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Date	Time	Appt Length	Information	Dept Phone
Patient Instructions			Location Directions	
1/13/26 Tue	1:15 PM	45	Pacific Sports and Spine Physical Therapy for follow-up with McKibben, Carla, PT	541-316-6730
1/29/26 Thu	1:15 PM	45	Pacific Sports and Spine Physical Therapy for follow-up with McKibben, Carla, PT	541-316-6730
2/10/26 Tue	1:15 PM	45	Pacific Sports and Spine Physical Therapy for follow-up with McKibben, Carla, PT	541-316-6730
2/24/26 Tue	1:15 PM	45	Pacific Sports and Spine Physical Therapy for follow-up with McKibben, Carla, PT	541-316-6730
3/10/26 Tue	2:00 PM	45	Pacific Sports and Spine Physical Therapy for follow-up with McKibben, Carla, PT	541-316-6730
3/24/26 Tue	2:00 PM	45	Pacific Sports and Spine Physical Therapy for follow-up with McKibben, Carla, PT	541-316-6730

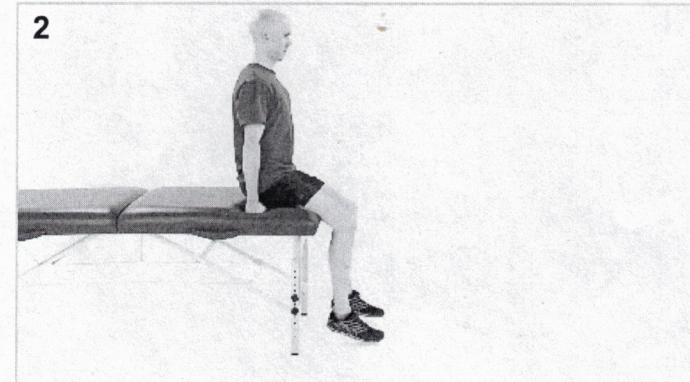
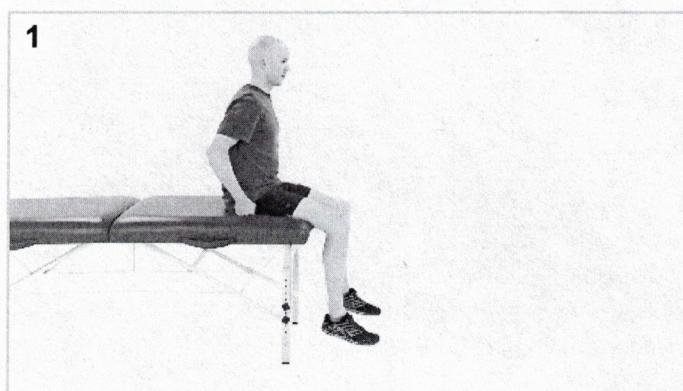
Seated Shoulder Press Ups Off Table

REPS: 8

SETS: 2

HOLD: 5 SEC

WEEKLY: 7



Setup

Begin sitting upright with your feet hanging off the edge of a table.

Movement

Place your hands in fists by your hips, pull your elbows towards each other behind you, and push down into the table, lifting your body up. Lower yourself back down and repeat.

Tip

Make sure to keep your back straight throughout the exercise and do not shrug your shoulders.

③

Same ex as previous, but lifting R leg

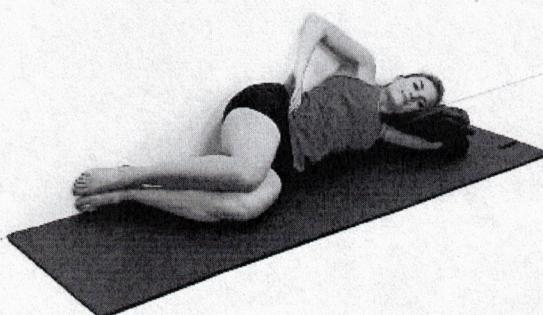
Clamshell at Wall

REPS: 8

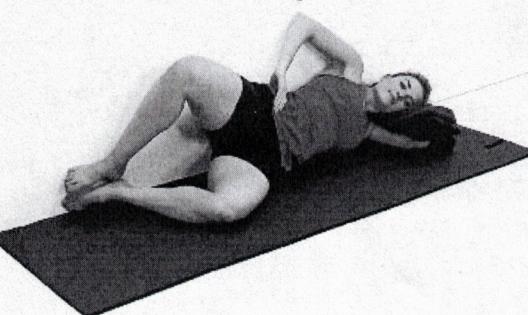
SETS: 3

WEEKLY: 7

1



2



Setup

Begin lying on your side with your hips and knees bent, and your back and feet against a wall.

