

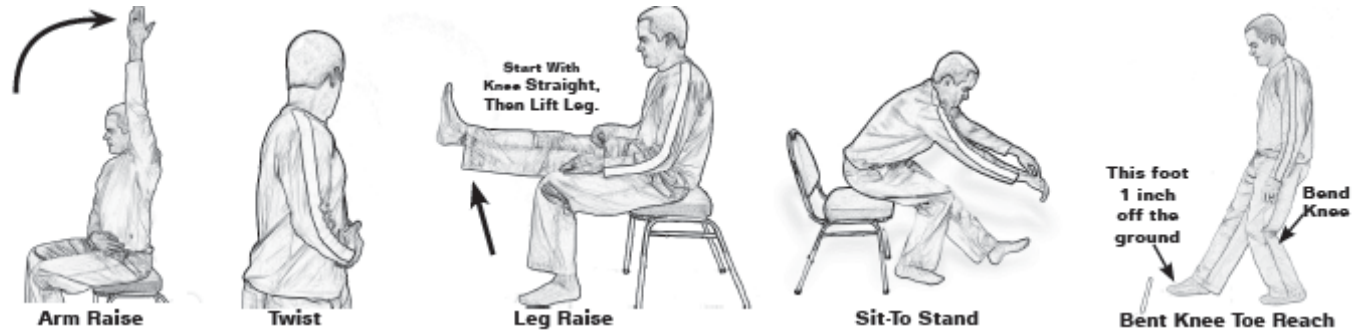
Name: _____ Date: _____

“Fast & Furious” Total Motion Release Fab 5

Note: this form is not intended to replace the original Fab 5 form. Instead, it is meant to transfer what you already know to a quickly applied format (what you will eventually do from memory).

“If you can fix it in therapy you can fix it at home or work.... Now train it to stay happy.”

More of these forms can be found online at www.totalmotionrelease.com



(1) Issue: _____ 0-10-20-30-40-50-60-70-80-90-100 Touch Issue: _____
 (2) Perform to Opposite Side: Cross out above as you treat ↺ (For Issues to one side. Not for neck Issues)

(3) Test Movements Perform from memory	(4) Rank # 1-3	(5) Retest Find side & %	Rotate -Optional-	(6) Fix Bad Side with Good Side* Circle first, then cross out as you treat	(7) How is the Issue?* Circle first, then cross out as you treat
Arm Raise		L / R	IR / ER	100-90-80-70-60-50-40-30-20-10-0	100-90-80-70-60-50-40-30-20-10-0
Twist/Trunk		L / R	OP / CL	100-90-80-70-60-50-40-30-20-10-0	100-90-80-70-60-50-40-30-20-10-0
Leg Raise		L / R	IR / ER	100-90-80-70-60-50-40-30-20-10-0	100-90-80-70-60-50-40-30-20-10-0
Sit to Stand / Single Leg squat		L / R	IR / ER	100-90-80-70-60-50-40-30-20-10-0	100-90-80-70-60-50-40-30-20-10-0
Bent Knee Toe Reach		L / R	IR / ER	100-90-80-70-60-50-40-30-20-10-0	100-90-80-70-60-50-40-30-20-10-0

*Continue treatment until Bad Side and/or Issue is (1) Fixed, (2) No longer changing, (3) you are too Fatigued, or (4) you Don't Want to continue. (Reference: 5 Steps to Freedom)

- ⇒ Remember:
1. FAB 5 Regular
 2. FAB 5 More Intense
 3. FAB 5 Chunking – Add More Body Parts
 4. FAB 5 Combos

5. FAB 5 Extreme End Range
6. Varying positions (sit, stand, kneel, all 4's, belly, back, side-lying)
7. FAB 5 Add Rotation
8. Super Six (different form than Fab 5)

⇒ Should you experience problems or lack of progress while using this form, go back to the original “Fab 5” form. Should problems continue, contact your therapist or physician.