

# Saebø Therapy Session Results

Pt: Jim Morey

Date	Start Time	End Time	# Balls (1 way) w/ Saebøflex	Elapsed Minutes	# Balls (1 way) w/o Saebøflex	Total Balls
Thursday, April 19, 2007	6:00 PM	6:15 PM	5	0:15	0	5
Notes:	<div style="border: 1px solid black; height: 40px;"></div>					
Friday, April 20, 2007	2:30 PM	3:00 PM	20	0:30	2	22
Notes:	<div style="border: 1px solid black; height: 40px;"></div>					
Saturday, April 21, 2007	5:00 PM	5:30 PM	23	0:30	2	25
Notes:	<div style="border: 1px solid black; height: 40px;"></div>					
Sunday, April 22, 2007	10:39 AM	11:23 AM	45	0:44	1	46
Notes:	<div style="border: 1px solid black; height: 40px;"></div>					
	6:07 PM	6:44 PM	45	0:37	1	46
Notes:	<div style="border: 1px solid black; height: 40px;"></div>					
Monday, April 23, 2007	2:26 PM	2:46 PM	29	0:20	1	30
Notes:	<div style="border: 1px solid black; height: 40px;"></div>					
Tuesday, April 24, 2007	5:20 PM	5:56 PM	72	0:36	0	72
Notes:	<div style="border: 1px solid black; height: 40px;"></div>					
Wednesday, April 25, 2007	2:10 PM	2:22 PM	25	0:12	2	27
Notes:	<div style="border: 1px solid black; height: 40px;"></div>					
Thursday, April 26, 2007	8:09 PM	8:44 PM	88	0:35	0	88
Notes:	<div style="border: 1px solid black; height: 40px;">Overtaxed right shoulder.</div>					
Friday, April 27, 2007	2:10 PM	2:40 PM	40	0:30	0	40
Notes:	<div style="border: 1px solid black; height: 40px;">Shoulder o.k. Worked in Lab. Instruction time involved</div>					

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<b>Saturday, April 28, 2007</b>	10:10 AM	10:42 AM	66	0:32	0	66
<i>Notes:</i>	Balls 1-22 baskets were even and level; balls 23-44 baskets level and offset; balls 45-66 baskets were even and stacked.					
	4:56 PM	5:26 PM	66	0:30	0	66
<i>Notes:</i>	Balls 1-22 baskets were even and level; balls 23-44 baskets level and offset; balls 45-66 baskets were even and stacked.					
<b>Monday, April 30, 2007</b>	2:03 PM	2:30 PM	48	0:27	3	51
<i>Notes:</i>	Balls 1-24 one level but offset. Balls 25-48 stacked crates.					
<b>Tuesday, May 01, 2007</b>	11:00 AM	11:38 AM	80	0:38	5	85
<i>Notes:</i>	Assisted; balls 1-24 one level crates staggered. Balls 25-52 crates moved to 28" apart. Balls 53-80 crates stacked and staggered. Unassisted: Balls gripped with fingers 1-3 only. Fingers 4 & 5 not very well involved and balls were significantly "palmed."					
	8:30 PM	9:02 PM	60	0:32	10	70
<i>Notes:</i>	Assisted; balls 1-30 one level crates even, 28" apart. Balls 31-60 crates staggered. Unassisted: Balls gripped with fingers 1-3 only. Fingers 4 & 5 not very well involved and balls were significantly "palmed."					
<b>Thursday, May 03, 2007</b>	3:20 PM	3:40 PM	64	0:20	14	78
<i>Notes:</i>						
<b>Saturday, May 05, 2007</b>	9:03 PM	9:40 PM	90	0:37	12	102
<i>Notes:</i>	Cycle = 15 balls. Balls 1 - 30 crates were on one level and even on the table. bBalls 31 - 60 crates were staggered. Balls 61 - 90 crates were even on the table and stacked.					
<b>Monday, May 07, 2007</b>	2:10 PM	2:40 PM	50	0:30	10	60
<i>Notes:</i>	Balls 1-30 crates staggered and on one level. Balls 31-50 crates stacked and even, balls stacked.					
<b>Tuesday, May 08, 2007</b>	7:45 PM	8:32 PM	75	0:47	5	80
<i>Notes:</i>	Balls 1-40 crates even and on one level. Balls 41-75 crates even and balls are stacked.					
<b>Wednesday, May 09, 2007</b>	2:05 PM	2:30 PM	48	0:25	4	52
<i>Notes:</i>	Balls 1-24 crates offset with one inverted. Balls 25-48 crates in Sarah's maneuver position.					

