

**Exercise Rehabilitation Plan**

**Patient Name:**

**Date:**

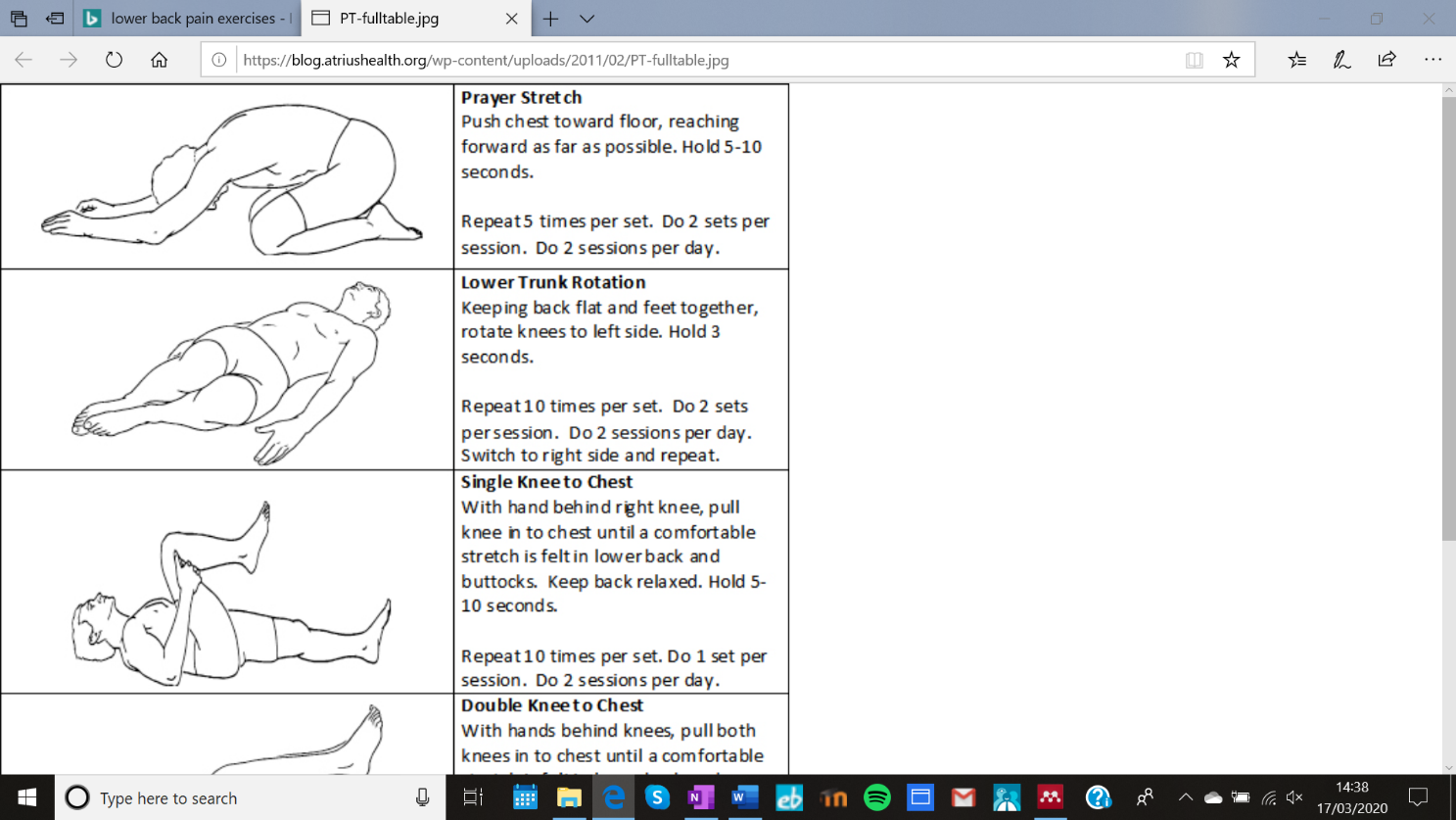
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| --- | --- | --- | --- | --- | --- | --- | --- |
| **Exercise** | **Mon** | **Tues** | **Wed** | **Thurs** | **Fri** | **Sat** | **Sun** |
| **1** |  |  |  |  |  |  |  |
| **2** |  |  |  |  |  |  |  |
| **3** |  |  |  |  |  |  |  |
| **4** |  |  |  |  |  |  |  |
| **5** |  |  |  |  |  |  |  |

