Video Packs

Educational videos covering a wide range of topics

**Cardiology**
64 beautiful animations showing cardiac pathologies and procedures in exquisite detail.

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Over 175 animations covering dental conditions and treatments for patient education.

**Orthopedics**
Over 400 cutting edge animations, featuring conditions, treatments, and fractures.

**Ophthalmology**
35 animations explaining how the eye functions, as well as diseases, conditions, and treatments.

**Fitness**
Over 900 animations detailing a wide range of exercises for gym and home workouts.
### Pathologies

#### ABNORMAL RHYTHMS
- Atrial Fibrillation
- Atrial Tachycardia
- Sinus Bradycardia
- Sinus Tachycardia
- Ventricular Fibrillation
- Ventricular Tachycardia
- Polymorphic Ventricular Tachycardia
- Third Degree AV Block
- Heart Block
- Premature Atrial Contractions
- Premature Ventricular Contractions

#### AORTIC ABNORMALITIES
- Thoracic Aortic Aneurysm
- Coarctation of the Aorta
- Patent Ductus Arteriosus

#### AORTIC ABNORMALITIES - CONT.
- Thoracic Aortic Dissection
- Traumatic Aortic Transection

#### CARDIAC TUMOURS
- Left Atrial Myxoma
- Melanoma

#### COMPLICATIONS FOLLOWING HEART ATTACK
- Left Ventricular Aneurysm
- Left Ventricular Rupture
- Left Ventricular Thrombus
- Post Infarct Ventricular Septal Defect
- Pericarditis

#### CORONARY ARTERY DISEASES
- Angina
- Atherosclerosis

#### CORONARY ARTERY DISEASES - CONT.
- Cholesterol
- Heart Attack - Myocardial Infarction

#### SEPTAL WALL ABNORMALITIES
- Atrial Septal Aneurysm
- Atrial Septal Defect
- Patent Foramen Ovale
- Ventricular Septal Defect

#### VALVE ABNORMALITIES
- Aortic Insufficiency
- Aortic Stenosis
- Bicuspid Aortic Valve
- Endocarditis
- Mitral Regurgitation
- Mitral Stenosis

#### COMPLICATIONS FOLLOWING HEART ATTACK
- Left Ventricular Aneurysm
- Left Ventricular Rupture
- Left Ventricular Thrombus
- Post Infarct Ventricular Septal Defect
- Pericarditis

#### CORONARY ARTERY DISEASES
- Angina
- Atherosclerosis

#### CORONARY ARTERY DISEASES - CONT.
- Cholesterol
- Heart Attack - Myocardial Infarction
### Pathologies

**OTHER**
- Wolff-Parkinson-White Syndrome
- Congestive Heart Failure - HFpEF
- Congestive Heart Failure - HFrEF
- Pulmonary Embolism
- Normal Sinus Rhythm

**STROKE**
- Ischemic Stroke
- Hemorrhagic Stroke
- Transient Ischemic Attack

### Procedures

- Abdominal Aortic Stent
- Aortic Root Replacement
- Aortic Valve Replacement
- Coronary Artery Bypass Grafting
- Coronary Stent
- Heart Catheterization
- Implantable Cardiac Defibrillator
- Mitral Valve Repair
- Mitral Valve Replacement
- Pericardial Window
- Permanent Pacemaker
- Placement of a Septal Occluder
- Atrial Septal Defect Closure (Clam Shell or Amplatz Device)
- Replacement of the Ascending Aorta and Aortic Arch
- Replacement of the Ascending Aorta
- Trans Aortic Valve Insertion (BAV)
- Trans Aortic Valve Insertion (SEV)
- Trans Aortic Valve Insertion (BEV)
- FREE: Defibrillator
## Conditions

### ENDODONTICS
- Abscess, Combined Lesion
- Abscess, Endodontic

### ORAL SURGERY
- Missing Tooth Sequelae
- Sinus Pneumatization
- TMJ Displacement without Reduction
- TMJ Displacement with Reduction
- TMJ Normal Function
- Third Molar Impaction, Crowding
- Third Molar Impaction, Resorption

### ORTHODONTICS
- Malocclusion I - Crowding
- Malocclusion I - Spacing
- Malocclusion I - Rotation
- Malocclusion II - Increased Overjet

### ORTHODONTICS - CONT.
- Malocclusion I - Anterior Crossbite
- Malocclusion III - Posterior Crossbite
- Malocclusion I - Open Bite
- Malocclusion I - Deep Bite
- Malocclusion III - Anterior Crossbite

### PERIODONTICS
- Abscess Periodontal
- Pericoronitis
- Periodontal Disease
- Gum Recession

### PROIODONTICS
- Abfraction
- Broken Cusp
- Cracked Tooth (Supragingival)
- Cracked Tooth (Subgingival)

### PROSTHODONTICS
- Cracked Tooth Vertical (Furcation)
- Cracked Tooth (Oblique Root)
- Cracked Tooth Vertical Root
- Cracked Tooth (Vertical Apical Root)
- Cracked Tooth at Amalgam
- Broken Cusp at Amalgam
- Decay (Cervical)
- Decay (Crown Margin)
- Decay (Interproximal)
- Decay (Occlusal)
- Decay (Root)
- Decay (Secondary)
- Chipped Teeth
- Decay (Cervical) Cross Section
- Overhanging Restoration
### Diagnostics

<table>
<thead>
<tr>
<th>Procedure</th>
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<tr>
<td>Laser Cavity Detection</td>
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<tr>
<td>Disclosing Tablets</td>
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<td>Laser Gingivectomy to Expose Decay</td>
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<tr>
<td>Morphology: Universal Numbering System</td>
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<td>Morphology: FDI Notation</td>
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<td>Morphology: Palmer Notation</td>
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### Prevention

<table>
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<tr>
<th>Procedure</th>
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<tr>
<td>Brushing Bass Technique</td>
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<td>Brushing Normal Technique</td>
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<tr>
<td>Flossing Technique</td>
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<tr>
<td>Night Guard - Full Arch</td>
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<tr>
<td>Night Guard - Grinding Teeth</td>
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<tr>
<td>Night Guard - NTI</td>
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<tr>
<td>Sports Mouthguard - TMJ</td>
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<td>Sports Mouthguard</td>
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### Treatment

#### ENDODONTICS

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<th>Procedure</th>
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<td>Apexification</td>
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<td>Apicoectomy</td>
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<td>Pulp Cap - Direct</td>
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<tr>
<td>Pulp Cap - Indirect</td>
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<td>Root Canal Therapy</td>
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#### ORAL SURGERY

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<th>Procedure</th>
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<td>Extraction - Impaction Horizontal</td>
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<tr>
<td>Extraction - Impaction Partial</td>
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<tr>
<td>Extraction - Impaction Vertical</td>
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<tr>
<td>Extraction - Simple</td>
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<tr>
<td>Appliance - Anterior Crossbite (Class I)</td>
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<tr>
<td>Appliance - Hawley Retainer</td>
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<td>Appliance - Palatal Expander</td>
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#### ORTHODONTICS

<table>
<thead>
<tr>
<th>Procedure</th>
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<tbody>
<tr>
<td>Braces - Anterior Crossbite</td>
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<tr>
<td>Braces - Clear Tray</td>
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<tr>
<td>Braces - Crowding</td>
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<tr>
<td>Braces - Deep Bite</td>
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<tr>
<td>Braces - Lingual</td>
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<tr>
<td>Braces - Metal</td>
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<tr>
<td>Braces - Open Bite</td>
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<tr>
<td>ORTHODONTICS - CONT.</td>
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<tr>
<td>---------------------</td>
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<tr>
<td>Braces - Overbite</td>
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<tr>
<td>Braces - Plastic</td>
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<tr>
<td>Braces - Porcelain</td>
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<tr>
<td>Braces - Posterior Crossbite</td>
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<tr>
<td>Braces - Rotation</td>
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<tr>
<td>Braces - Self Ligating</td>
</tr>
<tr>
<td>Braces - Spacing</td>
</tr>
<tr>
<td>Clear Tray - Anterior Crossbite</td>
</tr>
<tr>
<td>Clear Tray - Crowding</td>
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<tr>
<td>Clear Tray - Deep Bite</td>
</tr>
<tr>
<td>Clear Tray - Open Bite</td>
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<tr>
<td>Clear Tray - Overbite</td>
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<tr>
<td>Clear Tray - Rotation</td>
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<tr>
<td>Clear Tray - Spacing</td>
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<tr>
<td>Clear Tray Posterior Crossbite</td>
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## Treatment