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<b>Friday, May 11, 2007</b>	2:00 PM	2:20 PM	36	0:20	15	51
<i>Notes:</i>	Balls 1 - 12 crates staggered on ne level. Balls 13 - 36 Sarah's maneuver.					
<b>Sunday, May 13, 2007</b>	8:42 PM	9:24 PM	112	0:42	7	119
<i>Notes:</i>	Cycle = 16 balls. Balls 1 - 16: Table to floor. Balls 17 - 112 from crate on left to crate on floor on right. Unassisted effort started too late and hand was already tired.					
<b>Wednesday, May 16, 2007</b>	7:05 PM	7:50 PM	105	0:45	15	120
<i>Notes:</i>	Cycle = 15. All cycles from crates in Sarah maneuver position.					
<b>Thursday, May 17, 2007</b>	7:55 PM	8:41 PM	70	0:46	3	73
<i>Notes:</i>	Cycle = 14 balls. All balls moved in Sarah maneuver position. *** Adjusted Saeboflex 3 times. Never really got a comfortable grip on balls.					
<b>Saturday, May 19, 2007</b>	8:07 PM	8:44 PM	70	0:37	20	90
<i>Notes:</i>	Crates in Saras Maneuver position on all assisted balls. Nearly all assisted balls were held with 5 fingers.					
<b>Wednesday, May 23, 2007</b>	11:58 AM	12:26 PM	50	0:28	18	68
<i>Notes:</i>	Crates in Sarah's maneuver position.					
<b>Thursday, May 24, 2007</b>	7:02 PM	7:34 PM	60	0:32	11	71
<i>Notes:</i>	I moved 60 balls unassisted in 24 minutes. I tired myself out and was able to move only 11 balls unassisted.					
<b>Saturday, May 26, 2007</b>	8:30 PM	9:06 PM	70	0:36	18	88
<i>Notes:</i>	I moved 40 balls assisted then 18 balls unassisted then 30 balls assisted again.					
<b>Sunday, May 27, 2007</b>	1:09 PM	1:22 PM	44	0:13	8	52
<i>Notes:</i>	balls moved with crates in Sarah's maneuver position. I didn't tax myself because I plan another session today.					
<b>Monday, May 28, 2007</b>	1:47 PM	2:15 PM	62	0:28	10	72
<i>Notes:</i>	62 balls w/ Saebo 10 balls w/o Saebo. My grip w/ the Saebo is very good with all 5 fingers well involved. My grip w/o the Saebo is poor, at best. Grip usually involves only thumb and finger #2, and then with significant 'palming.'					

