












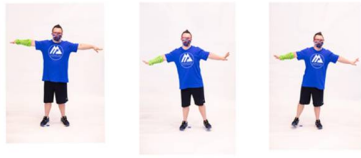

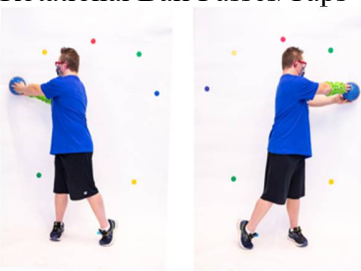

Mann Method PT Exercise Program - Prescription Chart

Foundational Exercises: multi-joint movements that target abdominal activation, gluteal activation, hip stabilization, neuromuscular sequencing		
Exercise	Sets and Repetitions	Cueing (Specific verbal cues and tactile cues for successful movement)
Squats 	1- 3 sets, depending on progressions 15 repetitions up and down	Easiest to begin with hand support. 55cm ball or chair for tactile cue for range of motion. Start standing up with hand support. Feet straight, knees straight. Sit down slowly. Stand up, slow and strong.
Push-ups 	1 set 10 repetitions	Often easiest to start with push-ups on knees. Start in prone. Hands by chest. Knees bent. Knees together. Push-up – hold 2 seconds (count 1-2). Control down.
Planks 	2 sets 10-20 seconds each bout	Often easiest to start in quadruped, then move to front plank or high plank. Demonstrate hand position (front plank or high plank). Hands down, knees up. Feet together. Toes pointing down. Eyes up.
Bridges 	1 set 10 repetitions, with 5 second hold at the top	Start laying on your back. Hands behind head, knees bent. Feet flat on ground, toes forward. Bottom up – hold 5 seconds (count aloud). Slow and controlled back down.
Hip Strengthening Exercises: specific exercises that target gluteal and lateral hip musculature to improve hip strength and stability		
Exercise	Sets and Repetitions	Cueing
Standing Hip Abduction 	1 set each side 10 repetitions each side with 2 second hold	Start standing next to the wall, one hand on the wall. Best with small target to “kick” to for hip abduction. Knee straight, tiny kick to target Kick and hold 2 seconds (count 1-2).

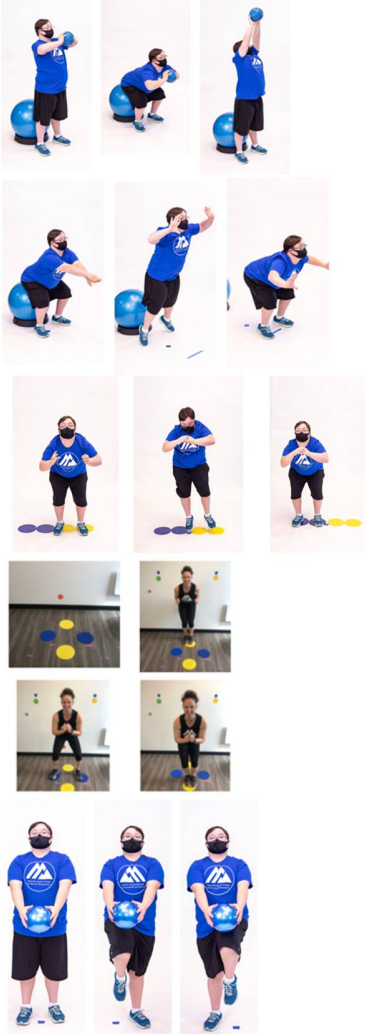
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<p>Quadruped - with reach</p> 	<p>1 set each side 5 repetitions each side, with 3 seconds hold each repetition</p>	<p>Start in quadruped. Provide visual and tactile cue for abdominal activation to offset lumbar sway. Reach to visual target (wall or 55cm fitball). Hold 3 seconds (count 3-2-1).</p>
<p>Seated Marches</p> 	<p>1 set 15 repetitions each side</p>	<p>Start sitting in a chair with feet flat on the floor. Hold ball or target in both hands. Ipsilateral – march same side up and down 15 reps in a row. Then the other side. -OR- Alternating – hold ball or target at midline and march to target with alternating pattern.</p>
<p>Standing Marches</p> 	<p>1 set 15 repetitions each side</p>	<p>With hand support – start with hands on PT's shoulders, PT holding ball at midline. Alternating march to midline. Without hand support – start holding ball independently at hip height, march to midline. Verbal cues: Bring your knee to the ball. “Tap, tap, tap...”</p>
<p>Tall Kneeling Rainbows (PNF D1 Flexion Upper Extremity)</p> 	<p>1 set each side 10 repetitions each side</p>	<p>Start in tall kneeling next to wall, holding a small sensory ball. Movement pattern: Tap ball to floor (lateral trunk flexion), bring ball and arm close to body (scapular retraction and elbow flexion), turn and reach to target on wall. Visual target placed 6 inches above head height. Verbal cues: “Tap, bend, reach.” Knees together, feet straight, hips strong, abdominals tight.</p>
<p>Half Kneeling (Split Stance Surrenders)</p> 	<p>1 set each side 5 repetitions each side</p>	<p>Start in standing, with one hand support. Step back with right foot (“step and stop”). Right knee bends to floor (“down slowly”). Bring standing knee down to tall kneeling (“together”). Hold with abdominal activation. Bring “right foot up” (right half kneeling). “Stand up.” 5 reps on right, then 5 reps on left.</p>