### PROSTHODONTICS - CONT.

<table>
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<tr>
<th>Prosthodontic Procedure</th>
<th>Restorative Procedure</th>
<th>Implant Procedure</th>
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<tbody>
<tr>
<td>Denture - Fixed, 2 O Ring Implants</td>
<td>Filling Cervical - Drill</td>
<td>Implant - Titanium, Procera Crown</td>
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<tr>
<td>Denture - Fixed, 4 Locator Implants</td>
<td>Filling Occlusal - Air Abrasion</td>
<td>Implant - with Immediate Bone Graft</td>
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<tr>
<td>Denture - Fixed, Custom Bar</td>
<td>Filling Occlusal - Drill (Amalgam)</td>
<td>Implant - Zirconia, CAD/CAM Crown</td>
</tr>
<tr>
<td>Denture - Fixed, Hader Bar</td>
<td>Filling Occlusal - Drill</td>
<td>Implant - Zirconia, Porcelain Crown</td>
</tr>
<tr>
<td>Denture - Fixed, Mini Implants</td>
<td>Implant - Bridge, Gold</td>
<td>Implant - Zirconia, Procera Crown</td>
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<tr>
<td>Denture - Fixed, Multi-Abutments</td>
<td>Implant - Bridge, PFM</td>
<td>Implant In-1-Step, Anterior</td>
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<tr>
<td>Denture - RPD, Class I Bilateral</td>
<td>Implant - Bridge, Porcelain on Metal</td>
<td>Implant In-1-Step, Posterior</td>
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<tr>
<td>Denture - RPD, Class II Unilateral</td>
<td>Implant - Bridge, Porcelain on Zirconia</td>
<td>Implant In-2-Step, Anterior</td>
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<tr>
<td>Denture - RPD, Class III Unilateral</td>
<td>Implant - Bridge, Screw Retained</td>
<td>Implant In-2-Step, Posterior</td>
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<tr>
<td>Denture - RPD, Class IV Bilateral</td>
<td>Implant - Immediate, Anterior</td>
<td>Inlay - CAD/CAM</td>
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<tr>
<td>Denture - RPD, Nesbit</td>
<td>Implant - Immediate, Posterior</td>
<td>Inlay - Gold</td>
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<tr>
<td>Denture - RPD, No Metal</td>
<td>Implant - Metal, CAD/CAM Crown</td>
<td>Inlay - Metal</td>
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<tr>
<td>Denture - RPD, Stay Plate (Flipper)</td>
<td>Implant - Metal, Gold Crown</td>
<td>Inlay - Porcelain</td>
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<tr>
<td>Enameloplasty</td>
<td>Implant - Metal, PFM Crown</td>
<td>Onlay - CAD/CAM</td>
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<tr>
<td>Filling - Chipped Tooth</td>
<td>Implant - Metal, Porcelain Crown</td>
<td>Onlay - Gold</td>
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<tr>
<td>Filling Cervical - Air Abrasion</td>
<td>Implant - Screw Retained Crown</td>
<td>Onlay - Metal</td>
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<table>
<thead>
<tr>
<th>Treatment</th>
<th>PROSTHODONTICS - CONT.</th>
</tr>
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<tbody>
<tr>
<td>Implant - Titanium, Procera Crown</td>
<td>Onlay - Porcelain</td>
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<tr>
<td>Implant - with Immediate Bone Graft</td>
<td>Overdenture with Gold Abutments</td>
</tr>
<tr>
<td>Implant - Zirconia, CAD/CAM Crown</td>
<td>Post &amp; Core - Anterior Tooth Prefabricated Resin</td>
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<tr>
<td>Implant - Zirconia, Porcelain Crown</td>
<td>Post &amp; Core - Cast Gold</td>
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<tr>
<td>Implant - Zirconia, Procera Crown</td>
<td>Post &amp; Core - Cast Metal</td>
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<tr>
<td>Implant In-1-Step, Anterior</td>
<td>Post &amp; Core - Prefabricated Metal</td>
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<tr>
<td>Implant In-1-Step, Posterior</td>
<td>Veneer - Chipped, Composite</td>
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<tr>
<td>Implant In-2-Step, Anterior</td>
<td>Veneer - Discolored, Composite</td>
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<tr>
<td>Implant In-2-Step, Posterior</td>
<td>Veneers - Diastema, Porcelain CAD/CAM</td>
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<tr>
<td>Inlay - CAD/CAM</td>
<td>Veneers - Worn, Porcelain Lab</td>
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<tr>
<td>Inlay - Gold</td>
<td>Veneers - Worn, Porcelain CAD/CAM</td>
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<tr>
<td>Inlay - Metal</td>
<td>Veneers - Worn, Porcelain Lab</td>
</tr>
<tr>
<td>Inlay - Porcelain</td>
<td>Veneers - Chipped, Porcelain CAD/CAM</td>
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<tr>
<td>Onlay - CAD/CAM</td>
<td>Veneers - Chipped, Porcelain Lab</td>
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<tr>
<td>Onlay - Gold</td>
<td>Veneers - Diastema, Composite</td>
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<tr>
<td>Onlay - Metal</td>
<td>Veneers - Diastema, Porcelain CAD/CAM</td>
</tr>
</tbody>
</table>
## Ankle & Foot

### CONDITIONS
- Achilles Tendinitis
- Achilles Tendon Tear
- Ankle Eversion Sprain
- Ankle Inversion Sprain
- Ankle Inversion Sprain (Grades 1-3)
- Ankle Inversion Sprain with Peroneal Tendon Tear
- Avascular Necrosis of Talus
- Bunion (Hallux Valgus)
- Calcaneal Bursitis
- Gout
- Hallux Rigidus
- Hammertoe
- High Ankle Sprain
- Osteoarthritis
- Peroneal Tendonitis and Tear
- Rheumatoid Arthritis of MTP Joints

### CONDITIONS - CONT.
- Tibial Cartilage Degeneration
- Tibialis Posterior Tendonitis

### TREATMENTS
- Achilles Tendon Repair
- Ankle Arthroplasty (No Cement)
- Ankle Fusion (Arthroscopic)
- Ankle Spur Removal
- Basal Metatarsal Osteotomy (Opening Wedge Plate)
- Cheilectomy
- Chevron Osteotomy
- First MTP Fusion
- First MTP Joint Arthroplasty
- Scarf Osteotomy with Akin Osteotomy
- Tibial Cartilage Repair
- Total Ankle Arthroplasty (Mobile Bearing)

### FRACTURES
- Ankle Fibula Avulsion
- Ankle Fibula Transverse
- Ankle Fibula Transverse Fixation
- Ankle Fibula Transverse Fixation Plate
- Ankle Fibula Oblique
- Ankle Fibula Oblique Rupture
- Ankle Fibula Oblique Rupture Fixation
- Ankle Fibula Oblique Rupture Fixation Plate
- Ankle Fibula Comminuted
- Ankle Fibula Comminuted Fixation External
- Ankle Fibula Comminuted Plate
- Ankle Fibula Comminuted Plate
- Ankle Fibula Displaced
- Ankle Fibula Displaced Fixation
- Ankle Tibia Oblique
- Ankle Tibia Oblique Fixation
Ankle & Foot

FRACTURES - CONT.

