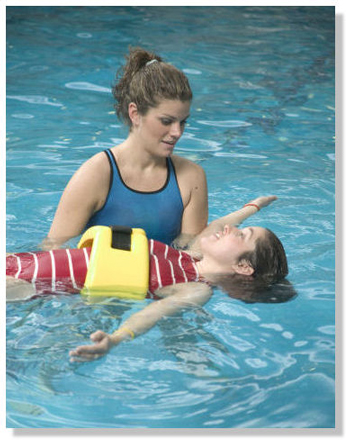
[](http://rds.yahoo.com/_ylt=A0PDoS67hgtP1VAAeAmjzbkF;_ylu=X3oDMTBpcGszamw0BHNlYwNmcC1pbWcEc2xrA2ltZw--/SIG=11sg5kb2s/EXP=1326184251/**http:/bryanking.net/physical-therapist/) [](http://rds.yahoo.com/_ylt=A0PDoS7ohgtPh1IAzg6jzbkF;_ylu=X3oDMTBpcGszamw0BHNlYwNmcC1pbWcEc2xrA2ltZw--/SIG=13c7m0qe8/EXP=1326184296/**http:/physicaltherapyexercises.blogspot.com/2008/08/do-you-need-physical-therapist.html)

Swimming Therapy in a pool can be easier for some people. Stepping up and down on a platform can help range of motion.

[](http://rds.yahoo.com/_ylt=A0PDoS7ohgtPh1IA8g6jzbkF;_ylu=X3oDMTBpcGszamw0BHNlYwNmcC1pbWcEc2xrA2ltZw--/SIG=12eaeuqov/EXP=1326184296/**http:/www.childrenscolorado.org/conditions/sports/pt.aspx) [](http://rds.yahoo.com/_ylt=A0PDoS7ohgtPh1IABg.jzbkF;_ylu=X3oDMTBpcGszamw0BHNlYwNmcC1pbWcEc2xrA2ltZw--/SIG=1231sc5r4/EXP=1326184296/**http:/www.desert-springs-physical-therapy.com/)

Doing simple leg motion exercises on a ball. Doing these types of exercises can help your back and core.

[](http://rds.yahoo.com/_ylt=A0PDoS7ohgtPh1IAEg.jzbkF;_ylu=X3oDMTBpcGszamw0BHNlYwNmcC1pbWcEc2xrA2ltZw--/SIG=12ef8597b/EXP=1326184296/**http:/www.nitin360.com/physical-therapy-business-101.html) [](http://rds.yahoo.com/_ylt=A0PDoS3uiAtP214AILSjzbkF;_ylu=X3oDMTBpcGszamw0BHNlYwNmcC1pbWcEc2xrA2ltZw--/SIG=12669tbba/EXP=1326184814/**http:/focus-physicaltherapy.com/our_facility.html)

A women doing exercises for her arms These are the Physical Therapy stations

[](http://rds.yahoo.com/_ylt=A0PDoS8XigtPgQcAHy.jzbkF;_ylu=X3oDMTBpcGszamw0BHNlYwNmcC1pbWcEc2xrA2ltZw--/SIG=122q7gq7v/EXP=1326185111/**http:/www.physicaltherapyequipmentonline.com/) [](http://rds.yahoo.com/_ylt=A0PDoX55igtPzXsAkCajzbkF;_ylu=X3oDMTBpcGszamw0BHNlYwNmcC1pbWcEc2xrA2ltZw--/SIG=13mpleqrd/EXP=1326185209/**http:/www.quickmedical.com/clinton/physical-therapy-equipment/caprac-pt-equipment-rack-4733z.html)

These are stairs to help people learn to walk again These hold the material for stretchy bands

[](http://rds.yahoo.com/_ylt=A0PDoS7qigtPpHAAchmjzbkF;_ylu=X3oDMTBpcGszamw0BHNlYwNmcC1pbWcEc2xrA2ltZw--/SIG=12nndbufc/EXP=1326185322/**http:/www.bodyjaz.com/home/bjz/smartlist_119/physical_therapy.html) [](http://rds.yahoo.com/_ylt=A0PDoS5EiwtPonEAXhmjzbkF;_ylu=X3oDMTBpcGszamw0BHNlYwNmcC1pbWcEc2xrA2ltZw--/SIG=12q2md466/EXP=1326185412/**http:/www.ehow.com/about_5438509_therapy-ball-exercises-children.html)

A green exercise ball for your neck/back A red exercise ball for your neck/back