## **Physical Therapy Exercise Flow Sheet**

Patient Information		
Name:		
Age:	Gender:	
Medical History:		

	Difficulty/Weight/ Speed	Sets	Reps	Frequency	Duration
Exercise 1:					
Date/Time:					
				times/day	minutes
Progress Not	es 1:				
Exercise 2:					
Date/Time:					
				times/day	minutes
Progress Not	es 2:				
Exercise 3:					
Date/Time:					
				times/day	minutes
Progress Not	es 3:				

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**IM Harris** 

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