Ankle Tibia Complete
Ankle Tibia Complete Fixation
Ankle Tibia Posteromedial
Ankle Tibia Posteromedial Fixation
Hallux - Distal Phalanx Non-displaced
Hallux - Proximal Phalanx Displaced
Hallux - Internal Plate Fixation
Hallux - Proximal Phalanx Intra-articular
Hallux - Screw Fixation
Hallux - Proximal Phalanx Incomplete
Fifth Toe - Proximal Phalanx Displaced
Fourth Toe - Proximal Phalanx Non-displaced
Fourth Toe - Proximal Phalanx Spiral
Fifth Toe - Distal Phalanx Comminuted
Metatarsal - Basal Non-displaced
Metatarsal - Internal Plate Fixation

Metatarsal - Mid Shaft Displaced
Metatarsal - Mid Shaft Internal Plate Fixation
Fifth Metatarsal - Basal Non-displaced
Fifth Metatarsal - Screw Fixation
Fifth Metatarsal - Oblique Displaced
Fifth Metatarsal - Oblique Screw Fixation
Fifth Metatarsal - Avulsion
Navicular - Incomplete
Navicular - Comminuted
Navicular - Internal Plate Fixation
Navicular - Cortical Avulsion
Navicular - Non-displaced
Navicular - Screw Fixation
Cuboid - Non-displaced
Cuboid - Comminuted
Cuboid - Internal Plate Fixation

Calcaneus - Non-displaced
Calcaneus - Avulsion (Beak)
Calcaneus - Screw Fixation
Calcaneus - Sustenacular Displaced
Calcaneus - Internal Plate Fixation
Talus - Neck, Non-displaced
Talus - Lateral Process, Non-displaced
Talus - Lateral, Screw Fixation
Talus - Posterior Process. Displaced
Talus - Posterior Screw Fixation
## Elbow

### CONDITIONS
- Avascular Necrosis
- Cubital Tunnel Syndrome
- Distal Biceps Tear
- Distal Biceps Tendinopathy
- Golfer's Elbow (Medial Epicondylitis)
- Gout
- Lateral Ulnar Collateral Ligament Degeneration
- Loose Body
- Medial Ulnar Collateral Ligament Tear
- Olecranon Bursitis
- Osteoarthritis
- Osteochondritis Dissecans
- Rheumatoid Arthritis
- Tennis Elbow (Lateral Epicondylitis)
- Triceps Tendinopathy

### TREATMENTS
- Cartilage Repair & Loose Body Removal
- Cubital Tunnel Release
- Distal Biceps Repair
- Elbow Arthroplasty (With Cement)
- Elbow Spur Removal
- Golfers Elbow Release (Open)
- Olecranon Bursa Aspiration
- Olecranon Bursectomy
- Radial Collateral Ligament Repair
- Ulnar Collateral Ligament Repair

### FRACTURES - CONT.
- Elbow Humerus Complete Articular Comminuted
- Humerus External Fixation
- Humerus Screw Fixation
- Elbow Humerus Complete Articular Simple Treatment
- Elbow Ulna Extra-articular Avulsion
- Elbow Ulna Extra-articular Simple
- Elbow Ulna Articular Simple
- Elbow Ulna Articular Comminuted
- Ulna Triceps Reinsertion
- Ulna Screw And Plate Fixation
- Ulna Bridge Plate Fixation
- Elbow Radial Bicipital Tuberosity Avulsion
- Elbow Radius Articular Simple Radial Head
### Elbow

**FRACTURES - CONT.**

- Elbow Radius Articular Comminuted
- Radial Biceps Reinsertion
- Radius T-Plate Fixation
- Radius Screw Fixation
- Ulna External Fixation
- Elbow Radius Biceps Tendon Rupture

### Hand & Wrist

**CONDITIONS**

- Avascular Necrosis (Kienbock's Disease)
- Base of Thumb Osteoarthritis
- Carpal Tunnel Syndrome
- De Quervain's Tenosynovitis
- DIP Joint Osteoarthritis
- Ganglion Cyst
- Gout of MCP Joints
- Kienbock's Disease (Negative Ulnar Variance)
- MCP Joint Osteoarthritis
- PIP Joint Osteoarthritis
- Radiocarpal Osteoarthritis

**CONDITIONS - CONT.**

- Rheumatoid Arthritis of MCP Joints
- Scapholunate Ligament Tear
- STT Joint Osteoarthritis
- Trigger Finger
- UCL of Thumb Tear
- Ulnar Impaction Syndrome

**TREATMENTS**

- CTS Release (Endoscopic)
- CTS Release (Open)
- DIP Joint Fusion
- DRUJ Arthroplasty
- Ganglion Cyst Aspiration
- LCP Wrist Fusion
- MCP Joint Surface Arthroplasty
- MCP Joint Surface Arthroplasty (Silicone)
- PIP Joint Fusion (Tension Band Wiring)
- PIP Joint Surface Arthroplasty
- Radial Shortening Osteotomy
- Radioscapholunate Fusion
- Scapholunate Ligament Tear Repair
- Total Wrist Arthrodesis
## Hand & Wrist

### TREATMENTS - CONT.
- Trapeziectomy (Weilby Procedure)
- Trigger Finger Release
- UCL of Thumb Repair
- Ulnar Shortening Osteotomy

### FRACTURES - CONT.
- Fifth Metacarpal Base Intra-articular Plate Fixation
- Distal Metaphyseal Multifragmentary
- Proximal Phalanx Plate Fixation
- Proximal Phalanx Shaft
- Distal Unicondylar
- Distal Unicondylar Lag Screw Fixation
- Proximal Multifragmentary
- Hemi Hamate Arthroplasty
- Tuft Comminuted
- Hand & Wrist Fifth Metacarpal Base Intra-articular
- Distal Phalanx Dorsal Avulsion
- Distal Phalanx Transverse
- Proximal Phalanx Avulsion
- Metacarpal Intra-articular
- Metacarpal Screw and K-Wire

### FRACTURES - CONT.
- Wrist Ulnar Styloid Process Avulsion
- Wrist Ulnar Styloid Process Tension Band Wiring
- Wrist Ulnar Metaphysis
- Wrist Ulnar Metaphysis Lag Screw Protection Plate
- Wrist Radius Dorsal Tilt (Pouteau - Colles Fracture)
- Wrist Radius Dorsal Tilt Joint Bridging External Fixation
- Wrist Radius Volar Tilt (Goyrand-Smith's)
- Wrist Radius Volar Tilt K-Wires Cast
- Wrist Radius Lateral Partial Articular Multifragmentary
- Wrist Radius Partial Articular Lateral Multifragmentary Radial Column Plate
- Wrist Radius Medial Partial Articular
Hand & Wrist

FRACTURES - CONT.
- Wrist Radius Dorsal Tilt Joint Bridging External Fixation
- Wrist Radius Dorsal Rim Simple
- Wrist Dorsal Rim Simple Dorsal Plate
- Wrist Radius Volar Rim Single Small
- Wrist Radius Volar Rim Single Small Palmar Plating
- Wrist Radius Articular Dorsoulnar
- Wrist Radius Articular Dorsoulnar Dorsal Double Plating
- Wrist Radius Articular Multifragmentary
- Wrist Radius Articular Multifragmentary Bridge Plating

Hip

CONDITIONS
- Acetabular Labrum Tear
- Avascular Necrosis
- Cartilage Degeneration/Injury
- Extra-articular Displaced Subcapital Neck Fracture
- Extra-articular Transcervical Neck Fracture
- Femoroacetabular Impingement (Cam)
- Femoroacetabular Impingement (Pincer)

CONDITIONS - CONT.
- Gout
- Osteoarthritis
- Pertrochanteric Multifragmentary Fracture
- Rheumatoid Arthritis

