Arms Exercise Routine Sheet

Patient Name:			Exercise Routine	Date:	
Front Arm Strengt	hening with a Ther	apy Band			
Sets	Reps	Frequency	Time	Duration	
☐ Triceps Stretch					
Sets	Reps	Frequency	Time	Duration	
☐ Forearm Strengthe	ening in Pronation	with a Therapy Band			
Sets	Reps	Frequency	Time	Duration	
		with a Thareau Band			
_	_	with a Therapy Band	Time	Duration	
Sets	Reps	Frequency	Time	Duration	
☐ Elbow Ranges of N	Motion - Flexion an	d Extension			
Sets	Reps	Frequency	Time	Duration	
☐ Elbow Ranges of N	лоtion - Pronation	and Supination			
Sets	Reps	Frequency	Time	Duration	
☐ Wrist Range of Mo	otion				
Sets	Reps	Frequency	Time	Duration	
□ Wrist Pango of Mo	otion - Extension ar	ad Flavian			
Sets Sets	Reps	Frequency	Time	Duration	
3613	керз	riequency	TITTLE	Dorallon	
☐ Wrist Extension wi	th 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	
_					
Sets Sets	houlder Ranges of	Frequency	Timo	Duration	
2012	Reps	пециенсу	Time	Duidiion	

Back Exercise Routine Sheet

Patient Name:			Exercise Routine	Date:	
□ Lower Back Extens	ions on a Physioba	all			
Sets	Reps	Frequency	Time	Duration	
Lower Back Extens	ions on an Exercise	e Mat			
Sets	Reps	Frequency	Time	Duration	
Lower Back Range	of Motion				
Sets	Reps	Frequency	Time	Duration	
☐ Back Strengthenin	g Exercise - Arm Li	ifts			
Sets	Reps	Frequency	Time	Duration	
☐ Back Strengthenin	g Exercise - Leg Ex	tensions			
Sets	Reps	Frequency	Time	Duration	
☐ Back Strengthenin	g Exercise - Oppos	site Arm and Leg Extensio	n		
Sets	Reps	Frequency	Time	Duration	
☐ Middle Back Stren	gthening with a Th	nerapy Band			
Sets	Reps	Frequency	Time	Duration	
☐ Upper and Mid Ba	ck Range of Motio	n			
Sets	Reps	Frequency	Time	Duration	
Upper Back and Tr	riceps 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 Strenc	thening with a The	erapy Band			
Sets	Reps	Frequency	Time	Duration	

Chest Exercise Routine Sheet

Patient Name:			Exercise Routi	ne Date:	
☐ Deep Chest Stre	etch				
Sets	Reps	Frequency	Time	Duration	
Upper Chest St	retch				
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 Routin	e Date:	
☐ Hip Abduction Ra	nge of Motion				
Sets	Reps	Frequency	Time	Duration	
☐ Hip Adduction Ra	nge of Motion				
Sets	Reps	Frequency	Time	Duration	
☐ Hip and Gluteal St	tretch				
Sets	Reps	Frequency	Time	Duration	
☐ Hip Extension Rar	nge of Motion				
Sets	Reps	Frequency	Time	Duration	
☐ Hip Flexion Range	e of Motion				
Sets	Reps	Frequency	Time	Duration	
☐ Butterfly Hip Stret	rch				
Sets	Reps	Frequency	Time	Duration	
☐ Knee to Chest Stre	etch				
Sets	Reps	Frequency	Time	Duration	7
☐ Knees to Chest St	retch				
Sets Sets	Reps	Frequency	Time	Duration	7
☐ Lateral Hip Stretch	<u> </u>				_
Sets Sets	Reps	Frequency	Time	Duration	
Psoas Stretch					_
Sets	Reps	Frequency	Time	Duration	7
					_
☐ Hip Abduction Str	rengthening with a	Therapy Band Frequency	Time	Duration	7
☐ Hip Adduction Str	rengthening with a	Therapy Band Frequency	Time	Duration	
3013		1104001107	111110	Doranori	

Hips Exercise Routine Sheet (con't)

Patient Name: Exerc				ne Date:		
☐ Hin Evternal I	Rotation Strangthe	ning with a Therapy Banc	ı			
Sets	Reps	Frequency	Time	Duration		
☐ Hip Flexion S	trengthening with	a Therapy Band				
Sets	Reps	Frequency	Time	Duration		
☐ Hip Internal F	Rotation Strengthe	ning 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	e:		Exercise Routine I	Date:	
☐ Ice Therapy for th	e Neck				
Sets Sets		Fraguanay	Time	Duration	
3613	Reps	Frequency	IIIIe	Dordilon	
☐ Ice Therapy for th	e Shoulder				
Sets	Reps	Frequency	Time	Duration	
☐ Ice Therapy for th	e Lower Back				
Sets	Reps	Frequency	Time	Duration	
☐ Ice Therapy for th	e Knee				
Sets	Reps	Frequency	Time	Duration	
☐ Ice Therapy for th	o Anklo				
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	
Usat Thoragu for	the Lower Pack				
☐ Heat Therapy for the Sets	Reps Reps	Frequency	Time	Duration	
3613	κορι	rrequericy	Time	Dordhori	
☐ Heat Therapy for the Elbow					
Sets	Reps	Frequency	Time	Duration	
☐ Heat Therapy for the Wrist					
Sets	Reps	Frequency	Time	Duration	
_					
☐ Heat Therapy for					
Sets	Reps	Frequency	Time	Duration	

