



The following is a list of the most common exercises in our clinic to be used as a reference for our patients. If one of your

prescribed exercises is not listed, please inform us if you have any questions.

Balance



BALANCE BEAM - TANDEM WALK

Place a half foam roll on the ground in a forward-back direction with the rounded side up.

Stand on the foam roll and begin tandem walking (heel-toe pattern walking as shown). Once you get to the end of the roll, tandem walk backward. Try and maintain your balance without stepping off the foam roll.

Perform 1x a day 3m



WOBBLE BOARD

Have patient stand on circle wobble board with 1 foot and balance with the other foot on the floor. Using the foot that is on the floor, have the patient turn 90 degrees forward 3 times, and 90 degrees backward 1 times. Perform the pattern 10 times. Then repeat the pattern in the opposite direction.

Perform 1x a day 3m



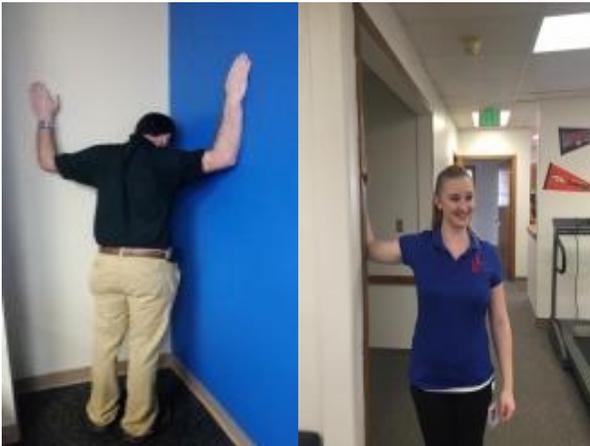
BOSU - SINGLE LEG BALANCE FORWARD, SIDEWAYS, & BACKWARDS

Stand on a Bosu Ball with one leg and maintain your balance.

Next, hold your opposite leg out in front of your body. Then return to original position.

Perform 1x a day 3m

Cervical / Thoracic



Chest Corner Stretch

Standing in corner with hands at shoulder level and with elbows touching the wall if possible, walk in and lean forward until gentle stretch is felt across the chest and shoulders.

The stretch should not be painful.

Perform 1x a day 3reps. 20sec.



Trapezius Stretch

Sit tall. Hold on with one hand behind your back. Gently move the ear towards the opposite shoulder until a comfortable stretch is felt in the upper shoulder (trapezius) area. The head can be moved forward from this position. The stretch should be held in whatever position provides the best stretch. This can also be done standing and holding on to your wrist.

Perform 1x a day 2reps. 20sec.



Shoulder Rolls

Make small circles forward and backwards. Keeping shoulders back and down.

Perform 1x a day 2reps. 20sec.



Towel / Dowel Stretch

Grab one end of the towel with the affected arm and place it behind your back as shown in the picture. Grab the other end with opposite hand and pull straight up until you feel a stretch in your shoulder.

Perform 1x a day 2reps. 20sec.



BIRD DOG

While in a crawling position, slowly draw your leg and opposite arm upwards.

Your arm and leg should be straight and fully out-stretched. Keep neck in neutral position as if you are holding a large tomato between your chin and chest.

Perform 1x a day 6reps. 10sec.



Head Retraction

Slowly draw your head back so that your ears line up with your shoulders.

Do not allow your head to tilt upwards.

Perform 1x a day 6-10reps. 3sec. hold



Arm Wall Slide

Begin standing against wall with elbows abducted to 90 degrees and shoulder blades retracted (pulled in and down) and cervical spine in a chin tuck. Without shrugging shoulders, slide bent arms up the wall as if making a snow angel. Return to starting position without allowing shoulder blades to protract.

Perform 1x a day 6-10reps. 3sec. hold



Deep Neck Flexors/ Chin Tuck

Perform a chin tuck and making sure you're making a "double chin" look. Be sure your eyes, nose and chin are facing directly forward.

Do not allow your head to tilt upwards.

Perform 1x a day 6-10reps. 3sec. hold



Deep Neck Flexors/ With Ball 45 degree

Perform a chin tuck and making sure you're making a "double chin" look. Be sure to tilt your head downward at a 45 degree angle.

Do not allow your head to tilt upwards.

Perform 1x a day 6-10reps. 10sec. hold



2 Way Seated Rows

While seated on an exercise ball, arms parallel to floor pull back on an elastic band in both arms as if you are trying to squeeze an egg between your shoulder blades. Do 15 reps in this position then lower elbows to 45 degree angle and perform next set of 15 reps.