**Lower Back Rehabilitation Sheet**

1. Use the following table to create a weekly plan
2. Use the following table to tick off when you have completed your exercises

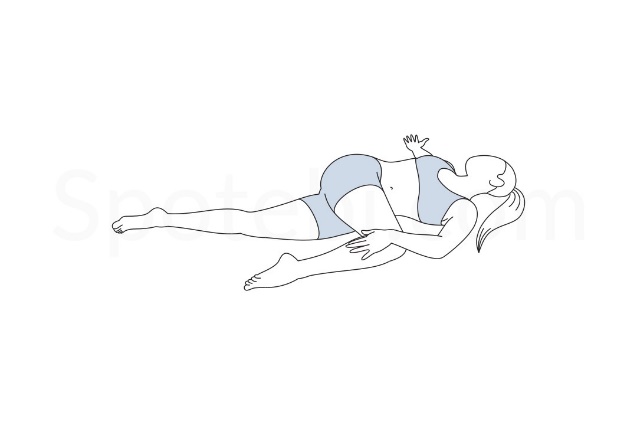
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| --- | --- | --- | --- | --- | --- | --- | --- |
|  | **Mon** | **Tues** | **Wed** | **Thurs** | **Fri** | **Sat** | **Sun** |
| **Week 1** |  |  |  |  |  |  |  |
| **Week 2** |  |  |  |  |  |  |  |
| **Week 3** |  |  |  |  |  |  |  |
| **Week 4** |  |  |  |  |  |  |  |
| **Week 5** |  |  |  |  |  |  |  |
| **Week 5** |  |  |  |  |  |  |  |

**Notes:  
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Prayer Stretch Reps\_\_\_\_\_\_\_\_\_ Sets\_\_\_\_\_\_\_\_\_**

