

roday's Date	Today	s Date	
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Exercise Code	Sets	Reps	Hold	Rest	Freq
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Ouration 1 wk 🗖	2 wks 🖵	3 wks 🖵	4 w	ks 🗖	
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webercises TM Rehabilitation System	Today's Date
Name:	,

Today's Date	
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Exercise Code	Sets	Reps	Hold	Rest	Fre
1					
2 3					
4					
5					
Duration 1 wk 🗆	2 wks 🖵	3 wks □	4 w	ks 🖵	
Comments					
Practitioner's Name					
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e ercis Rehabilitation					
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Name: Exercise Code	Sets			s Date	
Name:Exercise Code	Sets 			s Date	
Name:Exercise Code	Sets 			s Date	
Name:Exercise Code	Sets	Reps	Hold	s Date	
Exercise Code 1 2 3 4	Sets	Reps	Hold	Rest	
Exercise Code 1 2 3 4 Duration 1 wk □	Sets	Reps 3 wks □	Hold	Rest	
Exercise Code 1 2 3 4 5	Sets	Reps 3 wks □	Hold	Rest	
Exercise Code 1 2 3 4 Duration 1 wk □	Sets	Reps 3 wks □	Hold	Rest	
Exercise Code 1 2 3 4 Duration 1 wk □	Sets	Reps 3 wks □	Hold	Rest	