

Arms Exercise Routine Sheet

Patient Name: Exercise Routine Date:

Front Arm Strengthening with a Therapy Band

Sets Reps Frequency Time Duration

Triceps Stretch

Sets Reps Frequency Time Duration

Forearm Strengthening in Pronation with a Therapy Band

Sets Reps Frequency Time Duration

Forearm Strengthening in Supination with a Therapy Band

Sets Reps Frequency Time Duration

Elbow Ranges of Motion - Flexion and Extension

Sets Reps Frequency Time Duration

Elbow Ranges of Motion - Pronation and Supination

Sets Reps Frequency Time Duration

Wrist Range of Motion

Sets Reps Frequency Time Duration

Wrist Range of Motion - Extension and Flexion

Sets Reps Frequency Time Duration

Wrist Extension with a Therapy Band

Sets Reps Frequency Time Duration

Wrist Flexion with a Therapy Band

Sets Reps Frequency Time Duration

Grip Strengthening with a Tennis Ball

Sets Reps Frequency Time Duration

Hand and Fingers Stretch

Sets Reps Frequency Time Duration

Finger Walking - Shoulder Ranges of Motion

Sets Reps Frequency Time Duration

Back Exercise Routine Sheet

Patient Name: Exercise Routine Date:

Lower Back Extensions on a Physioball

Sets Reps Frequency Time Duration

Lower Back Extensions on an Exercise Mat

Sets Reps Frequency Time Duration

Lower Back Range of Motion

Sets Reps Frequency Time Duration

Back Strengthening Exercise - Arm Lifts

Sets Reps Frequency Time Duration

Back Strengthening Exercise - Leg Extensions

Sets Reps Frequency Time Duration

Back Strengthening Exercise - Opposite Arm and Leg Extension

Sets Reps Frequency Time Duration

Middle Back Strengthening with a Therapy Band

Sets Reps Frequency Time Duration

Upper and Mid Back Range of Motion

Sets Reps Frequency Time Duration

Upper Back and Triceps Stretch

Sets Reps Frequency Time Duration

Upper Back Stretch

Sets Reps Frequency Time Duration

Upper Back Stretch - Trapezius

Sets Reps Frequency Time Duration

Upper Back Strengthening with a Therapy Band

Sets Reps Frequency Time Duration

Chest Exercise Routine Sheet

Patient Name: Exercise Routine Date:

Deep Chest Stretch

Sets Reps Frequency Time Duration

Upper Chest Stretch

Sets Reps Frequency Time Duration

Chest Flyes with a Therapy Band

Sets Reps Frequency Time Duration

Chest Press with a Therapy Band

Sets Reps Frequency Time Duration

Hips Exercise Routine Sheet

Patient Name: Exercise Routine Date:

Hip Abduction Range of Motion

Sets Reps Frequency Time Duration

Hip Adduction Range of Motion

Sets Reps Frequency Time Duration

Hip and Gluteal Stretch

Sets Reps Frequency Time Duration

Hip Extension Range of Motion

Sets Reps Frequency Time Duration

Hip Flexion Range of Motion

Sets Reps Frequency Time Duration

Butterfly Hip Stretch

Sets Reps Frequency Time Duration

Knee to Chest Stretch

Sets Reps Frequency Time Duration

Knees to Chest Stretch

Sets Reps Frequency Time Duration

Lateral Hip Stretch

Sets Reps Frequency Time Duration

Psoas Stretch

Sets Reps Frequency Time Duration

Hip Abduction Strengthening with a Therapy Band

Sets Reps Frequency Time Duration

Hip Adduction Strengthening with a Therapy Band

Sets Reps Frequency Time Duration

Hips Exercise Routine Sheet (con't)

Patient Name: Exercise Routine Date:

Hip External Rotation Strengthening with a Therapy Band

Sets Reps Frequency Time Duration

Hip Flexion Strengthening with a Therapy Band

Sets Reps Frequency Time Duration

Hip Internal Rotation Strengthening with a Therapy Band

Sets Reps Frequency Time Duration

Pelvic Tilts

Sets Reps Frequency Time Duration

Pelvis Bridge

Sets Reps Frequency Time Duration

Pelvis Bridge with Alternating Leg Extensions

Sets Reps Frequency Time Duration

Side Lying Bridge

Sets Reps Frequency Time Duration

Ice/Heat Therapy Exercise Routine Sheet

Patient Name: Exercise Routine Date:

