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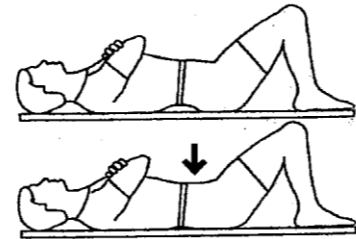
## OSTEOPOROSIS PATIENTS

### Active ROM Lumbar Bridging

- Lie on back with knees bent.
- Lift buttocks off floor.
- Return to start position.

#### SPECIAL INSTRUCTIONS:

- Maintain neutral spine.
- Perform 1 set of 20 repetitions once a day.
- Rest 30 seconds between sets.

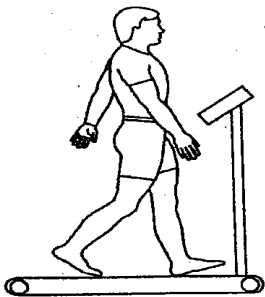


### Active ROM Lumbar Pelvic Tilt Posterior Supine

- Lie on back, knees bent.
- Tighten abdominal muscles and press low back down into floor.
- Relax and repeat.

#### SPECIAL INSTRUCTIONS:

- Perform 1 set of 20 repetitions, once a day.
- Rest 30 seconds between sets.



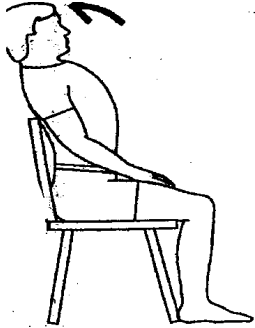
### Active ROM Gait Walking W/Treadmill or Outside

- Stand on treadmill with feet off to the sides of belt.
- Turn treadmill on to a slow speed.
- Cautiously step onto belt and begin walking.
- Gradually increase the speed to a comfortable pace.

#### SPECIAL INSTRUCTIONS:

- Perform 1 set of 20 repetitions, once a day.
- Rest 30 seconds between sets.

## OSTEOPOROSIS PATIENTS



### Stretch Cervical Extension with Chin Tuck

- Maintain proper posture.
- Tuck chin in.
- Bend neck back, keeping the chin tucked.
- Return to start position and repeat.

#### SPECIAL INSTRUCTIONS:

- Perform 1 set of 20 repetitions, once a day.
- Hold exercise for 10 seconds.

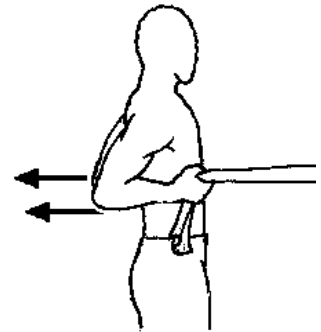
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### Bilateral Shoulder extension with resistance band or light dumbbells

- Position arms out from sides, elbows bent to 90 degrees, as shown.
- Grasp resistance band in hands.
- Pull back, bringing shoulder blades together.
- Return to starting position.

#### SPECIAL INSTRUCTIONS:

- Perform 1 set of 20 repetitions.
- Use yellow resistance band.
- Rest 30 seconds between sets.



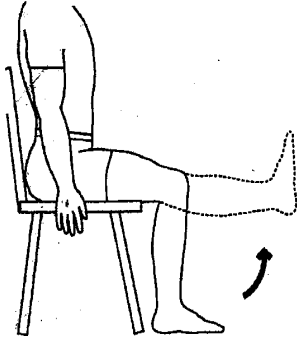
### Active ROM Bilateral Full Knee Squat

- Stand with feet shoulder distance apart.
- Slowly bend to 90 degrees.
- Hold for 5 seconds and return to standing position.
- Repeat.

#### SPECIAL INSTRUCTIONS:

- Maintain proper low back posture.
- Perform 1 set of 20 repetitions once a day.
- Rest 30 seconds between sets.

## OSTEOPOROSIS PATIENTS



### Active ROM Knee Extension Sitting

- Sit with involved leg bent to 90 degrees, as shown.
- Straighten leg at knee.
- Hold for 5 seconds.
- Return to start position.

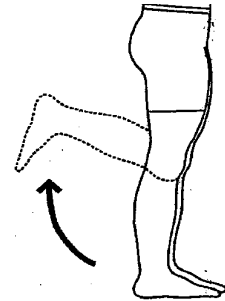
### SPECIAL INSTRUCTIONS:

- Perform 1 set of 20 repetitions, once a day.
- Rest 20 seconds between sets.

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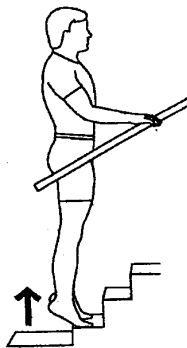
### Active ROM Unilateral Knee While Standing

- Stand, bend involved knee toward hip through a comfortable range of motion.
- Hold for 2 seconds.
- Return to starting position.
- Do not bend leg at hips.



### SPECIAL INSTRUCTIONS:

- Perform 1 set of 20 repetitions, once a day.
- Rest 20 seconds between sets.



### Active ROM Bilateral Ankles Standing on Step

- Stand on step with both feet holding onto banister for balance.
- Push up on balls of foot.
- Return to start position and repeat.

### SPECIAL INSTRUCTIONS:

- Perform 1 set of 20 repetitions, once a day.
- Rest 30 seconds between sets.