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<b>Tuesday, May 29, 2007</b>	8:22 PM	8:55 PM	72	0:33	5	77
<i>Notes:</i>	Each set was 12 balls. I moved 72 balls in under 30 minutes. Agan, I overly taxed myself by not taking adequate rests between each set.					
<b>Thursday, May 31, 2007</b>	6:47 PM	7:36 PM	121	0:49	0	121
<i>Notes:</i>	I moved 121 balls in 49 minutes. There were 11 balls in each set. I rested for 1 to 2 minutes after every set.					
<b>Sunday, June 03, 2007</b>	12:20 PM	1:07 PM	132	0:47	0	132
<i>Notes:</i>	1 cycle = 11 balls. I moved 12 cycles. Crates were in Sarah's maneuver position.					
<b>Tuesday, June 05, 2007</b>	4:57 PM	5:44 PM	135	0:47	0	135
<i>Notes:</i>	1 cycle = 15 balls. Crates were in Sarah's Maneuver position. I rested approximately 1 minute between cycles.					
<b>Thursday, June 07, 2007</b>	8:04 PM	8:44 PM	150	0:40	0	150
<i>Notes:</i>	1 cycle = 15 balls. Crates in Sarah's Maneuver position. I did two cycles without resting between cycles, then rested for about 1 minute. I then repeated this 4 more times for a total of 150 balls					
<b>Saturday, June 09, 2007</b>	6:30 PM	7:13 PM	150	0:43	0	150
<i>Notes:</i>	1 cycle = 15 balls. Crates were situated in Sarah's Maneuver position but with the supply crate elevated approximately 6". I moved 2 cycles then rested for approximately 1 minute then repeated this 4 more times.					
<b>Monday, June 11, 2007</b>	1:12 PM	1:59 PM	150	0:47	0	150
<i>Notes:</i>	1 cycle = 15 balls. Crates were situated in Sarah's Maneuver position but with the supply crate elevated approximately 5" (33" off the floor.). I moved 1 cycle then rested for approximately 1 minute then moved 3 cycles and rested for approximately 1 vminute, I then moved 2 cycles and rested for a minute and repeated this 3 more cycles.					
	8:03 PM	8:49 PM	150	0:46	0	150
<i>Notes:</i>	1 cycle = 15 balls. Crates were situated in Sarah's Maneuver position but with the supply crate elevated approximately 6". I moved 2 cycles then rested for approximately 1 minute then repeated this 4 more times.					
<b>Tuesday, June 12, 2007</b>	8:07 PM	8:50 PM	150	0:43	0	150
<i>Notes:</i>	1 cycle = 15 balls. Crates were situated in Sarah's Maneuver position but with the supply crate elevated approximately 6". I moved 2 cycles then rested for approximately 1 minute then repeated this 4 more times. My hand is not properly situated in the Saeboflex, I need to demonstrate this in therapy.					
<b>Friday, June 15, 2007</b>	12:21 PM	1:02 PM	150	0:41	0	150
<i>Notes:</i>	Spring tension was reduced & bead chains were lengthened three beads. 1 cycle = 15 balls. Crates were in Sarah's Maneuver position w/ supply crate at table height. I rested for 45 seconds after every 2 cycles.					

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<b>Saturday, June 16, 2007</b>	11:03 AM	11:46 AM	150	0:43	0	150
<i>Notes:</i>	1 cycle = 15 balls. Crates were in Sarah's Maneuver position w/ supply crate at table height. I rested for 45 seconds after every 2 cycles.					
<b>Thursday, June 21, 2007</b>	2:25 PM	3:23 PM	150	0:58	0	150
<i>Notes:</i>	1 cycle (or crate) = 15 balls. Crates are in Sarah's position with supply crate on table and receipt crate on chair. I performed the exercise unaided, with minimal rest time (30 - 40 seconds) between crates.					
<b>Friday, June 22, 2007</b>	10:50 AM	11:25 AM	160	0:35	0	160
<i>Notes:</i>	1 cycle = 20 balls. Crates arranged in Sarah's Maneuver (SM) position, with supply crate at table level and receptor crate at chair level. I donned the appliance and performed the exercise while I was alone in the house.					
<b>Sunday, June 24, 2007</b>	8:08 PM	8:51 PM	180	0:43	0	180
<i>Notes:</i>	1 cycle = 20 balls. I transferred 9 crates. Crates were situated in SM position with supply crate at table height and receptor crate at chair level. I rested approximately 45 seconds between each cycle.					
<b>Monday, June 25, 2007</b>	7:17 PM	8:11 PM	200	0:54	20	220
<i>Notes:</i>	1 cycle = 20 balls. Crates were in SM position. I performed the exercise alone, moving 1 cycle then resting less than 1 minute and repeating the iteration until 10 cycles were completed. I moved on cycle w/o the Saboflex. 15 balls were moved but I was able to grip the balls only with fingers 1 - 3. The last 5 balls were moved while I was seated. These I was able to grip with all 5 fingers but I had to assist my arm with L. hand.					
<b>Tuesday, June 26, 2007</b>	8:03 PM	8:58 PM	200	0:55	0	200
<i>Notes:</i>	1 cycle = 20 balls. Crates situated as yesterday. Shoulder was a bit sore from yesterday. I did not attempt moving any balls without the Saboflex.					
<b>Thursday, June 28, 2007</b>	11:07 AM	11:55 AM	200	0:48	14	214
<i>Notes:</i>	1 cycle = 20 balls. Crates in SM position. Supply crate 28" off the floor (table height.) Performed exercise alone but required help in donning the Saeboflex.					
<b>Monday, July 02, 2007</b>	8:41 PM	9:28 PM	160	0:47	3	163
<i>Notes:</i>	1 cycle = 20 balls. Crates in SM position with supply crate situated 5" above table height (33" off the floor.) This required more time to move fewer balls.					
<b>Tuesday, July 03, 2007</b>	6:19 PM	7:12 PM	140	0:53	0	140
<i>Notes:</i>	1 cycle = 20 balls. Crates in SM position with supply crate at 33" off the floor (5" above table height.) I performed the exercise alone, including donning the apparatus. I forgot my A-F-O.					
<b>Wednesday, July 04, 2007</b>	9:21 AM	10:08 AM	180	0:47	0	180
<i>Notes:</i>	1 cycle = 20 balls. Crates in SM position with supply crate at 33" off the floor (5" above table height.) I performed the exercise alone, including donning the apparatus. I forgot my A-F-O.					