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Visual-Vestibular Coordination Exercises: balance and body coordination exercises that target the visual-vestibular systems and integrate stabilization challenges				
Exercise	Sets and Repetitions		Cueing	
Lateral Tilts 	1 set 10 repetitions each side, alternating weightshift right and left		Stand feet hip width apart. Arms out to sides (90 degrees abduction). Legs straight. Tilt side to side. Model the tilt and/or provide hand support to start. Shift weight from one foot to the other. Goal: Straight legs, dynamic single leg stance, lateral weight shift, alternating right and left.	
Anterior/Posterior Tilts 	1 set each side 10 repetitions right lead 10 repetitions left lead		Stand in modified tandem stance, with one foot slightly forward of the other. Shift weight between forward foot and back foot. Keep legs straight. Gaze forward. Provide hand support as needed.	
Rotational Ball Passes/Taps 	1 set 10 cycles, alternating right and left		Sit/stand by the wall. Hold ball with both hands OR fold hands together. Visual targets at shoulder height. Turn and look. Tap ball to target on wall. Slow and controlled. Alternative movement: stand back-to-back with a partner	
Over-Under Passes/Taps 	1 set 5 cycles Under legs + overhead, alternating over and under		Sit/stand by the wall. Hold ball with both hands OR fold hands together. Visual targets overhead and under legs. Look and reach. Tap ball to target on wall. Start with small movements and work up to larger ones. Slow and controlled.	

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		Alternative movement: stand with back to a partner and pass the ball from overhead to under legs
Cardiovascular Endurance: sequencing exercises and progressions that enhance cardiovascular endurance over the course of the session		
Exercise	Sets and Repetitions	Cueing
<p>Sequencing and/or dynamic aerobic exercises</p> 	<p>Squat and Reach 2 sets of 15 repetitions</p> <p>Squat Jumps 1 set of 10 repetitions</p> <p>Side to Side Jumps 1 set of 5 repetitions each side</p> <p>Abduction/Adduction jumps: 1 set of 5 repetitions (forward and back)</p> <p>Standing Marches 1 set of 1 minute-2 minutes</p>	<p>Heart rate >60% of maximal heart rate for at least 20 minutes of the session.</p> <p>Dance party or other warm up exercise at the start, then foundational exercises that keep heart rate elevated.</p> <p>Most effective series for heart rate: Dance warm-up, Squats, Squat Jumps, Progressive Jumps, Standing Marches</p>
Stretches: targeted positions and movements that address muscle tightness, postural asymmetry, postural musculature, especially gastrocnemius/soleus complex, hamstrings, hip flexors, and lumbar extensors		
Exercise	Sets and Repetitions	Cueing
Chest Openers	4 bouts open and close	<p>Standing tall, arms open, chest up. 2 second hold.</p> <p>Lean forward, “hug” to yourself.</p>

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	<p>2 second hold with open 2 second hold with close</p>	<p>2 second hold.</p>
<p>Overhead Reaches</p> 	<p>4 bouts reach up and down 2 second hold with over 2 second hold with down</p>	<p>Standing tall, arms circle up over head through abduction, 2 second hold. Arms down, relax, 2 second hold.</p>
<p>Single Knee to Chest</p> 	<p>1 set each side 20-30 second hold each side</p>	<p>Transfer to floor through half kneel. Lay down in supine. Single knee to chest, hold 20-30 seconds. Contralateral leg straight with toe up (not in position of hip external rotation).</p>
<p>Hurdler Stretch</p> 	<p>1 set each side 20-30 second hold each side</p>	<p>Seated on the floor with right leg to the side, knee extended, toes up (ankle dorsiflexion). Left knee flexed, left foot against right inner thigh. Right hand to right toes. Left hand on right knee. Hold 20-30 seconds. Repeat on left side.</p>
<p>Calf Stretch - with strap</p> 	<p>1 set each side 20-30 second hold each side</p>	<p>Supine on the floor. Non-elastic strap around ball of right foot, preferably wearing shoes. Right hip flexed at 30 -40 degrees, right knee extended, right ankle dorsiflexed with support from strap at toes for dorsiflexion stretch. Left hip and knee extended, foot resting on ground. Hold 20-30 seconds. Repeat on left.</p>