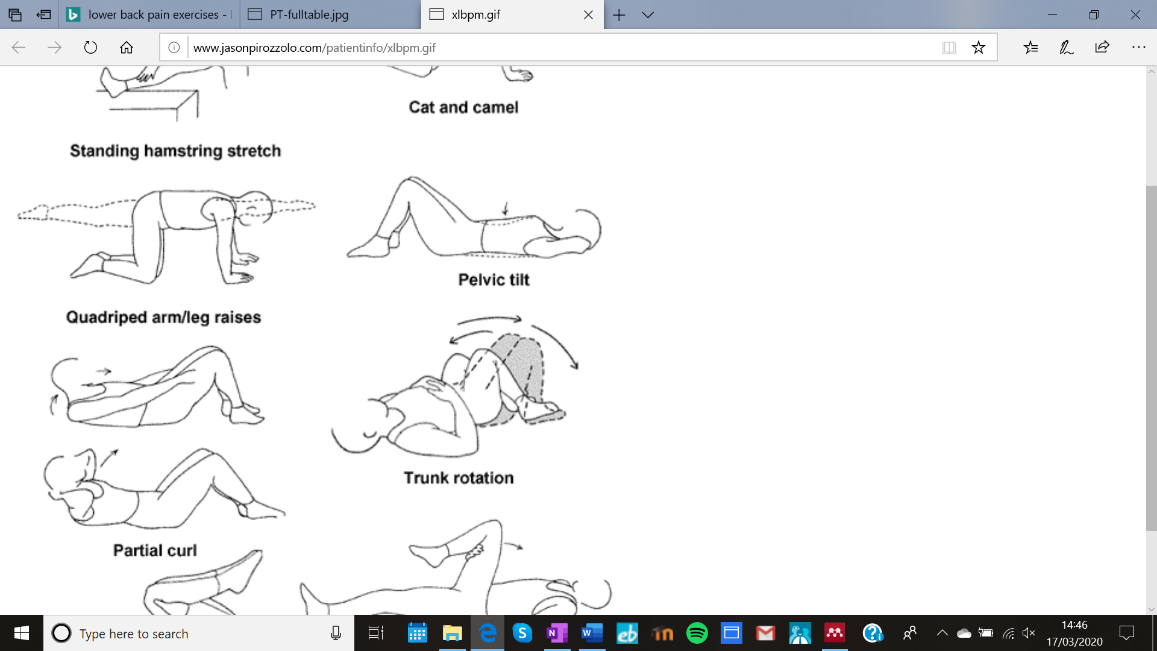
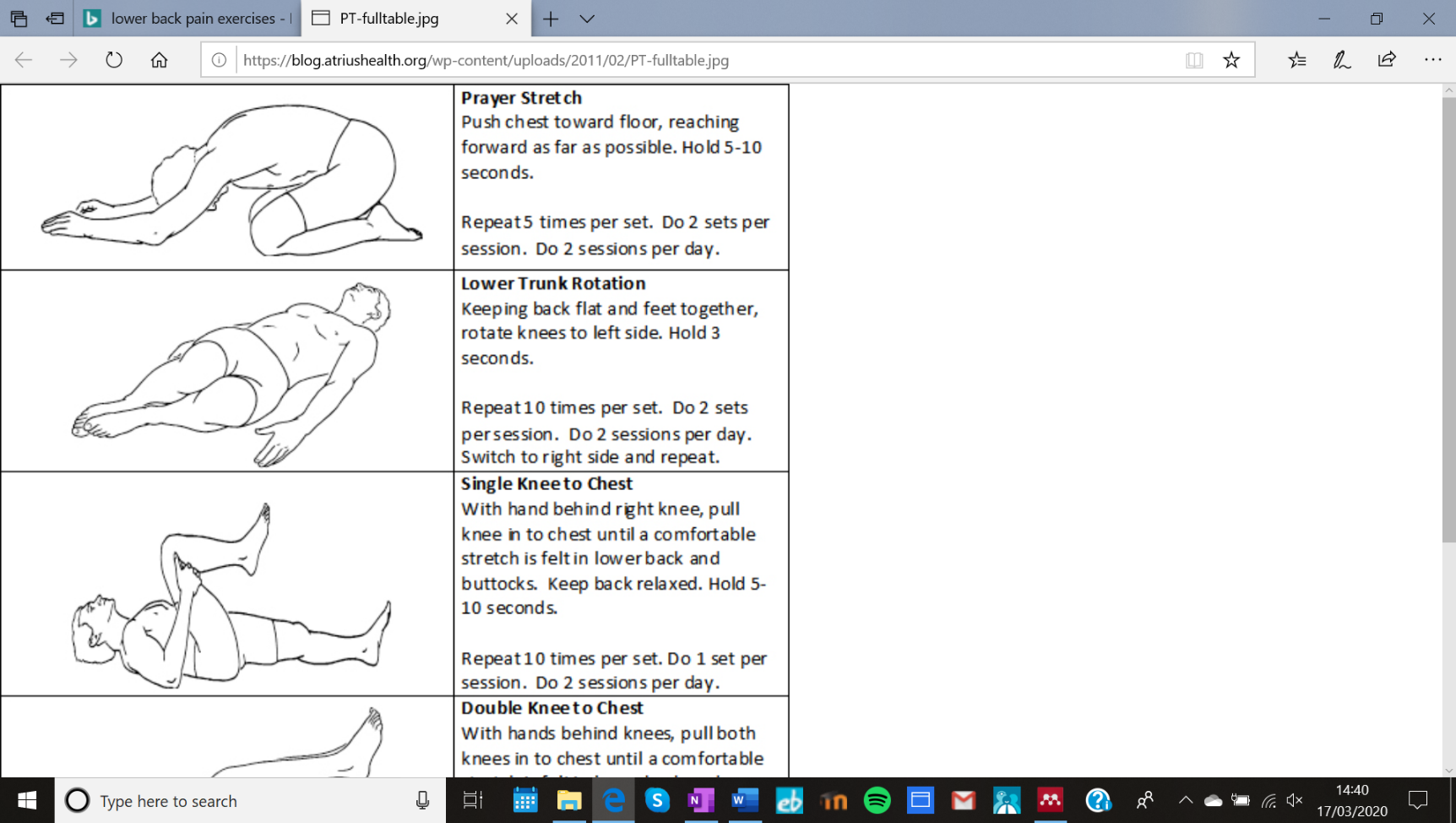
Push chest towards the floor

