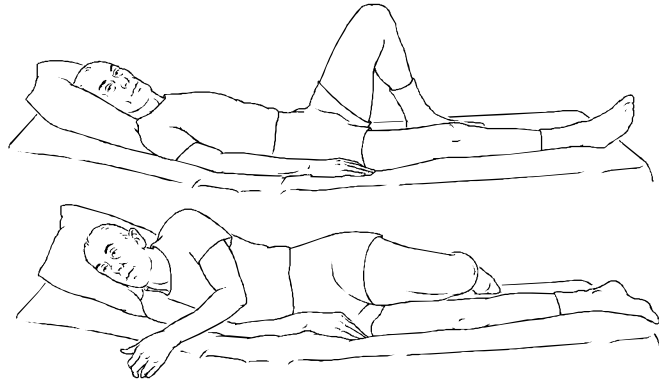


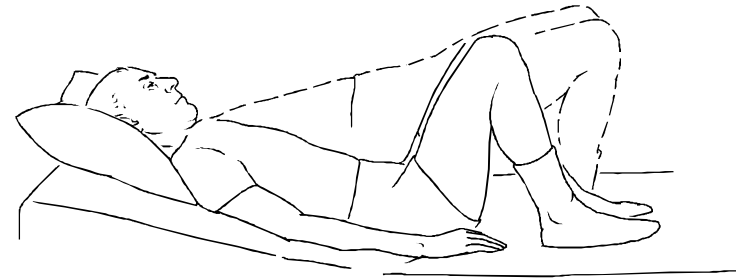
LE MULTI JOINT - 1 Rolling (Active)



Lie on back, legs straight. Draw left leg up and roll to other side.

Complete ____ sets of ____ repetitions.
Perform ____ sessions per day.

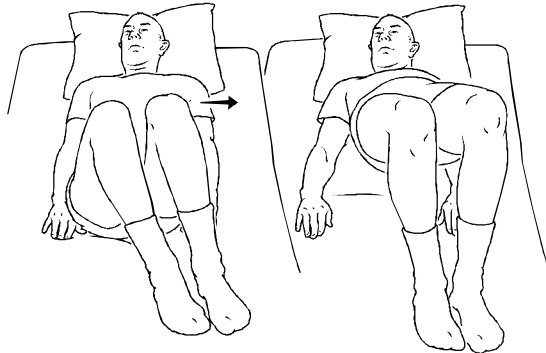
LE MULTI JOINT - 3 Bridging: Supine Up/Down (Active)



Lie with knees bent, feet flat. Push hips up. Hold ____ seconds.

Complete ____ sets of ____ repetitions.
Perform ____ sessions per day.

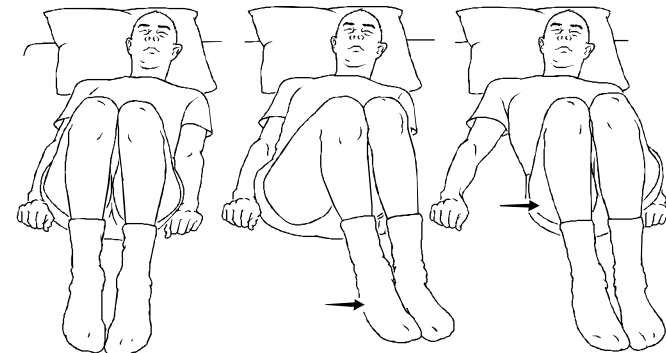
LE MULTI JOINT - 5 Bridging: Supine Side/Side (Active)



Lie with knees bent, feet flat. Move feet and legs to left. Push hips up and over so trunk is in line with legs and feet. Repeat to other side.

Complete ____ sets of ____ repetitions.
Perform ____ sessions per day.

