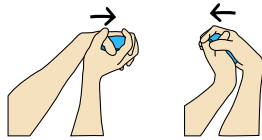


RehabStudio Exercise Library

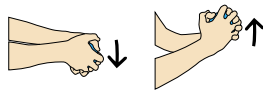
Current library of exercises that can be performed with the standard FitMi system.

Hand Exercises

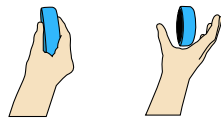
H1: Wrist Flexion



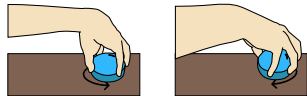
H2: Wrist Deviation



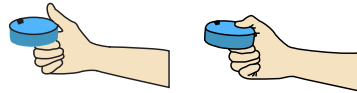
H3: Gripping



H4: Rotation



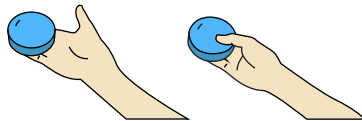
H5: Key Pinch Grip



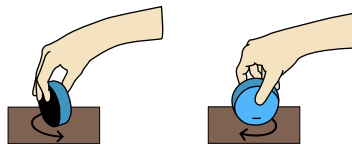
H6: Finger Tapping



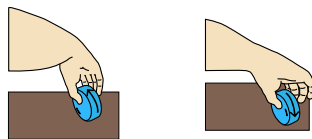
H7: Thumb Opposition



H8: Finger Twisting



H9: Rolling

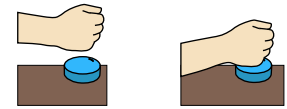


H10: Flipping

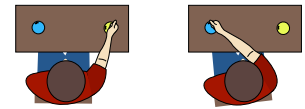


Arm Exercises

A1: Touches



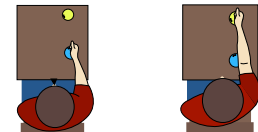
A2: Reach to Target #1



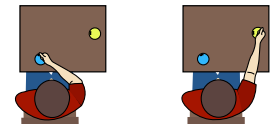
A3: Clapping



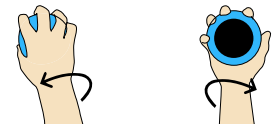
A4: Reach to Target #2



A5: Reach to Target #3



A6: Wrist Supination/Pronation



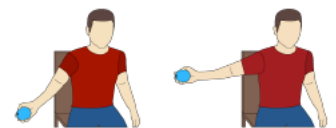
A7: Bicep Curls



A8: Shoulder Flexion



A9: Shoulder Abduction



A10: Shoulder Rotation



Trunk Exercises

T1: Weight Bearing - Center



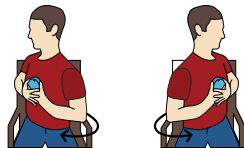
T2: Weight Bearing - Left Side



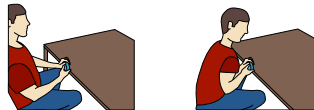
T3: Weight Bearing - Right Side



T4: Seated Twists



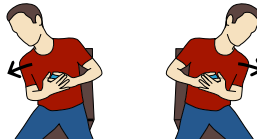
T5: Weight Bearing - Forward



T6: Weight Bearing - Arms Out



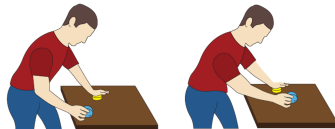
T7: Oblique Crunches



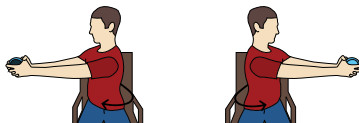
T8: Seated Crunches



T9: Standing Weight Bearing Lean

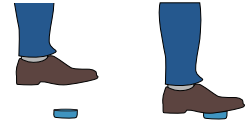


T10: Extended Twists

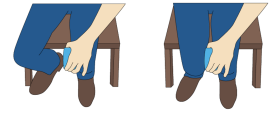


Leg Exercises

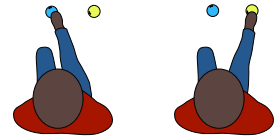
L1: Stomps



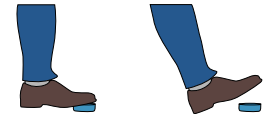
L2: Knee Squeeze



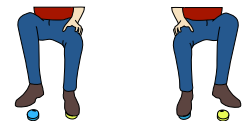
L3: Step Across



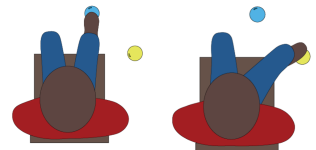
L4: Toe Taps



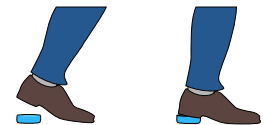
L5: Marching



L6: Step Wide



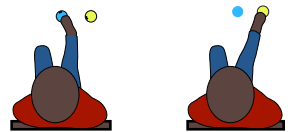
L7: Heel Taps



L8: Step Out



L9: Ankle Rotation



L10: Hip Flexion

