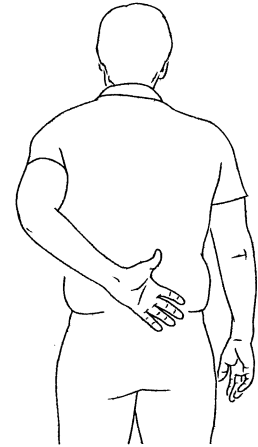


____ reps per set,
 ____ sets per day,
 ____ days per week

REACHING / TARGETING - 23 Behind Back

Reach hand up back. Keep shoulders down.

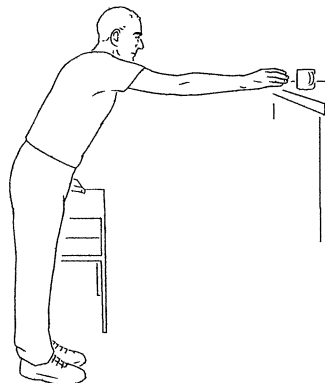
Hint: Perform in front of mirror for feedback.



____ reps per set,
 ____ sets per day,
 ____ days per week

REACHING / TARGETING - 9 Forward Reach With Upper Extremity

Stance: shoulder-width on floor. Reach arm forward as far as possible without moving feet.

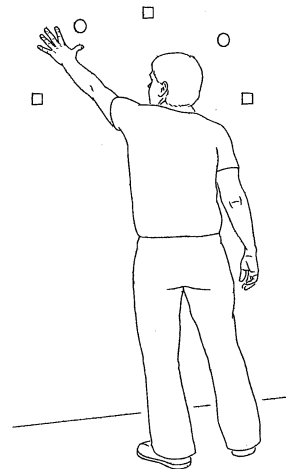


____ reps per set,
 ____ sets per day,
 ____ days per week

___ Hold onto a support.
 ___ Repeat with other arm.

REACHING / TARGETING - 15 Overhead

Reach for overhead targets with one arm.

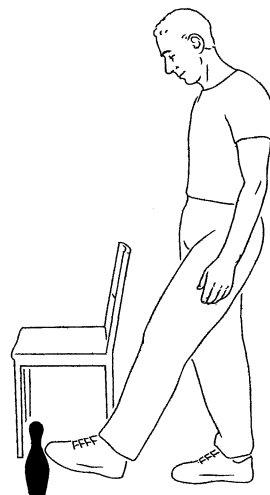


____ reps per set,
 ____ sets per day,
 ____ days per week

___ Perform sitting.
 ___ Repeat with other arm.

REACHING / TARGETING - 10 Forward Reach With Lower Extremity

Stand on right leg, reach forward with opposite leg toward target.



____ reps per set,
 ____ sets per day,
 ____ days per week

___ Hold onto a support.
 ___ Repeat with other leg.