TREATMENTS
- Acetabular Cartilage Debridement
- Acetabular Labrum Repair
- Cancellous Screws Fixation
- Femoroacetabular Impingement Repair
- Hip Arthroplasty (No Cement)
- Hip Arthroplasty (With Cement)
- Short Intramedullary Nail Fixation
- Sliding Hip Screws Fixation
- Hip Pertrochanteric Multifragmentary
- Hip Short Intramedullary Nail Fixation

FRACTURES
- Acetabular Cartilage Debridement
- Acetabular Labrum Repair
- Cancellous Screws Fixation
## Hip

### FRACTURES - CONT.

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<thead>
<tr>
<th>Fracture Type</th>
<th>Description</th>
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<td>Hip Intertrochanteric</td>
<td>Hip Sliding Hip Screws Fixation</td>
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<tr>
<td>Hip Long Intramedullary Nail Fixation</td>
<td>Hip Articular Head Split</td>
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<tr>
<td>Hip Dynamic Condylar Screw Fixation</td>
<td>Hip Small Fragment Screws Fixation</td>
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<tr>
<td>Hip Extra-articular Neck Transcervical</td>
<td>Acetabulum - Posterior Wall</td>
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<tr>
<td>Hip Cancellous Screws Fixation</td>
<td>Acetabulum - Anterior Column</td>
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<tr>
<td>Hip Extra-articular Neck Subcapital Displaced</td>
<td>Acetabulum - Ilioinguinal Anterior Column</td>
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## Knee

### CONDITIONS

<table>
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<th>Condition</th>
<th>Description</th>
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<tbody>
<tr>
<td>ACL Tear</td>
<td>Loose Body</td>
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<tr>
<td>Avascular Necrosis</td>
<td>Medial Collateral Ligament Tear</td>
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<tr>
<td>Baker's Cyst</td>
<td>Medial Unicompartmental Osteoarthritis</td>
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<tr>
<td>Baker's Cyst (Beneath Semimembranosus)</td>
<td>Meniscal Cyst</td>
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<tr>
<td>Cartilage Degeneration</td>
<td>Meniscal Bucket Handle Tear</td>
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<tr>
<td>Gout</td>
<td>Meniscus Horizontal Tear</td>
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<tr>
<td>Lateral Collateral Ligament with Posterolateral Corner Tear</td>
<td>Meniscus Peripheral Tear</td>
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<td>Osteoarthritis (Grades I-IV)</td>
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<td>Osteochondritis Dissecans</td>
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<td>Patellar Tendonitis</td>
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<td>Patellofemoral Instability (Atraumatic)</td>
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<td>Patellofemoral Instability (Traumatic)</td>
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<td>Patellofemoral Osteoarthritis</td>
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<td>Patellofemoral Pain Syndrome</td>
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</table>
## Knee

### CONDITIONS - CONT.
- Prepatellar Bursitis
- Rheumatoid Arthritis
- Spontaneous Osteonecrosis
- Tricompartmental Osteoarthritis

### TREATMENTS - CONT.
- Meniscus Bucket Handle Tear Repair
- Meniscus Horizontal Tear Repair
- Meniscus Peripheral Tear Repair
- Meniscus Radial Tear Repair
- Partial Knee Arthroplasty
- Patellofemoral Arthroplasty

### TREATMENTS
- ACL Reconstruction (Hamstring Graft)
- FREE: ACL Reconstruction (Patellar Graft)
- Arthroplasty (No Cement)
- Arthroplasty (With Cement)
- Autograft
- Autologous Chondrocyte Implantation
- Cartilage Abrasion (Microfracture)
- High Tibial Osteotomy
- Loose Body Removal
- Matrix Induced Autologous Chondrocyte Implantation
<table>
<thead>
<tr>
<th>CONDITIONS</th>
<th>CONDITIONS - CONT.</th>
<th>TREATMENTS - CONT.</th>
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<tr>
<td>AC Joint Dislocation (Grade 1 - Subluxation)</td>
<td>SLAP Tear (Type 2a)</td>
<td>Distal Clavicle Excision</td>
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<tr>
<td>AC Joint Dislocation (Grade 2)</td>
<td>SLAP Tear (Type 2b)</td>
<td>Loose Body Removal</td>
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<td>AC Joint Dislocation (Grade 3)</td>
<td>SLAP Tear (Type 2c)</td>
<td>Rotator Cuff Tear Repair</td>
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<tr>
<td>AC Joint Osteoarthritis</td>
<td>SLAP Tear (Type 3)</td>
<td>Shoulder Arthroplasty (No Cement)</td>
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<tr>
<td>Avascular Necrosis</td>
<td>SLAP Tear (Type 4)</td>
<td>Shoulder Arthroplasty (With Cement)</td>
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<td>Biceps Tendon Tear (Infracapsular)</td>
<td>Subacromial Bursitis</td>
<td>Subacromial Decompression</td>
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<td>Biceps Tendon Tear (Intracapsular)</td>
<td>Subacromial Decompression</td>
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</tr>
<tr>
<td>Clavicle Fracture and AC Joint Dislocation</td>
<td>TREATMENTS</td>
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<tr>
<td>Glenoid Labrum Tear</td>
<td>AC Joint Reconstruction</td>
<td>Shoulder Greater Tuberosity Displaced</td>
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<td>Gout</td>
<td>AC Joint Reconstruction (Hook Plate)</td>
<td>Shoulder Greater Tuberosity Displaced Fixing</td>
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<td>Hill Sachs Lesion</td>
<td>Allograft</td>
<td>Shoulder Greater Tuberosity Dislocation</td>
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<td>Loose Body</td>
<td>Bankart Repair</td>
<td>Surgical Neck</td>
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<td>Osteoarthritis</td>
<td>Biceps Tenodesis (Infracapsular Screw Fixation)</td>
<td>Shoulder Surgical Neck Translation</td>
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<td>Rheumatoid Arthritis</td>
<td>Biceps Tenodesis (Subpectoral Fixation)</td>
<td>Greater Tuberosity Surgical Neck Impaction</td>
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<tr>
<td>Rotator Cuff Tear</td>
<td>Biceps Tenotomy</td>
<td>Greater Tuberosity Surgical Neck Displaced</td>
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<tr>
<td>SLAP Tear (Type 1)</td>
<td>Capsular Shift</td>
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Shoulder

**Fractures - Cont.**
- Vertical with Dislocation
- Fracture Dislocation Greater Tuberosity
- Cephalotubercular Valgus

Spine

**Conditions**
- Cervical Degenerative Disc Disease
- Cervical Facet Joint Syndrome
- Cervical Foraminal Stenosis
- Cervical Herniated Disc
- Cervical Ligament Sprain
- Cervical Muscle Spasm
- Cervical Myelopathy
- Cervical Radiculopathy
- Cervical Spondylosis
- Cervical Stenosis
- Cervical Trauma
- Cervical Whiplash

**Conditions - Cont.**
- Cauda Equina Syndrome
- Lumbar Spondylosis
- Lumbar Bone Tumor
- Lumbar Degenerative Disc Disease
- Lumbar Discitis
- Lumbar Herniated Disc
- Lumbar Ligament Sprain
- Lumbar Lordosis
- Lumbar Lytic Spondylolisthesis
- Lumbar Muscle Spasm
- Lumbar Muscle Strain
- Lumbar Neural Tumor
- Lumbar Osteoporotic Compression Fracture
- Lumbar Radiculopathy
- Lumbar Scoliosis
- Lumbar Spinal Stenosis
- Sacroiliac Dysfunction
- Kyphosis
- Thoracic Bone Tumor
- Thoracic Discitis
- Thoracic Foraminal Stenosis
- Thoracic Ligament Sprain
- Thoracic Muscle Spasm
- Thoracic Muscle Strain
### Shoulder

