

Patient Progress Checklist

Anything not done on a visit – CIRCLE so can be done on next visit.

Visit/Lesson 1

1. _____ Do Eval + #1 Rank of FAB 5 Form.
 - a. _____ **Home Exercises** – do the #1 Ranked exercise 3-5 x a day. Continue exercise until it is no longer showing progress or Issue has resolved.
 - b. _____ Reminded about Soreness
 - c. _____ 2nd appointment set up for the next day
 - d. _____ 8 more visits set up

Therapist - fills out form

Visit/Lesson 2

2. _____ Do 2-3 Rows (#1,- #3 Rank) of FAB 5 Form
 - a. _____ Reviewed 4 Goals of Therapy (in patient question format)
 - b. _____ Reviewed Rules of the Game
 - i. _____ Rule #1 – There is always a difference between left & right side
 - ii. _____ Rule #2 – There is always at least one motion that increases the Issue, find it! In fact there are at least 6 motions that will increase your issue
 - c. _____ Reviewed BASIC Data Analysis using white board examples
 - d. _____ **Home Exercises** – do the 2 exercises that helped the most 3-5 x a day. If time constraint – Do just one exercise per session and alternate exercises during the day. Remember at this stage exercise until Issue Data is zero or until Issue Data plateaus.
 - e. _____ Told to Bring Back Filled Out FAB 5 Form next session

Therapist or Patient can fill out form.

Visit/Lesson 3

3. _____ Do 2-5 Rows (#1-#5 Rank) of FAB 5 form
 - a. _____ Reviewed 4 Goals of Therapy and Did Data Analysis. Emphasis on plateaus – change variable
 - b. _____ Explain Turtle Theory & Show Anatomy Train Pics
 - c. _____ **HOME EXERCISES** – Do the form the best you know how. Attempt to reduce Issue to 0. Do the top 2 exercises throughout the day 3-5 times.
 - d. _____ Told to Bring Back Filled Out Form next session.

Patient - fills out form from here on out

Visit/Lesson 4

4. _____ Did Person Bring Back Form? If NO _____ Took the 1st 20 min of session and have them do Issue, Testing & One Row of FAB 5 form, without any help. (Person needs independent practice for “feel” understanding)
 - a. _____ **Had them Grade their FAB 5 form** on the Quiz Form & then Review
 - b. _____ Reviewed 4 Goals of Therapy and
 - c. _____ Reviewed Data analysis from their form (emphasis – if issue increases & Make it Faster)
 - d. _____ **HOME EXERCISES** – Do form 1 x a day (in its entirety – at least 3 rows). Treat the top 2-3 (3-5 times during day).
Do this for 4-5 days and have them bring back all forms (person needs to practice form independently)
 - e. _____ Told to bring back FAB 5 form next session.

Visit/Lesson 5

5. _____ Did Person Bring Back Form? If NO _____ Took the 1st 20 min of session and have them do Issue, Testing & One Row of FAB 5 form, without any help. (Person needs independent practice for “feel” understanding)
 - a. _____ **Had them Grade their FAB 5 form** on the Quiz Form
 - b. _____ Reviewed 4 Goals of Therapy and
 - c. _____ Reviewed data analysis from their form (emphasis – if issue increases)
 - d. _____ Reviewed their HOME EXERCISES form alongside Quiz Form & Patient Hand Out form (data analysis)
 - e. _____ Demo'd & Practiced Chunking (_____ also added chunking in parts)
 - f. _____ **HOME EXERCISES** – Fill out & bring back at least 1 FAB 5 form and grade using the Quiz form. Patient still continues to test all 5 and treat out the top 2-3 on a daily basis. **Continue to make FASTER**

Visit/Lesson 6

6. _____ Quiz **QUIZ GRADE = _____**
 - a. No help, open book. **Patient Grades themselves using the Quiz Form**

Visit/Lesson 7

7. _____ Taught Advanced Form

Visit/Lesson 8

8. Combos

Visit/Lesson 9

9. Alternate Positions

Visit/Lesson 10

10. Super Six Positions

WOULD LIKE TO SEE EVERYONE GET THROUGH LESSON 10

Bonus Material – may be needed at anytime. Used when patient isn't getting TMR or to help expand TMR into their lifestyle.

11. Setting Up Experiments – Is it better to exercise the Bad, Both, Good Side?

- _____ Dumbbell Shoulder Press: left vs. right vs. bilateral
 - _____ Other Weight Training examples with dumbbells or machines
 - _____
 - _____
 - _____
- _____ Wall Chest Press:
- _____ The Squat
- _____ Body Mechanics with Lifting
- _____ Stretching hamstring: bad side stretch vs. good side stretch vs. bent leg comfort position vs. TMR active
- _____ Posture: Slouch vs. Erect
- _____ Transitions
 - _____ Kneeling
 - _____ Prone
 - _____ Side Sitting with arms
 - _____ Side Sitting no arms
- Positions
 - _____ Favorite Sleeping down positions
 - _____ Favorite Sitting on floor positions
 - _____ Favorite Sitting on chair positions
 - _____ Favorite Sitting and rotating positions
 - _____ Favorite Standing Positions
- _____ Yoga or Pilates (plank) Poses
 - _____ Side Plank
 - _____ Side Plank lift leg
 - _____
 - _____
 - _____