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<b>Friday, July 06, 2007</b>	9:39 AM	10:30 AM	200	0:51	0	200
<i>Notes:</i>	1 cycle = 20 balls. Crates were positioned like previous exercise. I did not wear my A-F-O. I rested approximately between every 2 crates.					
<b>Sunday, July 08, 2007</b>	11:03 AM	11:52 AM	155	0:49	0	155
<i>Notes:</i>	1 cycle = 20 balls. Crates were situated as in previous exercise session. I did not wear my A-F-O. I rested approximately 1 minute between every 2 crates. I seemed to be tired when I commenced the session. That is reflected in my poor performance.					
<b>Monday, July 09, 2007</b>	12:45 PM	1:35 PM	200	0:50	0	200
<i>Notes:</i>	1 cycle = 20 balls. Crates were situated as in previous exercise session. I did not wear my A-F-O. I rested approximately 1 minute between every 2 crates.					
<b>Thursday, July 12, 2007</b>	10:54 AM	11:47 AM	200	0:53	0	200
<i>Notes:</i>	1 cycle = 20 balls. Crates were situated as in previous exercise. I did not wear my A-F-O. I rested approximately 1 minute between every 2 crates. I dropped 6 balls and spent time to retrieve replacements.					
<b>Friday, July 13, 2007</b>	4:20 PM	5:00 PM	200	0:40	15	215
<i>Notes:</i>	1 cycle = 20 balls. Crates were situated as in previous exercise. I did not wear my A-F-O. I rested approximately 1 minute between every 2 crates. I could only move 15 balls w/o the Saeboflex. I moved the last 10 balls out of the supply crate and was able to pick up 5 more balls directly off the table platform (5" above the table.)					
<b>Tuesday, July 17, 2007</b>	9:30 AM	10:21 AM	200	0:51	0	200
<i>Notes:</i>	Yesterday's exercise session was aborted because of pain and a small laceration on the dorsal aspect of finger #5. We replaced the foam cushion on the cap for that finger. The laceration was treated with a topical antibiotic cream and bandaid. There was ver little pain as I performed my exercises today. Crates weere arranged like yesterdaysexercise. I think we are back on track.					
<b>Friday, August 24, 2007</b>	7:38 AM	8:23 AM	100	0:45	4	104
<i>Notes:</i>	I have not exercised in 38 days. Crates were arranged on the table. Balls were alternately moved from left to right and back. I experienced great difficulty in grasping the balls.					
<b>Monday, September 03, 2007</b>	6:43 PM	7:24 PM	180	0:41	0	180
<i>Notes:</i>	Crates were on table, side by side. I was able to properly grasp the balls although my endurance wasn't the best.					
<b>Friday, September 05, 2007</b>	7:10 PM	7:54 PM	260	0:44	0	260
<i>Notes:</i>	Crates were positioned side by side on the table. I transferred balls from one crate to the other and then back to the first.					