



## Exercise Search Definitions

### WebExercises® Coding System

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In order to categorize the database of exercises, stretches and soft tissue/myofascial release content we developed a specific coding system. This code begins with two letters that identifies the body region followed by a four digit number which categorizes the exercise into an activity. Although you may never use these exercise codes to search our library, we wanted to make you aware of the coding system.

AB – Abdominal

AK – Ankle

CR – Core

EL – Elbow

FT – Foot

FA – Forearm

HD – Hand

HP – Hip

KN – Knee

LB – Low back

MB – Mid back

NK – Neck

SH – Shoulder

WR - Wrist

1100-1999: Exercises which require no equipment.

2100-2999: Stability Ball exercises.

3100-3999: Resistance Band exercises.

4100-4999: Exercises with miscellaneous equipment

5100-5999: Stretches and Range of Motion exercises.

6100-6999: Self-Myofascial Release with foam roll or tennis ball.

7100-7999: Agility Training

8100-8999: Plyometrics Training

9100-9999: Specialty equipment i.e. TRX®

### Activity Search Definitions

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**Active Assisted ROM:** Exercise that requires an individual to use as much personal movement as possible but also incorporates help from an outside source (either human or mechanical) to complete the movement.

**Agility/ Plyometrics:** The power of moving quickly and easily. Also a type of exercise using explosive movements to develop muscular power, esp. bounding, hopping, and jumping.

**AROM (Active Range of Motion):** The ability to move a joint through a series of articulations in a full non-restricted, pain-free range motion.

**Kinesiology Taping:** Taping technique that is designed to facilitate the body's natural healing process while providing support and stability to muscles and joints without restricting the body's range of motion as well as providing extended soft tissue manipulation to prolong the benefits of manual therapy administered within the clinical setting.

**Kinetic Chain-Closed:** A condition or environment in which the distal segment meets considerable external resistance and restrains movement. In a closed-chain movement, the distal end of the extremity is fixed, emphasizing joint compression and, in turn, stabilizing the joints.

**Kinetic Chain- Open:** A combination of successively arranged joints in which the terminal segment can move freely. In an open-chain movement, the distal aspect of the extremity, or the end of the chain farthest from the body, moves freely and is not fixed to an object.

**Mobility:** refers to the amount of USABLE motion that one possesses across a particular articulation (joint). The more mobile a person is, the more they are able to maximize their movement potential safely, efficiently, and effectively.

**Proprioception & Balance:** The ability to sense the position and location and orientation and movement of the body and its parts.

**Strength - Isometric:** A type of strength training in which the joint angle and muscle length do not change during contraction (compared to concentric or eccentric contractions, called dynamic/isotonic movements). Isometrics are done in static positions, rather than being dynamic through a range of motion.

**Strength - Resistance:** Resistance training is the use of resistance to muscular contraction to build the strength, anaerobic endurance and size of skeletal muscles.

**Strength - Weight Training:** System of conditioning involving lifting weights, especially for strength and endurance.

**Vestibular:** Rehabilitation therapy (VRT) is an exercise-based program designed to promote central nervous system compensation for inner ear deficits.

**Yoga:** A system of exercises for mental and physical health.

Definition Resource: The American Heritage® Dictionary of the English Language, Fourth Edition.

## Rehab Level Classifications

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**Beginner:** Single joint exercises performed on a stable surface with out resistance. Includes range of motion exercises.

**Intermediate:** Two or three joint exercises performed with resistance (i.e. resistance band, dumbbell, medicine ball) and/or incorporate proprioception/balance (i.e. stability ball, balance pad, exercise performed on one leg). All foam roll Myofascial Release.

**Advanced:** Multi-joint exercises which incorporate proprioception/balance, with or without resistance requiring muscular co-contraction for dynamic stabilization while performing exercise.

**Note:** Although most exercises fall into the above classifications, there are exceptions.

## Muscle Search Definition

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The WebExercises® Search by Muscles found in the Advanced Search section is designed to assist clinicians looking for exercises as it relates to dysfunctional or weak muscles that have been identified through clinical evaluation.

We have attempted to address most major muscles and muscle groups as part of this search function. However, since many muscles cross more than one joint, the search results will display up to six (6) muscles in relation to the body part or parts that are being moved primarily by that muscle. For example, searching for the rectus femoris muscle will display results for both hip and knee joint where searching for the vastus intermedius will display results for only the knee.

Muscle Search function reference: Loyola University Chicago, Stritch School of Medicine, medical education website.

## WebExercises® Templates

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The WebExercises® Templates are designed to assist clinicians when creating exercise prescriptions. They are suggestions based on current research and recommendation of our healthcare advisors. They are not intended to replace or supersede a healthcare provider's clinical decision making skills as WebExercises® is not a medical organization and cannot provide medical advice or diagnose a condition.

## Exercise References

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Our exercise database is a compilation from numerous resources as well as recommendations from our healthcare advisors which include medical physicians, chiropractors, physical therapists, certified athletic trainers, and certified strength and conditioning specialists. All photos and text are WebExercises® copyrighted material.

Below is a partial list of the text references which the photos and text are based upon.

Balady, G., Berra, K., Golding, L., Gordon, N., Mahler, D., Myers, J., Sheldahl, L. (2000). ACSM's Guidelines for Exercise Testing and Prescription. Philadelphia: Lippencott Williams and Wilkins.

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McGill, S. (2006). Ultimate Back Fitness and Performance. Canada: Backfitpro Inc.

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Baechle, T., Earle, R. (2000) Essential of Strength Training and Conditioning. U.S.: National Strength and Conditioning Association.

Liebenson, C., (2007) Rehabilitation of the Spine. USA Lippincott Williams & Wilkins

Various articles from the following Peer Reviewed Journals (partial list):

Journal of Athletic Training

Strength and Conditioning Journal

The Journal of Strength and Conditioning Research

American Journal of Physical Medicine and Rehabilitation

Journal of Orthopaedic & Sports Physical Therapy

Training & Conditioning

BioMechanics