* Reach as far as possible
* Hold 5-10 seconds
* Repeat 5 times

**Twist stretch Reps\_\_\_\_\_\_\_\_\_ Sets\_\_\_\_\_\_\_\_\_**

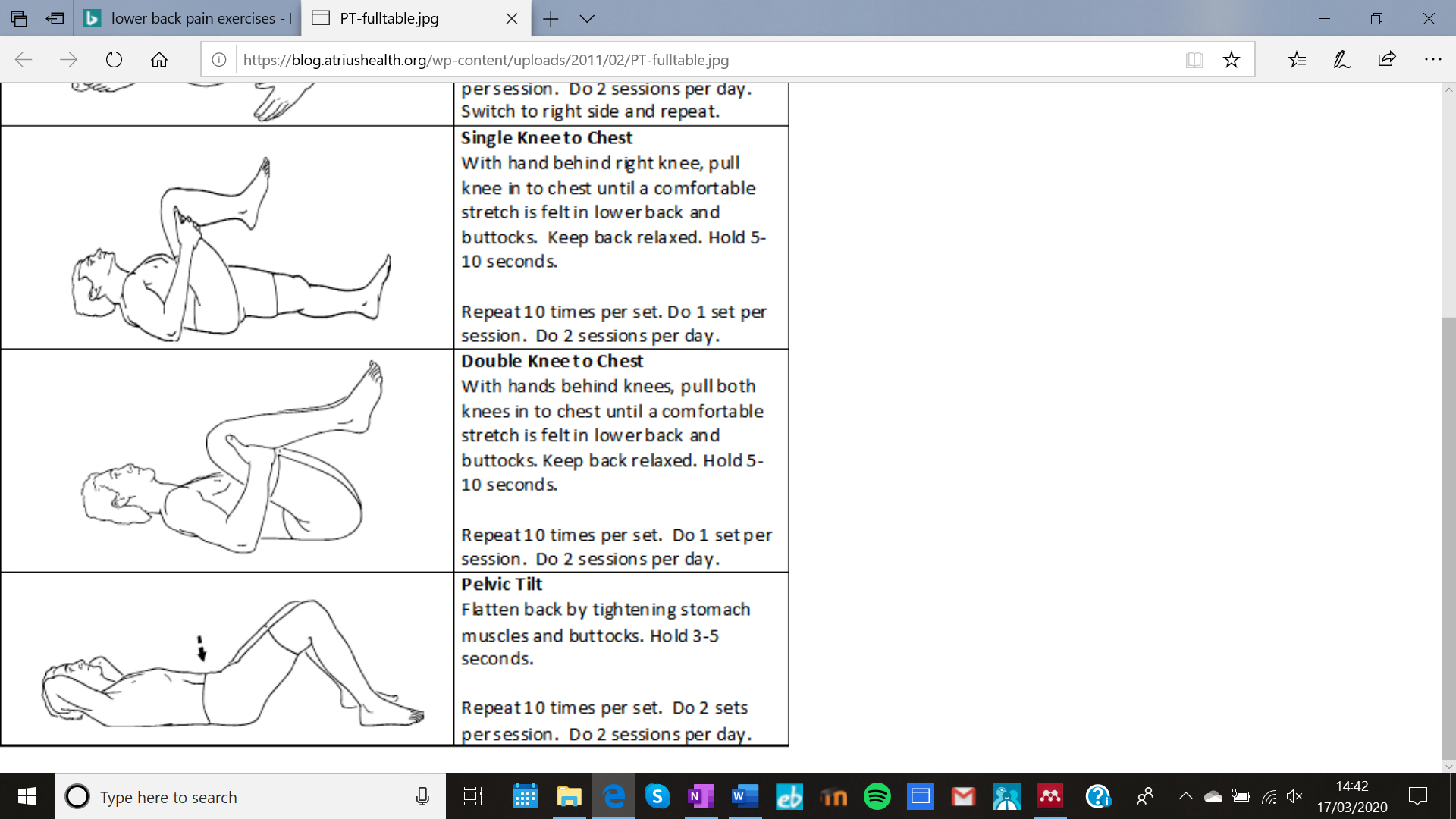