Movement

Slowly lift your top knee, then lower it back down and repeat.

Tip

Make sure to keep your hips and shoulders facing forward during the exercise.

Clamshell at Wall

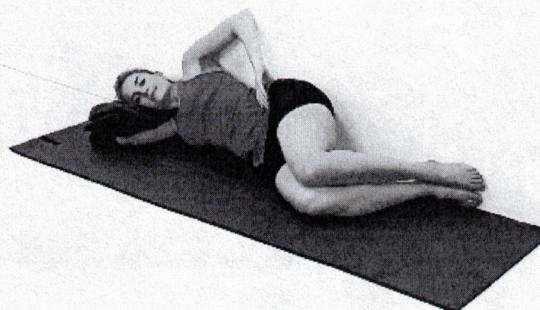
Lift left leg

REPS: 8

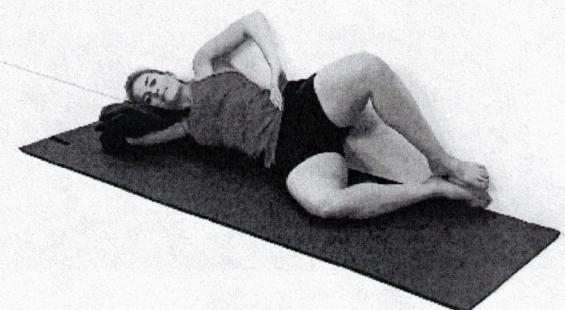
SETS: 3

WEEKLY: 7

1



2



Setup

Begin lying on your side with your hips and knees bent, and your back and feet against a wall.

Movement

Slowly lift your top knee, then lower it back down and repeat.

Tip

Make sure to keep your hips and shoulders facing forward during the exercise.

5 Sidelying Open Book Thoracic Lumbar Rotation and Extension

REPS: 13 4

SETS: 2

WEEKLY: 7

Hold 15 sec

left side only

1



2



Setup

Begin lying on your Left side with both legs bent at 90 a degree angle, and your R elbow resting on the ground together.

Movement

Slowly slide your top leg along the length of your bottom leg, rotating your trunk at the same time.

Tip

Try to keep the shoulder still and isolate the movement to your hip and pelvis

legs in quadruped position & trunk to the side
column following lower leg in quadruped

6 Sidelying IT Band Foam Roll Mobilization

Lie on Left side only

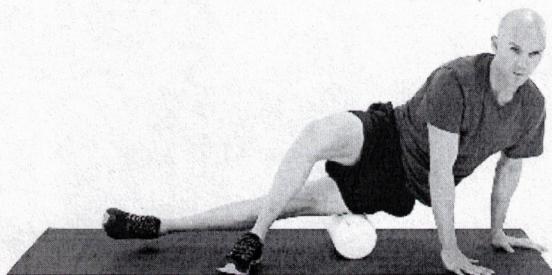
REPS: ~~14~~

HOLD: ~~45-60 SEC~~

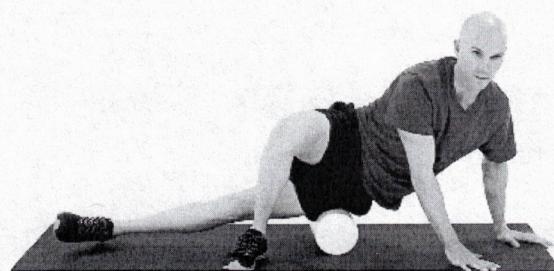
15 sec

WEEKLY: 7

1



2



Setup

Begin lying on your side with your hip resting on a foam roll, your upper leg crossed in front of the other, and that foot resting on the ground.

Movement

Hold this position. You should feel pressure of the foam roller on the pelvic bone between the hip bone and waist

Tip

Make sure to keep your back straight throughout the exercise.

~~After~~

7 Wall Push Up

REPS: 15

WEEKLY: 5

Closest exercises

1



2



Setup

Begin in a standing upright position with your arms straight and your hands resting on a wall at shoulder height.

Movement

Bend your elbows, leaning your body toward the wall, then push yourself back into the starting position and repeat.

Tip

Make sure to bend only at the elbows and keep the rest of your body straight during the exercise

Side lunge: in closet Left hand grabs bar
left side to closet Step to the side lunge to the R

Standing trunk rotation: Grab bar in closet w/R hand
right side to closet Rotate R L arm + hip away from the bar.