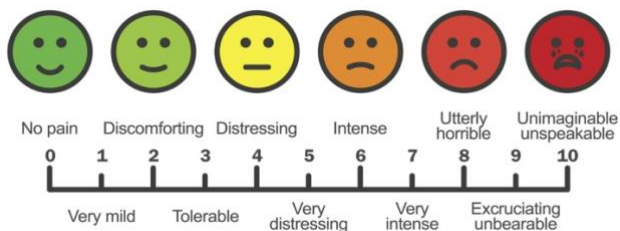


DISRUPT

Physiotherapy

| MOVEMENT | DATE | SETS X REPS | WEIGHT LIFTED | %1 RM | SYMPTOM RESPONSE DURING | SYMPTOM RESPONSE IMMEDIATELY AFTER | SYMPTOM RESPONSE 24 HOURS LATER |
|----------|------|-------------|---------------|-------|-------------------------|------------------------------------|---------------------------------|
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Pain rating should not increase above a 3-4 during exercise
 Increase the weight by 5-10 pound increments if previous training day **DID NOT** increase symptoms above baseline 24 hours later