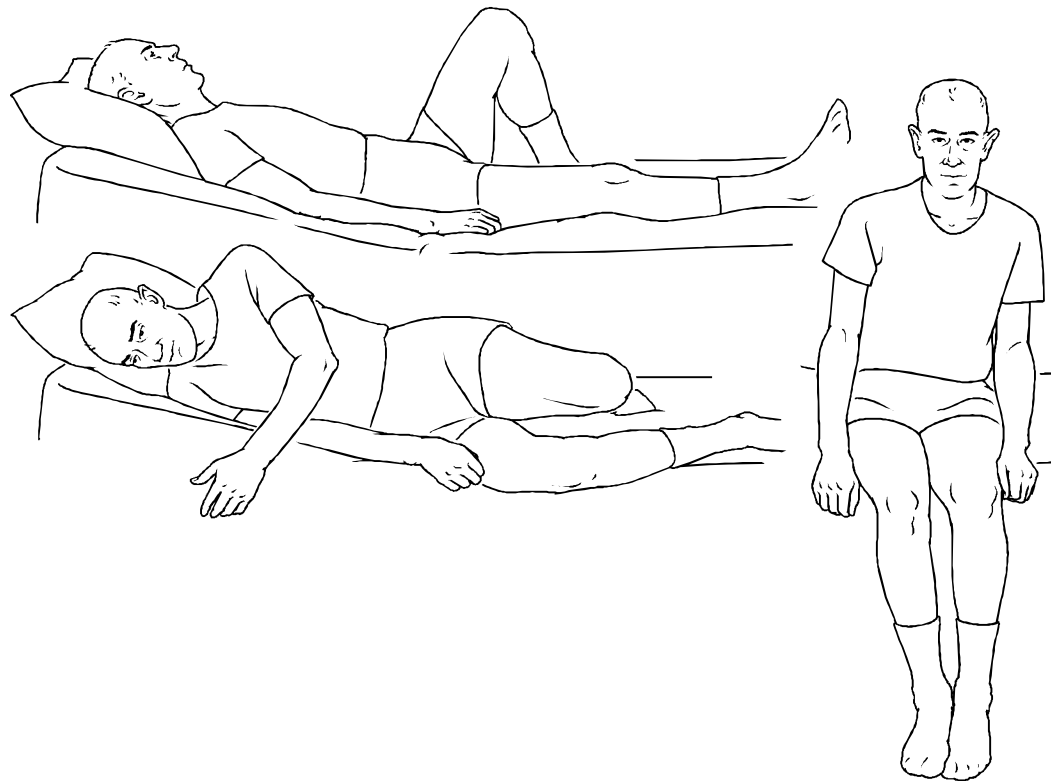
LE MULTI JOINT - 11 Segmental Scooting (Active)



Lie with knees bent, feet flat. Shift shoulders to one side, next shift feet same direction. Then shift hips in line with shoulders and feet.

Complete ____ sets of ____ repetitions.
Perform ____ sessions per day.

LE MULTI JOINT - 7 Supine to Sit (Active)

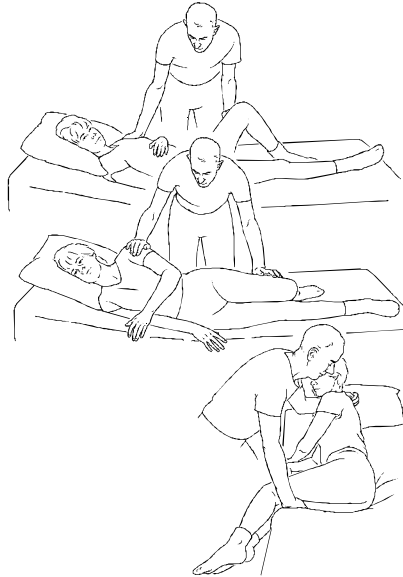


Lie on back, left leg bent. Roll to other side.
From side-lying, sit up on side of bed.

Complete _____ sets of _____ repetitions.
Perform _____ sessions per day.

LE MULTI JOINT - 8 Supine to Sit (Active – Assistance)

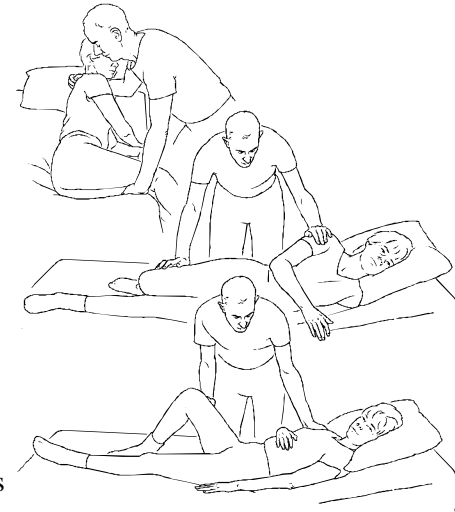
Lie on back, left leg bent. With assistance, roll to other side. From side-lying, sit up on side of bed with assistance.



Complete ____ sets of ____ repetitions. Perform ____ sessions per day.