#### CONDITIONS - CONT.
- Thoracic Myelopathy
- Thoracic Neural Tumor
- Thoracic Osteoporosis
- Thoracic Osteoporotic Compression Fracture
- Thoracic Scoliosis
- Thoracic Spondylosis
- Thoracic Trauma

#### TREATMENTS
- Lumbar Laminectomy with Posterolateral Fusion (With Slip Reduction)
- Lumbar Microdiscectomy
- Lumbar Vertebroplasty
- Posterior Cervical Laminotomy and Foraminotomy
- Posterior Lumbar Interbody Fusion (PLIF)
- Thoracic Kyphoplasty
- Thoracic Vertebroplasty
- TLIF with Posterolateral Fusion (Minimally Invasive Surgery)
- Transforaminal Lumbar Interbody Fusion

- Anterior Cervical Discectomy and Fusion (Cage & Plate)
- Anterior Cervical Foraminotomy
- Cervical Foraminotomy (Endoscopic)
- Epidural Injection
- Extreme Lateral Interbody Fusion (XLIF)
- Lumbar Discectomy with Laminotomy (Open)
- Lumbar Kyphoplasty
# Eye Functional

- Pupillary Light Reflex

# Refractive Errors

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<tr>
<th>DISORDERS</th>
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<td>Corrective Lenses Index Myopia</td>
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<td>Curvature Myopia</td>
<td>Presbyopia</td>
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# Laser

- Lasik Myopia
- Lasik Hyperopia
- Intra Lasik Myopia

# Accomodation

- Color Retina

# Color Retina

- Corrective Lenses Axial Myopia
- Corrective Lenses Curvature Hyperopia

# Intra Lasik Myopia

- Corrective Lenses Curvature Myopia

# Wavefront Myopia

- PRK Myopia
- LASEK Myopia
<table>
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<tr>
<th><strong>Cataract</strong></th>
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<td>Extracapsular Extraction</td>
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<tr>
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<td>Laser Peripheral Iridotomy</td>
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<td>Laser Trabeculoplasty</td>
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<td>Trebeculectomy</td>
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Conjunctivitis

DISORDERS

Conjunctivitis

Conjunctivitis

DISORDERS

Deuteranomaly - Deutanopia
Monochromacy
Protanomaly - Protanopia
Tritanomaly - Tritanopia
Bench Exercises

- Groin Stretch - Seated Bench
- Hamstring Stretch - Seated
- Hamstring Stretch - Seated Bench Single Leg
- Hip Stretch - Seated
- Lats. Stretch (Chair)
- Shin Stretch - Seated

Calisthenic Exercises

- Calf Stretch - Lunging with Bent Knee
- Calf Stretch - Pike with Bent Knee

Flexibility Exercises

- Calf Stretch - Bent Knee Pushing against Wall
- Calf Stretch - Kneeling
- Calf Stretch - Lunge
- Calf Stretch - Pike
- Calf Stretch - Pushing Against Wall
- Calf Stretch - Seated
- Calf Stretch - Standing Against Wall
- Calf Stretch - Standing Against Wall with Bent Knee

- Chest Stretch - Bent Arm
- Chest Stretch - Straight Arm
- Chest Stretch - Yawn
- Groin Stretch - Kneeling
- Groin Stretch - Kneeling 90 Degrees
- Groin Stretch - Kneeling Side Lunge
- Groin Stretch - Lying
- Groin Stretch - Lying Side Lunge
- Groin Stretch - Lying Wall
- Hamstring Stretch - Lying
- Hamstring Stretch - Lying with Towel
- Hamstring Stretch - Seated Single Leg
- Hamstring Stretch - Standing
Flexibility Exercises

Hamstring Stretch - Standing Cross Legged
Hamstring Stretch - Standing Single Leg
Hands Back Chest Stretch
Hip Stretch - Lying
Hip Stretch - Lying Iliotibial
Hip Stretch - Lying Rollover
Hip Stretch - Lying Twist
Hip Stretch - Lying Wall
Hip Stretch - Modified Lying
Hip Stretch - Prone
Hip Stretch - Seated Rotator
Hip Stretch - Seated Twist
Hip Stretch - Side Twist
Hip Stretch - Squatting
Hip Stretch - Standing
Hip Stretch - Wall
Lats. Stretch (Seated)
Lats. Stretch (Standing)
Lats. Stretch (Wall)
Lunge Stretch Upright
Lunge Stretch With Forward Lean
Lunge Stretch With Rotation
Shin Stretch - Kneeling
Shin Stretch - Lying
Single Arm Forearm Stretch
Standing Glute Stretch
Standing Straddle Stretch
Standing Straddle Stretch With Reach
Stretch - Deltoid, Lateral (Standing)
Stretch - Infraspinatus (Bend-over)
Stretch - Infraspinatus (Lying)
Stretch - Splenius (Extension)
Stretch - Sternocleidomastoid (Retraction)
Stretch - Sternocleidomastoid (Rotation)
Stretch - Teres Minor (Stick)
Stretch - Wrist Extensor (Kneeling)
Stretch - Wrist Extensor (Single Arm)
Stretch - Wrist Flexors (Kneeling)
Stretch - Wrist Flexors (Seated)
Stretch - Wrist Flexors (Single Arm)
Stretch - Wrist Flexors (Standing)
Subscapularis Stretch (Doorway)
Thigh Stretch - Lying Prone
Thigh Stretch - Lying Side
Thigh Stretch - Standing
### Flexibility Exercises

<table>
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<tr>
<th>Standing</th>
<th>Knee</th>
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<td>Trap. Stretch</td>
<td>Waist</td>
<td>Hip</td>
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<tr>
<td>(Standing)</td>
<td>Stretch -</td>
<td>Stretch -</td>
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<tr>
<td></td>
<td>Lying</td>
<td>Lever</td>
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<tr>
<td>Upper Arm</td>
<td>Waist</td>
<td>Lever</td>
</tr>
<tr>
<td>Stretch (Doorway)</td>
<td>Stretch -</td>
<td>Assisted</td>
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<tr>
<td></td>
<td>Prone</td>
<td>Calf</td>
</tr>
<tr>
<td>Upper Arm</td>
<td>Stretch -</td>
<td>Stretch -</td>
</tr>
<tr>
<td>Stretch (Seated)</td>
<td>Seated Rollover</td>
<td>Seated with</td>
</tr>
<tr>
<td>Upper Arm</td>
<td>Waist</td>
<td>Bent Knee</td>
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<tr>
<td>Stretch (Standing)</td>
<td>Stretch -</td>
<td>and Towel</td>
</tr>
<tr>
<td>Upper Arm</td>
<td>Waist</td>
<td>(Standing)</td>
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<tr>
<td>Stretch (Wall)</td>
<td>Stretch -</td>
<td>with Towel</td>
</tr>
<tr>
<td>Waist Stretch</td>
<td>Waist</td>
<td></td>
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<tr>
<td>- Kneeling</td>
<td>Stretch -</td>
<td></td>
</tr>
<tr>
<td>Waist Stretch</td>
<td>Waist</td>
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<tr>
<td>- Lying</td>
<td>Stretch -</td>
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<tr>
<td>Waist Stretch</td>
<td>Waist</td>
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<tr>
<td>- Lying Bent Leg</td>
<td>Stretch -</td>
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<td>Standing</td>
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<tr>
<td>Hamstring Stretch</td>
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<td>Thigh</td>
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<tr>
<td>- Lever</td>
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<td>Standing</td>
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<td>with Towel</td>
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**Transforming Medical Learning**

