

KNEE					
Exercise	ALLOWABLE RANGE				
Machine SL Extension	0	15	30	45	60+
Seated SL Extension - MR	0	15	30	45	60+
Seated SL Extension - Holds	0	15	30	45	60+
Stand Band SL Extension					
Stand TKE					
Stand TKE - Toe Extension					
FOOT/ANKLE			SHOULDER/SCAPULAR		
Plantar Flexion			EXERCISE	TEMPO	ISO
SL Calf Raise	TEMPO	ISO	Quadruped Scapular Pushup		
- Seated			Seated Depression/Elevation		
- Standing			DB Scapular Shrugs		
Dorsiflexion	TEMPO	ISO	Prone Y, T, W, M (up)		
Seated St Leg - KB			Prone T, M (down)		
Balance Board			Ground Prone Swim (Y-M)		
Standing Straight Knee	Supp	Unsupp	Dowell Wall Sit		
- Inversion/Eversion					
- Dorsiflexion/PlantarFlexion					
Miscellaneous	TEMPO	ISO			
Seated Inversion - MR					
Seated Eversion - MR					