Maintain erect posture the entire time.

Perform 1x a day 2sets 15reps. 3sec. hold



Cervical Retraction Isometric- Static with Band

Wrap the elastic band around the back of your head as shown in the picture and pull the band so it is taut. Maintain upright posture and squeeze your shoulder blades down and back.

Gently pull on the band in the direction of the black arrows in the picture and resist the motion so your head stays still

Hold for 3 seconds. Make sure that your chin stays level and you don't tilt your head up or down.



Cervical Isometric-Sideways –Static with Band

Place the elastic band on the side of your head as shown and pull the band so it is taut. Maintain upright posture and squeeze your shoulder blades down and back

Gently pull on the band in the direction of the black arrows in the picture and resist the motion so your head stays still. Hold for 3 seconds and don't allow your head to turn or tilt.

Perform 1x a day 6-10reps. 3sec. hold

Shoulders



3-way Standing Bands

Hold the elastic band directly in front of your shoulders. Pull the band apart using equal force with both arms. Squeeze the shoulder blades together and avoid raising the shoulders by your ears.

Return the band to its normal position in a controlled motion.

Perform the exercise with the band rotated 45 degrees clockwise and then counterclockwise, returning to the starting position after each repetition.

Perform 1x a day 10-15reps. 2sec. hold



Front / Side Raises

Hold one end of the elastic band directly in front of your shoulder while gripping on it with the Left hand. Step on other end of the band with your Left foot. Pull and raise the band to shoulder height. Return the band to its normal position in a controlled motion.

Try to keep your torso straight while engaging the abs. Repeat with the Right shoulder while placing the band under Right foot and wrapping the band around the Right hand.

Perform this same action with the arms extended out. L + R shoulder

Perform 1x a day 10-15reps. 2sec. hold



SHOULDER EXTERNAL/INTERNAL ROTATION

While holding an elastic band at your side with your elbow bent, start with your hand near your stomach and then pull the band away. Keep your elbow tucked at your side the entire time.

Perform 1x a day 2sets 15reps. 2sec. hold



Shoulder Scaption

Place the band under Right foot. Wrap band around right hand and turn thumb down. Lift the right arm with 30-45 degree angled from the body until shoulder level. Try to keep your torso straight while engaging the abs. Repeat on the left arm while placing the band under left foot and wrapping the band around the left hand.

Perform 1x a day 2sets 15reps. 2sec. hold



Serratus Anterior /Wall Ball Rolls/Band

This exercise may be performed with an exercise ball, with a band around the arms, or with nothing at all, just sliding the arms up against the wall. Stand with forearms parallel against the ball. Move your feet away from your shoulder slightly so that you lean into your arms. Press your elbow towards the wall and roll your forearms up and down on the ball.

Perform 1x a day 1set 10-15reps. 2sec. hold



Band Swords – Flexion Abduction

Start by holding an elastic band down by your side to fixate it by stepping on it from the outside of your opposite foot of the arm being in action or by fixating it with your uninvolved arm. Next, using the involved arm, draw the other end of the band upwards and towards the opposite side at shoulder height as shown.

Perform 1x a day 2sets 10-15reps. 2sec. hold

Elbows / Wrist



WRIST EXTENSOR STRETCH

Use your unaffected hand to bend the affected wrist down as shown.

Keep the elbow straight on the affected side the entire time.

Perform 1x a day 1set 3reps. 20sec. hold



WRIST FLEXOR STRETCH

Use your unaffected hand to bend the affected wrist up as shown.

Keep the elbow straight on the affected side the entire time.

Perform 1x a day 1set 3reps. 20sec. hold



Towel Twist

Roll up a small hand towel and wet completely. Using both hands, ring out the towel by twisting and squeezing both hands. You may also, perform this with a larger towel dry.

Perform 1x a day 1set 10reps. 1sec. hold



Wrist Flexion

Support your forearm on a table with your palm facing the ceiling.

Next, stepping on one end of the Theraband, curl your wrist up against resistance.

Perform 1x a day 2set 15reps. 1sec. hold



Wrist Flexion

Support your forearm on a table with your palm facing the ground.

Next, stepping on one end of the Theraband, curl your wrist up against resistance.

Perform 1x a day 2set 15reps. 1sec. hold



Wrist Supination

While holding an elastic band (Theraband) and resting your arm on your thigh or table, turn your affected wrist towards palm face up.

