

Patient Name: _____

Diagnosis: _____

Exercise Program:

Per week: 2X 3X | 30 min 45 min 60 min | Aerobic: Walk Treadmill Bike Elliptical



Alternate Arm & Leg (Bird Dog) Exercise

1. Start on the floor, on your hands and knees.
2. Tighten your belly muscles.
3. Raise one leg off the floor, and hold it straight out behind you. Be careful not to let your hip drop down, because that will twist your trunk.
4. Hold for about 6 seconds, then lower your leg and switch to the other leg.
5. Repeat 8 to 12 times on each leg.
6. Over time, work up to holding for 10 to 30 seconds each time.
7. If you feel stable and secure with your leg raised, try raising the opposite arm straight out in front of you at the same time.



Heel Dig Bridging

1. Lie on your back with both knees bent and your ankles bent so that only your heels are digging into the floor. Your knees should be bent about 90 degrees.
2. Then push your heels into the floor, squeeze your buttocks, and lift your hips off the floor until your shoulders, hips, and knees are all in a straight line.
3. Hold for about 6 seconds as you continue to breathe normally, and then slowly lower your hips back down to the floor and rest for up to 10 seconds.
4. Do 8 to 12 repetitions.



Knee-To-Chest Exercise

1. Lie on your back with your knees bent and your feet flat on the floor.
2. Bring one knee to your chest, keeping the other foot flat on the floor (or keeping the other leg straight, whichever feels better on your lower back).
3. Keep your lower back pressed to the floor. Hold for at least 15 to 30 seconds.
4. Relax, & lower the knee to the starting position.
5. Repeat with the other leg. Repeat 2 to 4 times with each leg.
6. To get more stretch, put your other leg flat on the floor while pulling your knee to your chest.



Pelvic Tilt Exercise

1. Lie on your back with your knees bent.
2. "Brace" your stomach. This means to tighten your muscles by pulling in and imagining your belly button moving toward your spine. You should feel like your back is pressing to the floor and your hips and pelvis are rocking back.
3. Hold for about 6 seconds while you breathe smoothly.
4. Repeat 8 to 12 times.



Hip Flexor Stretch

1. Kneel on the floor with one knee bent and one leg behind you. Place your forward knee over your foot. Keep your other knee touching the floor.
2. Slowly push your hips forward until you feel a stretch in the upper thigh of your rear leg.
3. Hold the stretch for at least 15 to 30 seconds. Repeat with your other leg.
4. Do 2 to 4 times on each side.



Wall Sit

1. Stand with your back 10 to 12 inches away from a wall.
2. Lean into the wall until your back is flat against it.
3. Slowly slide down until your knees are slightly bent, pressing your lower back into the wall.
4. Hold for about 6 seconds, then slide back up the wall.
5. Repeat 8 to 12 times.

Please keep track of when you perform your exercises on a separate sheet. Plan to discuss your exercise program with your physician at your next office visit.

Signature: _____ **Date:** _____