**Fitness/Stretch**

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**Complete Anatomy 2020**

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Barbell Exercises

Alternating Lunge (Barbell)
Barbell Bench Press, Flat, Overhand Wide Grip
Barbell Bench Press, Incline, Overhand Narrow Grip
Barbell Bench Press, Incline, Underhand Grip
Barbell Clean
Barbell Clean And Jerk
Barbell Clean, Hang
Barbell Clean, Power
Barbell Jerk, Balance
Barbell Jerk, Split
Barbell Row, Bent Over, Neutral Grip, Single Arm
Barbell Row, Bent Over, Overhand Grip, Straight Stance
Barbell Row, Bent Over, Underhand Grip
Barbell Row, Single Arm
Barbell Snatch, Hang
Barbell Snatch, Muscle
Barbell Snatch, Power
Barbell Squat And Calf Raise
Barbell Squat Sumo
Barbell Squat, Jump
Barbell Squat, Kneeling
Barbell Squat, Overhead
Barbell Squat, Split
Barbell Squat, Split, Side
Barbell Thruster
Bench Press - Close Grip (Barbell)
Bench Press - Close Grip (Lever)
Bench Press (Barbell)
Bent Arm Pullover (Barbell)
Bent-Over Row (Barbell)
Biceps Curl (Barbell)
Biceps Drag Curl (Barbell)
Calves - Reverse Calf Raise (Barbell)
Calves - Seated Calf Raise (Barbell)
Calves - Standing Calf Raise (Barbell)
Deadlift (Barbell)
Front Raise (Barbell)
Front Squat (Barbell)
Full Squat (Barbell)
Glute-Ham Raise (Barbell)
Good Morning - Bent Knee (Barbell)
Good Morning (Barbell)
Barbell Exercises

Guillotine Bench Press (Barbell)
Hack Squat (Barbell)
Hamstring Raise (Barbell)
Hyperextension (Barbell)
Incline Bench Press (Barbell)
Lateral Step-up (Barbell)
Lunge (Barbell)
Lying Rear Delt Row (Barbell)
Military Press - Seated (Barbell)
Military Press (Barbell)
Powerlift Bench Press (Barbell)
Preacher Curl (Barbell)
Prone Incline Curl (Barbell)
Pullover (Barbell)
Rear Delt Row (Barbell)
Rear Lunge (Barbell)
Reverse Curl (Barbell)
Reverse Preacher Curl (Barbell)
Reverse Wrist Curl (Barbell)
Romanian Deadlift (Barbell)
Shoulder Press (Barbell)
Shrug (Barbell)
Shrug Seated (Barbell)
Side Lunge (Barbell)
Squat (Barbell)
Step-Ups (Barbell)
Straight Leg Deadlift (Barbell)
Sumo Deadlift (Barbell)
Triceps Extension - Incline (Barbell)
Triceps Extension - Lying (Barbell)
Triceps Extension - Seated (Barbell)
Upright Row (Barbell)
Wrist Curl (Barbell)

Bench Exercises

Bench Dip (Level 1)
Bench Dip (Level 2)
Bench Dip (Level 3)
Bench Dip (Level 4)
Decline Bench Press (Barbell)
Decline Bench Press (Dumbbell)
Decline Fly (Cable)
Decline Fly (Dumbbell)
Decline Push Up
Fly (Dumbbell)
### Barbell Exercises
- Incline Bench Press - Close Grip (Barbell)
- Incline Bench Press - Close Grip (Lever)
- Incline Crunch
- Incline Leg-Hip Raise
- Incline Shoulder Raise (Barbell)
- Incline Sit-Up
- Incline Twisting Crunch
- Incline Twisting Sit-Up
- Push Crunch (Barbell)
- Push Crunch (Dumbbell)
- Single Leg Split Squat
- Triceps Extension - Decline (Barbell)
- Triceps Extension - Decline (Dumbbell)
- Triceps Extension - Incline (Dumbbell)

### Bodyweight Exercises
- Bodyweight Bridge
- Bodyweight Burpee (On Feet)
- Bodyweight Butt Ups
- Bodyweight Crunch, Bicycle
- Bodyweight Crunch, Cross Body
- Bodyweight Crunch, Decline Bench
- Bodyweight Crunch, Oblique
- Bodyweight Crunch, Reverse
- Bodyweight Crunch, Reverse, Incline Bench
- Bodyweight Crunch, Straight Hands
- Bodyweight Deadlift, Single Leg
- Bodyweight Flutter Kicks
- Bodyweight Glute Kickback
- Bodyweight Heel Touch
- Bodyweight Hip Raise
- Bodyweight Iron Chair
- Bodyweight Leg Raise, Lying
- Bodyweight Leg Raise, Straight, Variation
- Bodyweight Leg Raise, V Formation
- Bodyweight Mountain Climbers
- Bodyweight Plank
- Bodyweight Plank Jacks
- Bodyweight Plank, Side
- Bodyweight Pull In, Lying
- Bodyweight Pull In, Seated
- Bodyweight Scissor Kick
- Bodyweight Side Bridge
## Bodyweight Exercises
- Bodyweight Side Bridge, Bench
- Bodyweight Side Bridge, Leg Raise
- Bodyweight Situp, Decline Bench
- Bodyweight Squat
- Bodyweight Squat And Calf Raises
- Bodyweight Squat, Jump
- Bodyweight Squat, Kneeling

## Cable Exercises
- Alternating Close Grip Pulldown (Cable)
- Alternating Pulldown (Cable)
- Bench Press (Cable)
- Bent Over Pulldown (Cable)
- Bent-Over Leg Curl (Cable)
- Biceps Alternating Curl (Cable)
- Biceps Curl (Cable)
- Cable Fly, Incline Bench
- Close Grip Pulldown (Cable)
- Concentration Curl (Cable)
- Decline Press (Cable)
- External Rotation - Standing (Cable)
- External Rotation - Upward (Cable)
- External Rotation (Cable)
- Front Lateral Raise (Cable)
- Front Raise (Cable)
- Hip Abduction (Cable)
- Hip Adduction (Cable)
- Hip Extension (Cable)
- Incline Bench Press (Cable)
- Incline Press (Cable)
- Internal Rotation (Cable)
- Kneeling Crunch (Cable)
- Lateral Raise (Cable)
## Cable Exercises

<table>
<thead>
<tr>
<th>Exercise</th>
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<td>Leg Extension (Cable)</td>
<td>Rear Lateral Raise (Cable)</td>
<td>Side Bend (Lever)</td>
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<td>Leg-Hip Raise (Cable)</td>
<td>Rear Lunge (Cable)</td>
<td>Single - Lateral Raise (Cable)</td>
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<tr>
<td>Lunge (Cable)</td>
<td>Reverse Curl (Cable)</td>
<td>Single Arm Incline Press (Cable)</td>
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<td>Reverse Preacher Curl (Cable)</td>
<td>Split Squat - Single Leg (Cable)</td>
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<td>Reverse Wrist Curl (Cable)</td>
<td>Squat (Cable)</td>
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<td>Lying Leg Curl (Cable)</td>
<td>Roll Up (Cable)</td>
<td>Standing Cross Row (Cable)</td>
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<td>Neck - Extension (Cable)</td>
<td>Romanian Deadlift (Cable)</td>
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<td>Seated Row - Straight Back (Cable)</td>
<td>Standing Press (Cable)</td>
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<td>Seated Row (Cable)</td>
<td>Step Up (Cable)</td>
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<td>Pulldown (Cable)</td>
<td>Shoulder Press (Cable)</td>
<td>Step-Ups (Cable)</td>
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<td>Pullover (Cable)</td>
<td>Shoulder Raise (Cable)</td>
<td>Straight Leg-Hip Raise (Cable)</td>
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<td>Triceps Dip (Cable)</td>
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<td>Side Bend (Cable)</td>
<td>Triceps Extension - Overhead (Cable)</td>
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### Cable Exercises

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<td>Triceps Pushdown - Side (Cable)</td>
<td>Underhand Pulldown - Side (Cable)</td>
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<td>Twist (Cable)</td>
<td>Upright Row (Cable)</td>
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<td>(Cable)</td>
<td>Twist Down (Cable)</td>
<td>Wrist Curl (Cable)</td>
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<td>Triceps Pushdown - Heavy (Cable)</td>
<td>Twist Up (Cable)</td>
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### Calisthenic Exercises