Perform 1x a day 2set 15reps. 1sec. hold



Wrist Pronation

While holding an elastic band (Theraband) and resting your arm on your thigh or table, turn your affected wrist towards palm face down.

Perform 1x a day 2set 15reps. 1sec. hold



Wrist Radial Diviation

Rest your forearm on your thigh or table. Place one end of the band (Theraband) on your foot and hold another loop with your palm in neutral position (palm facing to the side).

Perform 1x a day 2set 15reps. 1sec. hold

Lumbar / Lower Extremity



Hip Flexor Stretch

In a half kneeling position, tuck your pelvis under until you feel a stretch down the front of the thigh. To increase the stretch, reach towards the ceiling with your same side arm until you feel a stretch down your side while maintaining the tucked pelvis position. Raise and lower your hand bending at the wrist as shown.

Perform 1x a day 1set 3reps. 20sec. hold



Hip Flexor Stretch

Bosu Ball Alternative



Hip Adductor Stretch-On Half Bosu Inverted

In a half kneeling position, tuck your pelvis under until you feel a stretch down the front of the thigh. To increase the stretch, reach towards the ceiling with your same side arm until you feel a stretch down your side while maintaining the tucked pelvis position. Raise and lower your hand bending at the wrist as shown.

Perform 1x a day 1set 3reps. 20sec. hold



LATERAL TRUNK STRETCH

Step forward with one leg and hold this position.

Next, raise up your arm over head and side bend to the side until a stretch is felt along the side of your body.

Perform 1x a day 1set 3reps. 20sec. hold



LATISSIMUS STRETCH

Start in an upright position and arms over head.

Next, grab the wrist of the side you want to stretch and draw it over to the side bending at your trunk until a gentle stretch is felt along the side of your body. You may need to slightly bend forward as well to feel a stretch.

Perform 1x a day 1set 3reps. 20sec. hold



TFL (IT) Band Stretch

In a standing position, cross the affected leg behind your unaffected leg.

Next, with your arm over head, lean to the side towards the unaffected leg.

Perform 1x a day 1set 3reps. 20sec. hold



Calf Stretch

Standing Gastroc Stretch (Straight Leg)

Using an incline board, small step or towel roll to get toes higher than the heels. Stand with feet hip width apart and lean forward to feel stretch in upper calf. Do not let heels come up off the ground.

Perform 1x a day 1set 3reps. 20sec. hold



Prone Press Ups

Make sure to pigeon toe feet (toes pointing in)

Lying face down, slowly press up and arch your back using your arms. This should be performed without any pain.

Please stop if pain occurs.

Perform 1x a day 1set 3reps. 20sec. hold



Superman

Start laying face down on the floor, legs out and arms out straight. Keeping your core tight, lift your arms and legs off the floor, hold for a few seconds, then lower back down.

Perform 1x a day 1set 3reps. 20sec. hold



"BIRD DOG"

While in a crawling position, slowly draw your leg and opposite arm upwards.

Your arm and leg should be straight and fully out-stretched.

Keep head in neutral position looking towards floor, not extending neck as seen in picture.

Perform 1x a day 1set 3reps. 20sec. hold



BRIDGING

While lying on your back, tighten your lower abdominals, squeeze your buttocks and then raise your buttocks off the floor/bed as creating a "Bridge" with your body.

Keep head in neutral position looking towards floor, not extending neck as seen in picture.

Perform 1x a day 1set 3reps. 20sec. hold



Front Plank

While lying face down, lift your body up on your elbows and toes. Try and maintain a straight spine. Do not allow your hips or pelvis on either side to drop.

Perform 1x a day 1set 3reps. 20sec. hold



Side Bridges

While lying on your side, lift your body up on your elbow and feet. Try and maintain a straight spine.

Perform 1x a day 1set 3reps. 15- 20sec. hold



Rotary Plank

Hold a plank position in full elbow extension position with your legs spread apart as shown.

Next, lift one arm up and behind you as you rotate your trunk and head in the same direction. Return and repeat on the other side.

Perform 1x a day 1set 3reps. 15- 20sec. hold



Side Twist w/Band Straight Arm

Walk sideways away from the wall to create tension in the band. Stand up tall with core tight and slight bend in the knee. Feet planted and pointing forward. Straighten arms out directly in front of you while keeping core tight; turn and pull band. Turn torso slightly Hold for 2 seconds, then bring band back in towards the wall.

