

Physical Therapy Exercises List

Patient's Name:

Date of Birth:

Gender:

Physical Therapist's Name:

Notes:

Physical Therapy Exercises

Ankle Pumps

Instructions: While lying down, simulate a pedaling motion by lifting your feet up and down.

Arm Circles

Instructions: Stand with arms extended and make small circles. Reverse direction after 30 seconds.

Downward Facing Dog

Instructions: Lift knees off the floor, straighten legs, and push hips up.

Core Exercises

Instructions: Lie on your back, lift the hips off the floor, holding for 5 seconds.

Heel Slides

Instructions: Slide one heel towards your glutes and back to the starting position while lying down. Repeat with the other leg, performing 8 to 10 repetitions per side.

Tightrope Walk

Instructions: Tie a piece of string between two poles. Extend arms out wide to the sides. Walk along the string without stepping off to the side. Aim for at least 15 steps.

Wall Squats

Instructions: Stand against a wall with feet shoulder-width apart. Slowly lower yourself until your thighs are parallel to the ground. Hold for 10 seconds, then lift back up. Perform 8 to 10 repetitions.

Cat and Cow Pose

Instructions: On all fours, round your back on inhale and arch on exhale.

Wall Push-ups

Instructions: Stand about two feet from a wall and perform push-ups for upper body strength.

Quad Stretch

Instructions: Stand, grab the top of the left foot, and bring it towards the glutes. Hold for 15 to 30 seconds, repeat.

Additional Exercises and Instructions: