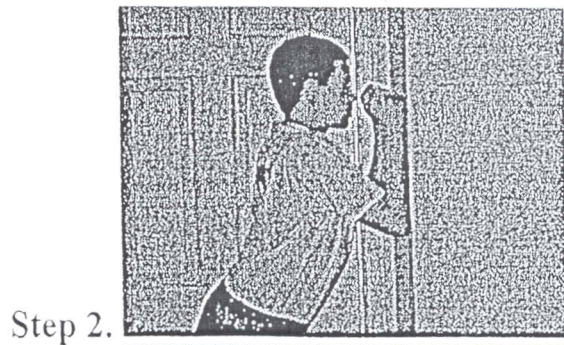
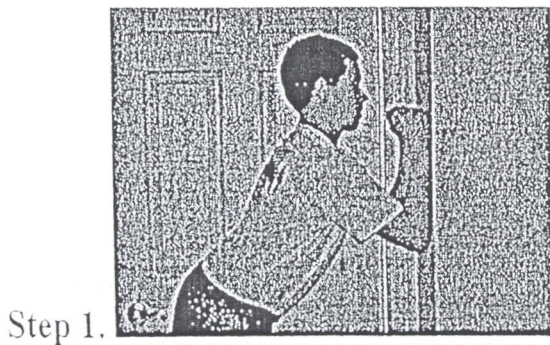


# Push-up against the Wall

Patient is to assume a plank position (push-up position) modified to rest elbows and forearms. Patient then performs a push up to an inch above the hand then back to a plank position while remaining on elbows.

Name: \_\_\_\_\_



\* Three sets of ten

1x/day

2x/day

3x/day

4x/day