



MOTION GUIDANCE HOME EXERCISE SHEET

Client Name: _____ Date: _____

These exercises can be performed in standing, with the flag placed on the floor. Wrap the knee strap around your leg so that the blue pocket is about 3 inches above the knee-cap. Slide in the mount and aim the laser 1 inch in front of your toe.

All exercises are performed at the users own risk, please consult with a health care professional to determine which exercises are appropriate for you.

Tip: You can aim the laser further from the toe to assist in depth, or closer to the toe to require more depth of squat. For instance, if doing single leg squats, aim the laser out further from your toe so you can still track the "full lag."

Exercise 1: DO FOR ____ MINUTES

Instructions:

Exercise 2: DO FOR ____ MINUTES

Instructions:

Exercise 3: DO FOR ____ MINUTES

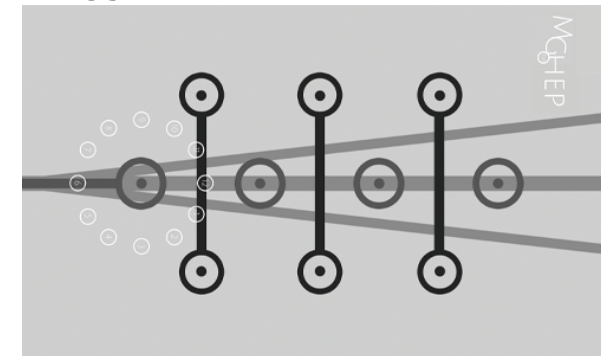
Instructions:

Exercise 4: DO FOR ____ MINUTES

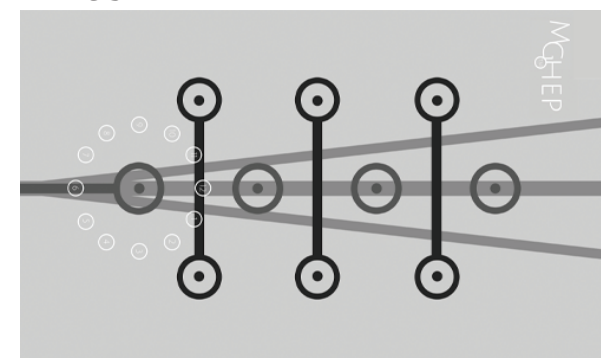
Instructions:

Motion Guidance™ products are a visual feedback system intended to be used as an adjunct to exercise or movement as deemed appropriate by the user, a physical therapist, or other health care professional. Use Motion Guidance™ products with care at your own risk. Please consult your physical therapist or health care professional before using Motion Guidance™ products. The user and her or his health care provider must decide whether using Motion Guidance™ products is appropriate. By using Motion Guidance™ products, the user covenants and agrees that Motion Guidance LLC (or its agents) shall not be responsible or liable for any harm the user incurs when using Motion Guidance™ products. Do not allow the laser beam of Motion Guidance™ products to make contact with your (or any other person or animal's) eyes. The information presented in Motion Guidance™ materials or on the Motion Guidance™ website, and any hyperlinks to third party websites, are for informational purposes only.

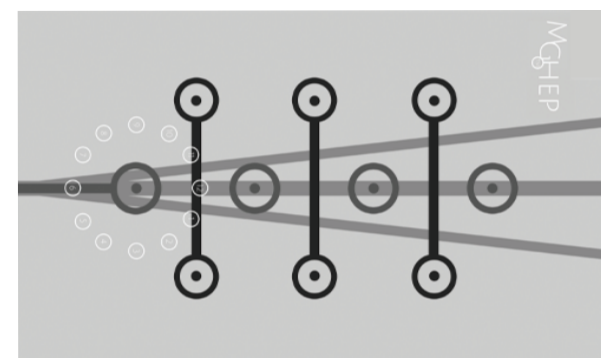
EXERCISE 1



EXERCISE 2



EXERCISE 3



EXERCISE 4