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Plank Alternate Arm Reach/Leg Extension
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Plank Alternating Cross-Over Knee-In
Plank Alternating Knee-In
Plank Alternating Knee-In
Plank Cross-Over Knee-In
Plank Elbow Leg Abduction/Adduction
Plank Elbows
Plank Elbows to Alternating Cross-Over Knee-In
Plank Elbows to Alternating Knee-In
Plank Elbows to Cross-Over Knee-In
Plank Elbows to Knee-In
Plank Elbows With Leg Lift
Plank Handstand
Plank Knee-In
Plank to Knee-In
Plank to Pike
Plank With Leg Lift
Plie Squat V2
Plie Squat V3
Plyometric Push-Up
Plyometric Push-Up Upper/Lower
Progression Crunch to Sit-Up
Prone 90 Degree Hip Abduction
Prone Extension Lower
Prone Extension Upper
Prone Extension Upper/Lower
Push Up
Push Up - Close Grip (Level 2)
Push Up - Close Grip (Level 3)
Push-Up
Push-Up 90 Degree Hold
Push-Up Knees
Push-Up to Knee-In
Push-Up to Pike
Push-Up to T-Stand
R Step-Up
Reverse Crunch
Reverse Lunge
Reverse Lunge to High Knee
SA Burpee
SA Mountain Climbers
SA Squat Thrust
**Calisthenic Exercises**

- Scissors
- Shadow Boxing Hook
- Shadow Boxing Jab
- Shadow Boxing Uppercut
- Shoulder 90 Dynamic
- Shoulder 90 Static
- Shoulder Arm Circles
- Shoulder Handstand Push-Up
- Shoulder Raise Front
- Shoulder Raise Lateral
- Shoulder T Dynamic
- Shoulder T Handstand
- Shoulder T Handstand Alternate
- Shoulder T Static
- Single Arm Push-Ups
- Single Leg Deadlift
- Single Leg Push-Up
- Sit-Up
- SL Balance
- SL Broad Jump
- SL Burpee
- SL Calf Raise
- SL Lateral Leap
- SL Leg Lift
- SL Squat
- SL Squat Thrust
- SL Vertical Jump
- Split Squat Alternating Leap
- Split Squat Leap
- Squat Thrust
- Squat Thrust with Push-Up
- Squat to Kick
- Squat V1
- Squat V2
- Staggered Push-Up
- Standing 90 Degree Hip Abduction
- Straight Leg Crunch Horizontal
- Straight Leg Crunch Vertical
- Straight Leg Deadlift
- Straight Leg Wipers
- Supine Hip Raise
- Supine Hip Raise Hold to Leg Extension
- Supine Hip Raise to Hold
- Supine Hip Raise to Leg Extension
- Supine Incline Hip Raise to High Knee
- Supine Single Leg Hip Raise
- Table Maker
Calisthenic Exercises

- Torso Twist
- Vertical Jump
- Walking Lunge
- Walking Reverse Lunge

Dumbbell Exercises

- Arnold Press
- Bench Press (Dumbbell)
- Bent-Over Row (Dumbbell)
- Biceps Curl - Incline (Dumbbell)
- Biceps Curl (Dumbbell)
- Calves - Reverse Calf Raise (Dumbbell)
- Calves - Standing Calf Raise (Dumbbell)
- Concentration Curl (Dumbbell)
- Dumbbell Arm Circles
- Dumbbell Bench Press, Decline, Neutral Grip
- Dumbbell Bench Press, Decline, Overhand Grip
- Dumbbell Bench Press, Decline, Underhand Grip
- Dumbbell Bench Press, Incline, Neutral Grip
- Dumbbell Bench Press, Incline, Overhand Grip
- Dumbbell Bench Press, Incline, Underhand Grip
- Dumbbell Biceps Curl, Neutral Grip, Bent Over
- Dumbbell Biceps Curl, Neutral Grip, Cross Body
- Dumbbell Biceps Curl, Neutral Grip, Flat Bench
- Dumbbell Biceps Curl, Overhand Grip
- Dumbbell Biceps Curl, Overhand Grip, Bent Over
- Dumbbell Biceps Curl, Overhand Grip, Flat Bench
- Dumbbell Biceps Curl, Overhand Grip, Incline Bench
- Dumbbell Biceps Curl, Preacher, Neutral Grip, Sitting
- Dumbbell Biceps Curl, Preacher, Overhand Grip
- Dumbbell Biceps Curl, Underhand Grip, Bent Over
- Dumbbell Biceps Curl, Underhand Grip, Drag
- Dumbbell Biceps Curl, Underhand Grip, Elbows Up
- Dumbbell Clean
- Dumbbell Clean And Jerk
- Dumbbell Clean
## Dumbell Exercises

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<td>Dumbbell Shrug, Hang Jump</td>
<td>Front Raise (Dumbbell)</td>
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<td>Dumbbell Clean, Hang</td>
<td>Dumbbell Shrug, Incline Bench</td>
<td>Hammer Curl (Dumbbell)</td>
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<td>Dumbbell Clean, Power</td>
<td>Dumbbell Shrug, Jump</td>
<td>Hip Abduction (Dumbbell)</td>
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<tr>
<td>Dumbbell Crossover, Underhand</td>
<td>Dumbbell Shrug, Overhead</td>
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<td>Dumbbell Fly, Incline Bench</td>
<td>Dumbbell Shrug, Overhead, Flat Bench</td>
<td>Incline Shoulder Raise (Dumbbell)</td>
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<tr>
<td>Dumbbell Fly, Incline Bench, Prone</td>
<td>Dumbbell Shrug, Overhead, Incline Bench</td>
<td>Internal Rotation (Dumbbell)</td>
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<td>Dumbbell Fly, Rear Delt</td>
<td>Dumbbell Shrug, Overhead, Seated</td>
<td>Lateral Raise (Dumbbell)</td>
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<td>Dumbbell Fly, Seated</td>
<td>Dumbbell Shrug, Seated</td>
<td>Lunge (Dumbbell)</td>
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<td>Dumbbell Iron Cross</td>
<td>Dumbbell Woodchopper</td>
<td>Lying Lateral Raise (Dumbbell)</td>
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<td>Dumbbell Jerk</td>
<td>Dumbbell Woodchopper, Reverse</td>
<td>Lying Pronation (Dumbbell)</td>
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<td>Dumbbell Lunge, Forward, Overhead</td>
<td>External Rotation - Lying (Dumbbell)</td>
<td>Lying Rear Delt Raise (Dumbbell)</td>
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<tr>
<td>Dumbbell Lunge, Walking</td>
<td>External Rotation - Seated (Dumbbell)</td>
<td>Lying Rear Delt Row (Dumbbell)</td>
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<td>Dumbbell Pullover, Decline Bench</td>
<td>External Rotation - Upward (Dumbbell)</td>
<td>Lying Rear Lateral Raise (Dumbbell)</td>
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<tr>
<td>Dumbbell Pullover, Incline Bench</td>
<td>Front Lateral Raise (Dumbbell)</td>
<td>Preacher Curl (Dumbbell)</td>
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<td>Dumbbell Scarecrow</td>
<td>Front Raise - Alternating (Dumbbell)</td>
<td>Prone Incline Curl (Dumbbell)</td>
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**Dumbbell Exercises**

