

Lexington Clinic Physical Therapy
Closed Kinetic Chain Motion

Seated Motion: Sets Reps .



Sideways

Using ball for support, roll arm away
From body



Forward



Diagonal

Table Slides with Ball: Sets Reps .



Codman's with PhysioBall: Sets Reps .



Starting Position



Forward



Backward



Left



Right



Clockwise



Counter Clockwise

Table Slides Abduction: Sets Reps .



Slide arm and body together across table to the point of no pain.

Table Slides Flexion: Sets Reps .



Slide arm and body together across table to the point of no pain.

Single Arm Reach: Sets _____ Reps _____.



Wall Wash Horizontal: Sets _____ Reps _____.



Wall Wash Vertical: Sets _____ Reps _____.