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

Patient Name:		Exercise Routin	ne Date:	
☐ Heat Therapy	for the Knee			
Sets	Reps	Frequency	Time	Duration
☐ Heat Therapy	for the Ankle and Fo	oot		
Sets	Reps	Frequency	Time	Duration

Legs Exercise Routine Sheet

Patient Name	ne: Exercise Routine Date:				
☐ Front Thigh Stretc	h				
Sets	Reps	Frequency	Time	Duration	
Front Thigh Streng	gthening with a The	erapy Band			
Sets	Reps	Frequency	Time	Duration	
☐ Adductor Stretch					
Sets	Reps	Frequency	Time	Duration	
☐ Hamstring Stretch					
Sets	Reps	Frequency	Time	Duration	
☐ Hamstring Strengt	thening with a Ther	apy Band			
Sets	Reps	Frequency	Time	Duration	
☐ Piriformis Stretch					
Sets	Reps	Frequency	Time	Duration	
☐ Patellar Tendon St	tretch				
Sets	Reps	Frequency	Time	Duration	
☐ Knee Lunge					
Sets	Reps	Frequency	Time	Duration	
☐ Knee and Calf Stre	etch				
Sets	Reps	Frequency	Time	Duration	
☐ Plantar Fascia Stre	etch Using a Towel				
Sets	Reps	Frequency	Time	Duration	
Calf Strengthening with a Therapy Band					
Sets	Reps	Frequency	Time	Duration	
External Foot Rota	ation with a Therapy	y Band			
Sets	Reps	Frequency	Time	Duration	

Legs Exercise Routine Sheet (con't)

Patient Name:			Exercise Routin	ne Date:	
☐ Front Calf St	rengthening with a	Therapy Band			
Sets	Reps	Frequency	Time	Duration	
☐ Internal Foot	t Rotation with a Th	erapy Band			
Sets	Reps	Frequency	Time	Duration	
Ankle and Fo	oot Ranges of Moti	on			
Sets	Reps	Frequency	Time	Duration	
Foot and An	kle Ranges of Moti	on			
Sets	Reps	Frequency	Time	Duration	
☐ Achilles Tend	don 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 Routin	e Date:
☐ Chin Retraction				
Sets	Reps	Frequency	Time	Duration
☐ Head and Neck St	retch - Upper Trape	ezius		
Sets	Reps	Frequency	Time	Duration
☐ Head and Neck St	tretch - Upper Trape	ezius and Levator Scapula	ae	
Sets	Reps	Frequency	Time	Duration
☐ Neck Ranges of M	lotion			
Sets	Reps	Frequency	Time	Duration
☐ Neck Backward Ti	It Isometric Exercise	e - Extension		
Sets	Reps	Frequency	Time	Duration
□ Neck Backward Ti	lt Isometric Exercise	e - Flexion		
Sets	Reps	Frequency	Time	Duration
☐ Neck Rotation Iso	motric Evercice			
Sets Sets	Reps Reps	Frequency	Time	Duration
	g Isometric Exercise		Time a	Duration
Sets	Reps	Frequency	Time	Duration

Shoulder Exercise Routine Sheet

Patient Name: Exercise Routine Dat			ine Date:	
		ge Of Motion Using A Dowel		
Sets	Reps	Frequency	Time	Duration
Front Shoulder Str	etch			
Sets	Reps	Frequency	Time	Duration
Outside Shoulder	Stretch			
Sets	Reps	Frequency	Time	Duration
☐ Passive Shoulder F	Range of M	lotion		
Sets	Reps	Frequency	Time	Duration
Dessive Chauldes)£ N	leties with a Head M/s		
Sets Shoulder F	Reps	lotion with a Hand We Frequency	Time	Duration
Rear Shoulder Stre	etch			
Sets	Reps	Frequency	Time	Duration
☐ Shoulder Abduction	on Strength	nening with a Therapy Band		
Sets	Reps	Frequency	Time	Duration
☐ Shoulder Extension	n Strenath	ening with a Therapy Band		
Sets Sets	Reps	Frequency	Time	Duration
	C			
	_	ening with a Therapy E		
Sets	Reps	Frequency	Time	Duration
Shoulder Flexion S	Strengtheni	ing with a Therapy Band		
Sets	Reps	Frequency	Time	Duration
Shoulder Internal	Rotation St	rengthening with a Therapy Ba	ınd - Subscapularis	
Sets	Reps	Frequency	Time	Duration
Shoulder Strenath	enina in Ex	cternal Rotation with a Therapy	Band - Infraspinatus	
Sets	Reps	Frequency	Time	Duration

Shoulder Exercise Routine Sheet (con't)

Patient Name	e:	Exercise Routine Date:			
Shoulder Streng	thening in Externa	al Rotation with a Thera _l	py 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	