- Pullover (Dumbbell)
- Radial Flexion (Dumbbell)
- Raise (Dumbbell)
- Rear Delt Row (Dumbbell)
- Rear Lateral Raise (Dumbbell)
- Rear Lunge (Dumbbell)
- Reverse Wrist Curl (Dumbbell)
- Seated Rear Lateral Raise (Dumbbell)
- Shoulder Press - Single (Dumbbell)
- Shoulder Press (Dumbbell)
- Shrug (Dumbbell)
- Side Bend (Dumbbell)
- Side Lunge (Dumbbell)
- Single Lateral Raise (Dumbbell)
- Split Squat - Single Leg (Dumbbell)
- Squat (Dumbbell)
- Step Down (Dumbbell)
- Step Up (Dumbbell)
- Step-Ups (Dumbbell)
- Straight Leg Deadlift (Dumbbell)
- Triceps Extension - Lying (Dumbbell)
- Triceps Extension - Seated (Dumbbell)
- Triceps Extension - Seated Single Arm (Dumbbell)
- Triceps Kickback (Dumbbell)
- Ulnar Flexion (Dumbbell)
- Upright Row (Dumbbell)
- Wrist Curl (Dumbbell)
- Zottman Curl

**Elevated Surface Exercises**

- Cross-Over Step-Up
- Dip Bent Knee
- Dip Elevated
- Dip Hold
- Dip Single Leg
- Dip Straight Leg
- Elevated Bent Knee Holds
- Elevated Bent Knee Raises
- Incline Single Leg Push-Up
- Lateral Step Leap-Up
- Lateral Step-Up
- Pike Shoulder Push-Up
- Step-Down Alternating
- Supine Incline Hip Raise (Straight Leg)
- Supine Incline Hip Raise Single Leg
**Flexibility Exercises**

- Ankle Circles
- Ankle Circles Backward
- Arm Circles Alternating
- Arm Circles Alternating Backward
- Arm Circles Forward
- Back Swings
- Back Swings Low
- Butt Kicks
- Cross Arm
- Cross Arm Dynamic
- Knee Pull Standing
- Knee Pull Supine 1
- Knee Pull Supine 2
- Single Lateral Raise (Dumbbell)
- Lunge Dynamic
- Neck Circles
- Quadriceps Side
- Quadriceps Standing
- Seated Butterfly
- Seated Lean Back
- Shoulder Protraction/Retraction
- Shoulder Shrugs
- Shuffle
- Straight Arm Behind Back
- Straight Arm Overhead
- Toe Reach
- Toe Reach Cross-Over
- Toe Reach Seated
- Wrist Circles
- Wrist Circles Backward

**High Bar Exercises**

- 90 Degree Hold Overhand
- Alternating Pull-Up
- Hanging Alternating Knee Raises
- Hanging Bent Knee Cross-Over
- Hanging Bent Knee Raises
- Hanging Bent Knee Raises (Arms 90)
- Hanging Leg-Hip Raise
- Hanging Pike
- Hanging Straight Leg Cross-Over
- Hanging Straight Leg Raises
- Hanging Straight Leg Raises (Arms 90)
- Isometric Hand Overhand
- Lateral Pull-Up
- Narrow Pull-Up
- Pull-Up
- Wide Pull-Up
### Kettlebell Exercises

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<th>Hamstrings</th>
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<td>Chest - Kettlebell Extended Range one Arm Kettlebell Floor Press</td>
<td>Hamstrings - Kettlebell Dead Clean</td>
<td>Hamstrings - Kettlebell One-Arm Clean</td>
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<td>Hamstrings - Kettlebell One-Arm Open Palm Clean</td>
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## Lever Exercises

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<td>Calves - Seated Calf Press (Lever)</td>
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<td>Radial Flexion (Lever)</td>
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**Lever Exercises**
- Reverse Preacher Curl (Lever)
- Reverse Wrist Curl (Lever)
- Roller Wrist Flexion (Lever)
- Seated Crunch (Lever)
- Seated Fly (Lever)
- Seated Hip Adduction (Lever)
- Seated Hip Raise Crunch (Lever)
- Seated Leg Curl (Lever)
- Seated Rear Delt Row (Lever)
- Seated Rear Lateral Raise (Lever)

**Medicine Ball Exercises**
- Medicine Ball Abs Twist
- Medicine Ball Advanced Lying Twist
- Medicine Ball Back Arc
- Medicine Ball Back Bend

- Seated Row - Narrow Grip (Lever)
- Seated Row - Wide Grip (Lever)
- Shoulder Press (Lever)
- Shrug - Hands-Free (Lever)
- Shrug (Lever)
- Side Crunch (Lever)
- Squat (Lever)
- Standing Hip Adduction (Lever)
- Standing Leg Curl (Lever)
- Standing Row (Lever)
- Triceps Dip

- Triceps Dip - Assisted
- Triceps Dip - Reverse (Lever)
- Triceps Dip (Lever)
- Triceps Extension (Lever)
- Triceps Pushdown (Lever)
- Twist (Lever)
- Ulnar Flexion (Lever)
- Vertical Leg-Hip Raise

- Medicine Ball Balance
- Medicine Ball Chest Squeeze
- Medicine Ball Crunch
- Medicine Ball Fly

- Medicine Ball Foot Drum
- Medicine Ball Hold-and-Grab
- Medicine Ball Hyperextension
- Medicine Ball Knee Touch
Medicine Ball Exercises
- Medicine Ball Lateral Bend
- Medicine Ball Leg Kick
- Medicine Ball Leg Raise
- Medicine Ball Leg Squeeze
- Medicine Ball Lying Twist

Medicine Ball Overhead Chop
- Medicine Ball Pelvis Raise
- Medicine Ball Push-up
- Medicine Ball Situp

Stability Ball Exercises
- Stability Ball Biceps Curl, Dumbbell, Neutral Grip
- Stability Ball Biceps Curl, Dumbbell, Overhand Grip
- Stability Ball Biceps Curl, Dumbbell, Underhand Grip
- Stability Ball Bridge
- Stability Ball Chest Press, Dumbbell, Flat
- Stability Ball Chest Press, Dumbbell, Incline
- Stability Ball Dumbbell Scarecrow
- Stability Ball Dumbbell Side Raise
- Stability Ball Fly, Dumbbell, Flat
- Stability Ball Fly, Dumbbell, Flat, Prone

Stability Ball Fly, Dumbbell, Incline
- Stability Ball Hyperextension
- Stability Ball Hyperextension, Legs Up
- Stability Ball Jackknife
- Stability Ball Pass Off
- Stability Ball Pike
- Stability Ball Plank
- Stability Ball Plank, Twist
- Stability Ball Pullover, Dumbbell
- Stability Ball Pullover, Dumbbell, Bent Arm

Stability Ball Pushup
- Stability Ball Pushup, Legs On Ball
- Stability Ball Pushup, On Knees
- Stability Ball Side Bend
- Stability Ball Triceps Extension
- Stability Ball Triceps Extension, Dumbbell
- Stability Ball Wrist Curl, Dumbbell
- Twisting Crunch (Ball)
### Step Exercises
- Calf Step
- Decline Push-Up
- Decline Single Leg Push-Up
- Hand Step-Ups
- Incline Push-Up
- L Step-Up
- Negative Calf Raise
- SL Negative Calf Raise
- Step Reverse Calf Raise
- Step Single Leg Reverse Calf Raise
- Step Split Squat Low
- Step Toe Taps Low
- Step-Up
- Step-Up and Over Low
- Step-Ups
- Uneven Push-Up
- Uneven Squat

### Wall Exercises
- Angled Calf Raise
- Angled Hip Abduction
- Angled Single Leg Calf Raise
- Calf Wall
- Leg Swings Forward
- Leg Swings Lateral
- Single Arm Wall Push-Up
- SL Wall Squat Iso
- Standing Leg Cycles
- Step Split Squat High
- Supine Single Arm Wall Push to Slide
- Supine Wall Push to Slide
- Wall 90 Lateral Iso Press
- Wall 90 Lateral Reverse Iso Press
- Wall Overhead Iso Press
- Wall Push-Up
- Wall Reverse Overhead Iso Press
- Wall Squat Iso
- Wall Straight Arm Lateral Iso Press
- Wall Straight Arm Reverse Lateral Iso Press