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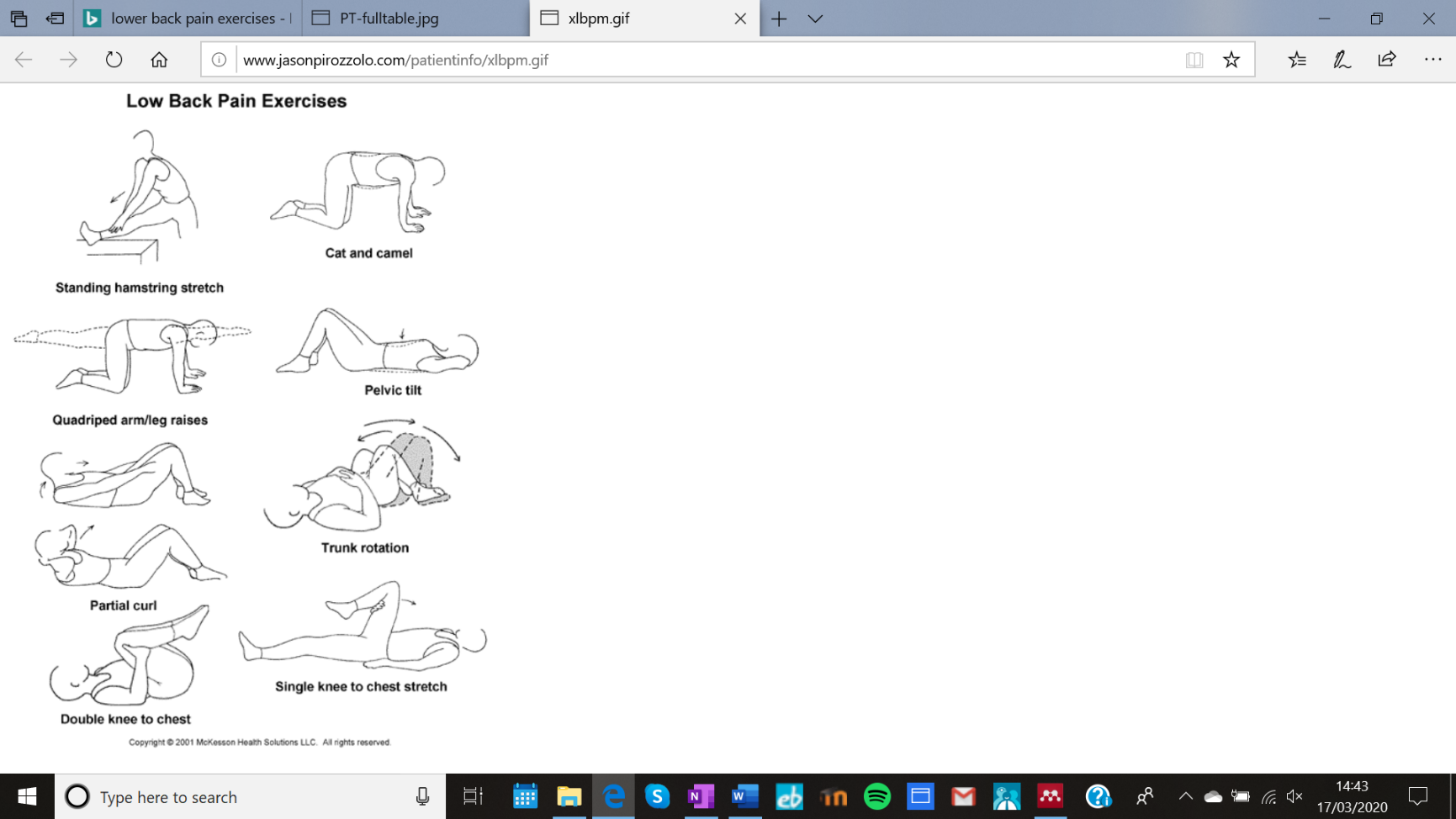
* Keep shoulders as flat on floor as possible
* Hold for 30seconds