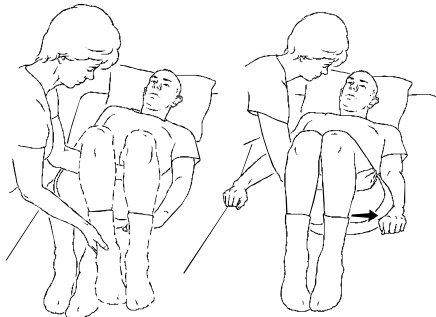
LE MULTI JOINT - 10 Sit to Supine (Active – Assistance)

Sit on edge of bed. With assistance, lie on side, top leg bent. Roll slowly to back.



Complete ____ sets of ____ repetitions. Perform ____ sessions per day.

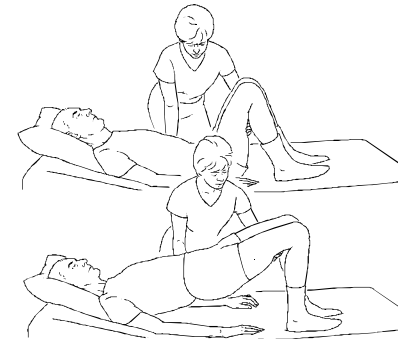
LE MULTI JOINT - 12 Segmental Scooting (Active – Assistance)



Lie with knees bent, feet flat. With assistance, shift shoulders to one side, next shift feet same direction. Then shift hips in line with shoulders and feet.

Complete ____ sets of ____ repetitions. Perform ____ sessions per day.

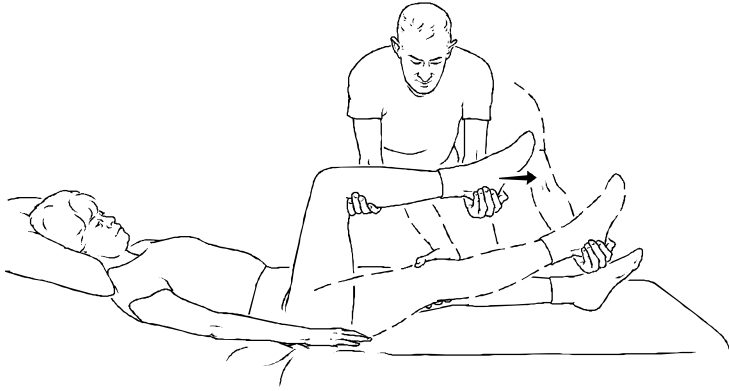
LE MULTI JOINT - 4 Bridging: Supine Up/Down (Active – Assistance)



Lie with knees bent, feet flat. With assistance, push hips up. Hold ____ seconds.

Complete ____ sets of ____ repetitions. Perform ____ sessions per day.

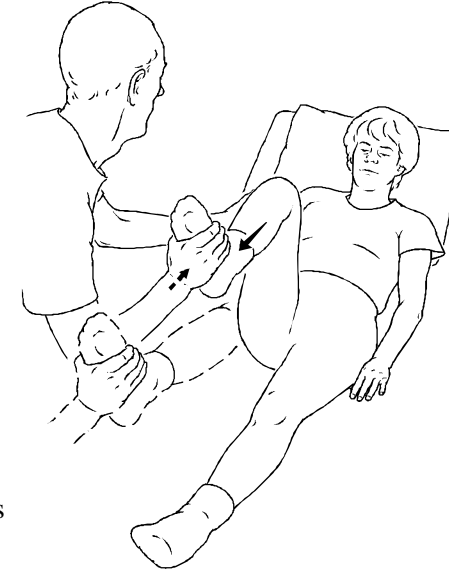
LE MULTI JOINT - 14 Leg Press (Active Assistance)



Lie on back, right hip and leg bent. With assistance, straighten leg fully, keeping it off surface.

Complete ____ sets of ____ repetitions.
Perform ____ sessions per day.

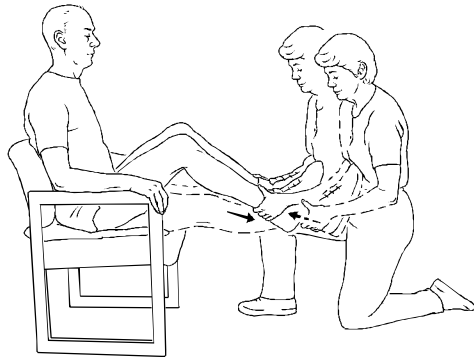
LE MULTI JOINT - 15 Leg Press (Manual Resistance)



Lie on back, right hip and leg bent. Against resistance, straighten leg fully, keeping it off surface.

