

Functional Deficit	
Impairment	
Physiological/Histological Goal	
Exercise Equipment	
Exercise Posture (supine, sitting, etc.) Limb Position (open pack, etc.) Muscle Action Speed Best Force Angle R.O.M. Movement Force Conjunct Rotation Closed chain/Open Chain	
Isometric Test Result (if performed)	
Dynamic Test Resistance Repetitions	Pain: Yes/No
Dynamic Re-Test (if needed) Resistance Repetitions	Pain: Yes/No
Exercise Dose Resistance Repetitions Sets Rest Periods	
Dosage Frequency / Duration	
Comments	