**Trunk Rotation Reps\_\_\_\_\_\_\_\_\_ Sets\_\_\_\_\_\_\_\_\_**

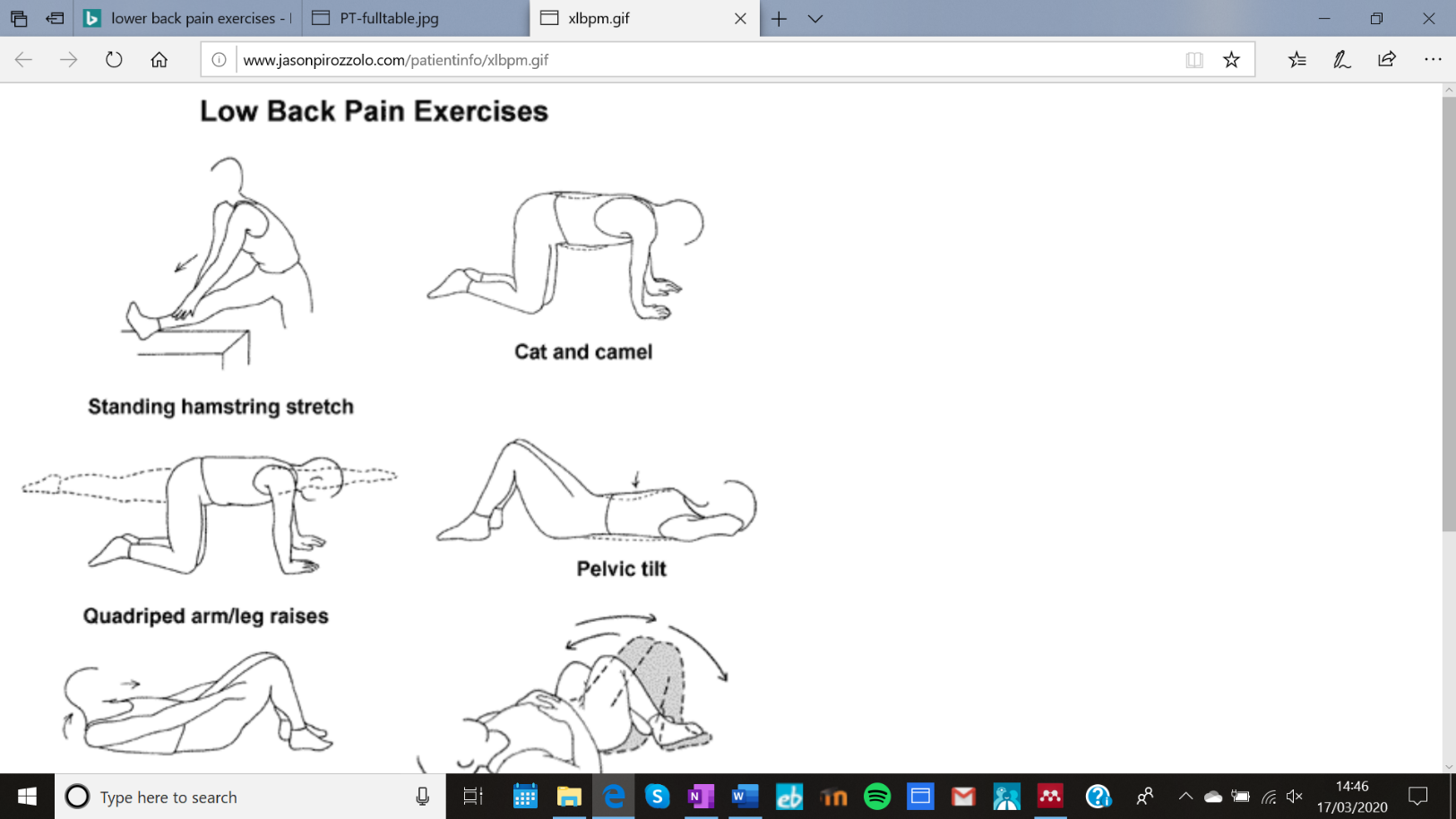
* Back flat and feet together
* Rotate both knees together to the side
* Hold for 3 seconds
* Do daily

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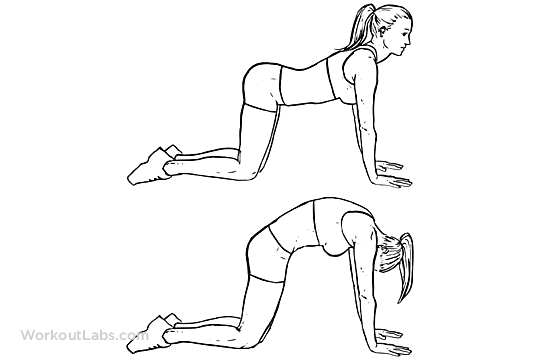
**Knee Tucks Reps\_\_\_\_\_\_\_\_\_ Sets\_\_\_\_\_\_\_\_\_**

* Hands behind back of knees
* bring knees to chest until you feel a stretch
* Keep back relaxed
* Hold 5-10seconds
* Try with 1 leg (see additional image)

**Quadruped Reps\_\_\_\_\_\_\_\_ Sets\_\_\_\_\_\_\_\_\_**

* Slow and controlled
* Can alternate from opposite arm/leg to same side arm/leg

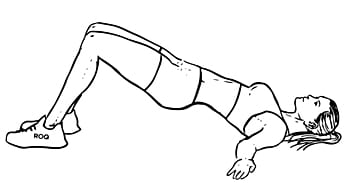
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Cat/camel Reps\_\_\_\_\_\_\_\_ Sets\_\_\_\_\_\_\_\_\_**



* Maintain straight arms
* Slow and controlled
* Hold each pose for up to 10seconds

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**Bridge Reps\_\_\_\_\_\_\_\_ Sets\_\_\_\_\_\_\_\_\_**

*  Keep both shoulders on flat on the floor
* Adjust distance between heels and bottom
* Drive hips up so that your shoulder, hips and knees are inline
* Lift heels for alternative stretch for hamstrings
* Slow and controlled

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