Complete ____ sets of ____ repetitions.
Perform ____ sessions per day.

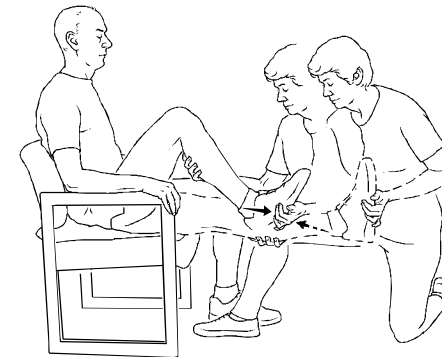
LE MULTI JOINT - 16 Sitting Leg Press: Bilateral (Manual Resistance)



Sit, both legs lifted and bent. Against resistance, straighten legs.

Complete ____ sets of ____ repetitions.
Perform ____ sessions per day.

LE MULTI JOINT - 17 Sitting Leg Press: Unilateral (Manual Resistance)

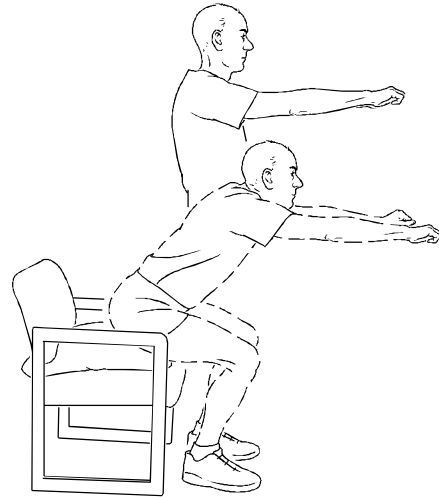


Sit, right leg lifted and bent. Against resistance, straighten leg.

Complete ____ sets of ____ repetitions.
Perform ____ sessions per day.

LE MULTI JOINT - 18 Half Squat to Chair

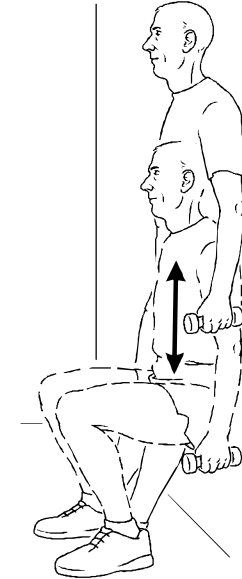
Stand with feet shoulder width apart. Push buttocks backward and lower slowly, touching chair lightly and returning to standing position.



Complete ____ sets of ____ repetitions. Perform ____ sessions per day.

LE MULTI JOINT - 20 Wall Sit: Full (Active)

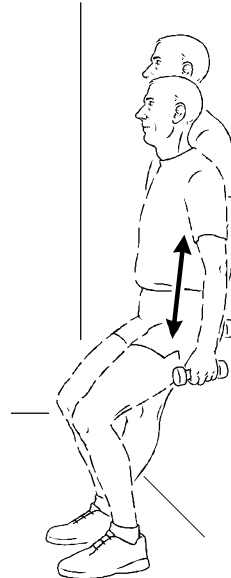
Back against wall, slide down so knees are at 90° angle. Hold for ____ seconds. Rise to an erect position. Use ____ lbs.



Complete ____ sets of ____ repetitions. Perform ____ sessions per day.

LE MULTI JOINT - 21 Wall Sit: Half (Active)

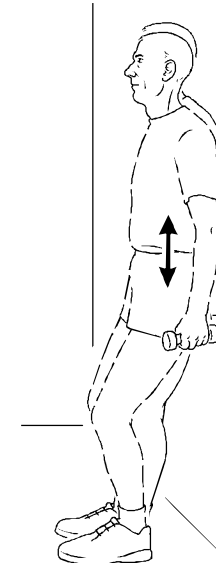
Back against wall, slide down so knees are halfway to parallel with floor. Hold ____ seconds. Rise to an erect position. Use ____ lbs.



Complete ____ sets of ____ repetitions. Perform ____ sessions per day.

LE MULTI JOINT - 22 Wall Sit: Quarter (Active)

Back against wall, slide down so knees are slightly bent. Hold for ____ seconds. Rise to an erect position. Use ____ lbs.



Complete ____ sets of ____ repetitions. Perform ____ sessions per day.

The table area is mostly empty, with a vertical line on the left side and a horizontal line across the middle, creating a grid structure. The table is intended for data entry but contains no content.