Ice Therapy for the Neck

Sets Reps Frequency Time Duration

Ice Therapy for the Shoulder

Sets Reps Frequency Time Duration

Ice Therapy for the Lower Back

Sets Reps Frequency Time Duration

Ice Therapy for the Knee

Sets Reps Frequency Time Duration

Ice Therapy for the Ankle

Sets Reps Frequency Time Duration

Heat Therapy for the Neck

Sets Reps Frequency Time Duration

Heat Therapy for the Shoulder

Sets Reps Frequency Time Duration

Heat Therapy for the Middle Back

Sets Reps Frequency Time Duration

Heat Therapy for the Lower Back

Sets Reps Frequency Time Duration

Heat Therapy for the Elbow

Sets Reps Frequency Time Duration

Heat Therapy for the Wrist

Sets Reps Frequency Time Duration

Heat Therapy for the Hip

Sets Reps Frequency Time Duration

Ice/Heat Therapy Exercise Routine Sheet (con't)

Patient Name: Exercise Routine Date:

Heat Therapy for the Knee

Sets Reps Frequency Time Duration

Heat Therapy for the Ankle and Foot

Sets Reps Frequency Time Duration

Legs Exercise Routine Sheet

Patient Name: Exercise Routine Date:

Front Thigh Stretch

Sets Reps Frequency Time Duration

Front Thigh Strengthening with a Therapy Band

Sets Reps Frequency Time Duration

Adductor Stretch

Sets Reps Frequency Time Duration

Hamstring Stretch

Sets Reps Frequency Time Duration

Hamstring Strengthening with a Therapy Band

Sets Reps Frequency Time Duration

Piriformis Stretch

Sets Reps Frequency Time Duration

Patellar Tendon Stretch

Sets Reps Frequency Time Duration

Knee Lunge

Sets Reps Frequency Time Duration

Knee and Calf Stretch

Sets Reps Frequency Time Duration

Plantar Fascia Stretch Using a Towel

Sets Reps Frequency Time Duration

Calf Strengthening with a Therapy Band

Sets Reps Frequency Time Duration

External Foot Rotation with a Therapy Band

Sets Reps Frequency Time Duration

Legs Exercise Routine Sheet (con't)

Patient Name: Exercise Routine Date:

Front Calf Strengthening with a Therapy Band

Sets Reps Frequency Time Duration

Internal Foot Rotation with a Therapy Band

Sets Reps Frequency Time Duration

Ankle and Foot Ranges of Motion

Sets Reps Frequency Time Duration

Foot and Ankle Ranges of Motion

Sets Reps Frequency Time Duration

Achilles Tendon Stretch

Sets Reps Frequency Time Duration

Plantar Fascia Stretch Using a Tennis Ball

Sets Reps Frequency Time Duration

Neck Exercise Routine Sheet

Patient Name: Exercise Routine Date:

Chin Retraction

Sets Reps Frequency Time Duration

Head and Neck Stretch - Upper Trapezius

Sets Reps Frequency Time Duration

Head and Neck Stretch - Upper Trapezius and Levator Scapulae

Sets Reps Frequency Time Duration

Neck Ranges of Motion

Sets Reps Frequency Time Duration

Neck Backward Tilt Isometric Exercise - Extension

Sets Reps Frequency Time Duration

Neck Backward Tilt Isometric Exercise - Flexion

Sets Reps Frequency Time Duration

Neck Rotation Isometric Exercise

Sets Reps Frequency Time Duration

Neck Side Bending Isometric Exercise

Sets Reps Frequency Time Duration

Shoulder Exercise Routine Sheet

Patient Name: Exercise Routine Date:

Active Assisted Shoulder Range Of Motion Using A Dowel

Sets Reps Frequency Time Duration

Front Shoulder Stretch

Sets Reps Frequency Time Duration

Outside Shoulder Stretch

Sets Reps Frequency Time Duration

Passive Shoulder Range of Motion

Sets Reps Frequency Time Duration

Passive Shoulder Range of Motion with a Hand We

Sets Reps Frequency Time Duration

Rear Shoulder Stretch

Sets Reps Frequency Time Duration

Shoulder Abduction Strengthening with a Therapy Band

Sets Reps Frequency Time Duration

Shoulder Extension Strengthening with a Therapy Band

Sets Reps Frequency Time Duration

Shoulder Extension Strengthening with a Therapy B

Sets Reps Frequency Time Duration

Shoulder Flexion Strengthening with a Therapy Band

Sets Reps Frequency Time Duration

Shoulder Internal Rotation Strengthening with a Therapy Band - Subscapularis

Sets Reps Frequency Time Duration

Shoulder Strengthening in External Rotation with a Therapy Band - Infraspinatus

Sets Reps Frequency Time Duration

Shoulder Exercise Routine Sheet (con't)

Patient Name: Exercise Routine Date:

Shoulder Strengthening in External Rotation with a Therapy Band - Teres Minor

Sets Reps Frequency Time Duration

Shoulder Strengthening with a Therapy Band - Supraspinatus

Sets Reps Frequency Time Duration

Trapezius Strengthening with a Therapy Band

Sets Reps Frequency Time Duration