Perform 1x a day 2set 15reps. 2 sec. hold



Front / Back Lunges

Start by standing with feet shoulder-width-apart. Next, take a step forward and allow your front knee to bend. Your back knee may bend as well. Then, return to original position, or you may walk and take a step forward and repeat with the other leg. You may also perform this going backwards. Follow same techniques stepping back.

Perform 1x a day 2set 15reps. 1 sec. hold

Hip & Sacro-iliac



SI Knee to Chest Push

Lying down flat on your back with your legs straight and your toes pointed up towards the ceiling. Bending one knee bring your leg up towards your chest and Maintain this stretch for the recommended hold time and then repeat with the opposite leg.

Keep your pelvis level and straight the entire time.

Perform 1x a day 1set 10reps. 5 sec. hold



SI Adduction w/ball

Lying down on your back with knees bent, place a ball between your knees. Squeeze your knees together with moderate force and hold. Gently release slowly. Repeat for the amount assigned.

Perform 1x a day 1set 10reps. 10 sec. hold



SI Abduction w/band

Lie down on your back with your knees bent. Place an elastic band around your knees and then draw your knees apart slowly and hold. Return knees back to neutral slowly.

Perform 1x a day 1set 20reps. 1 sec. hold



Clam Shell

While keeping hips and knees bent at same angle, slowly lift top-side leg away from bottom-side leg. Lift leg up until hips and upper body begin to roll backwards. When this happens, stop the movement, and slowly lower the leg back to starting position. Keep ankles together throughout entire movement.

Perform 1x a day 2set 15reps. 1 sec. hold



All 4's Hip Extension & Abduction

Start in a crawl position and extend one leg back further engaging your glutes to reach a straight position and hold for a quick second. Make sure to maintain your hip level and the spine in a neutral position and then return back and raise your leg out to the side as shown. Maintain a straight upper and mid back.

Perform 1x a day 2set 15reps. 1 sec. hold



Front / Side Lunges

Start by standing with feet shoulder-width-apart. Next, take a step forward and allow your front knee to bend. Your back knee may bend as well. Then, return to original position, or you may walk and take a step forward.

Step out to the side into a lateral lunge. Be sure to shift your buttocks back and do not allow the knee to go beyond your toes. Come back to starting position and repeat.

Perform 1x a day 2set 15reps. 1 sec. hold



Ankle Alphabet

While in a seated position, write out the alphabet in the air with your big toe.

Your ankle should be moving as you perform this.

Perform 1x a day 1set 2reps. 0 sec. hold



Ankle In/Out Towel Scoops

This exercise should be done in sitting. Spread a towel on the ground next to you. Use your toe to scoop/bunch the towel to the other side of your leg. Repeat in the other direction and then alternate with the other foot.

Perform 1x a day 1set 10-15 reps. 0 sec. hold



VMO w/Ball Squeeze or Seated

Stand against a wall, feet out in front of you, and a ball between your knees. Squeeze the ball and lower down into a squat position, avoiding pain.

You may also sit on the edge of a chair and placing fist under the thigh (hamstring region) in an upright position. Slowly extend the leg to a fully extended position with toes pointing inwards hold for a quick second and slowly return leg back down.

Perform 1x a day 2set 10-15 reps. 1 sec. hold



Calf Raises

Standing with feet hip width apart, push off your toes until you're standing on tip toes, then lower back down to a normal standing position. This may also be performed up against the wall for balance support.

Perform 1x a day 2set 10-15 reps. 1 sec. hold



Lateral Band Walking

With an elastic band around both ankles, walk to the side while keeping your feet spread apart. Keep your knees slightly bent the entire time.

You may also perform this modified version:

With an elastic band in both hands and under your feet, take side steps. Your knees should be slightly bent the entire time.

Perform 1x a day 2set 10-15 reps. 0 sec. hold



Tennis Ball Roll

Sit on the edge of a bench or a chair. Place a tennis ball on the ground and place your involved foot on the ball. Apply pressure and run your foot back and forth over then ball, massaging the underside of your foot. Don't press so hard that you are in pain.

Perform 1x a day 1set 1 min. 0 sec. hold



Plantar Stretch

Stand with foot against the wall and the toes pointing straight up and slowly lower your foot to the ground maintaining toes pointing up. Bring your hips towards the wall until you feel the stretch in the bottom of the foot.

Perform 1x a day 1set 3 reps. 20 sec. hold



Standing Heel Raises

DORSIFLEXION STANDING

In a standing position with your feet on the ground, raise up your forefoot and toes as you bend at your ankle.

Perform 1x a day 2set 15 reps. 1 sec. hold