

# Physical Therapy General Exercise Program

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Patient Name: \_\_\_\_\_

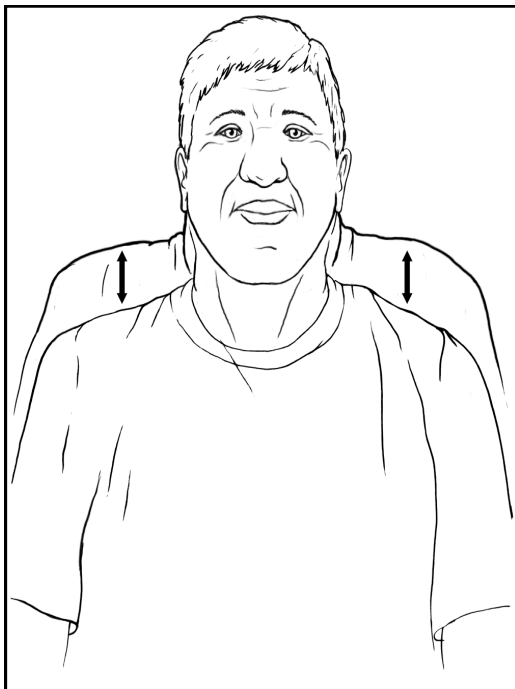
Physical Therapist: \_\_\_\_\_

The purpose of this exercise program is to improve strength and mobility.

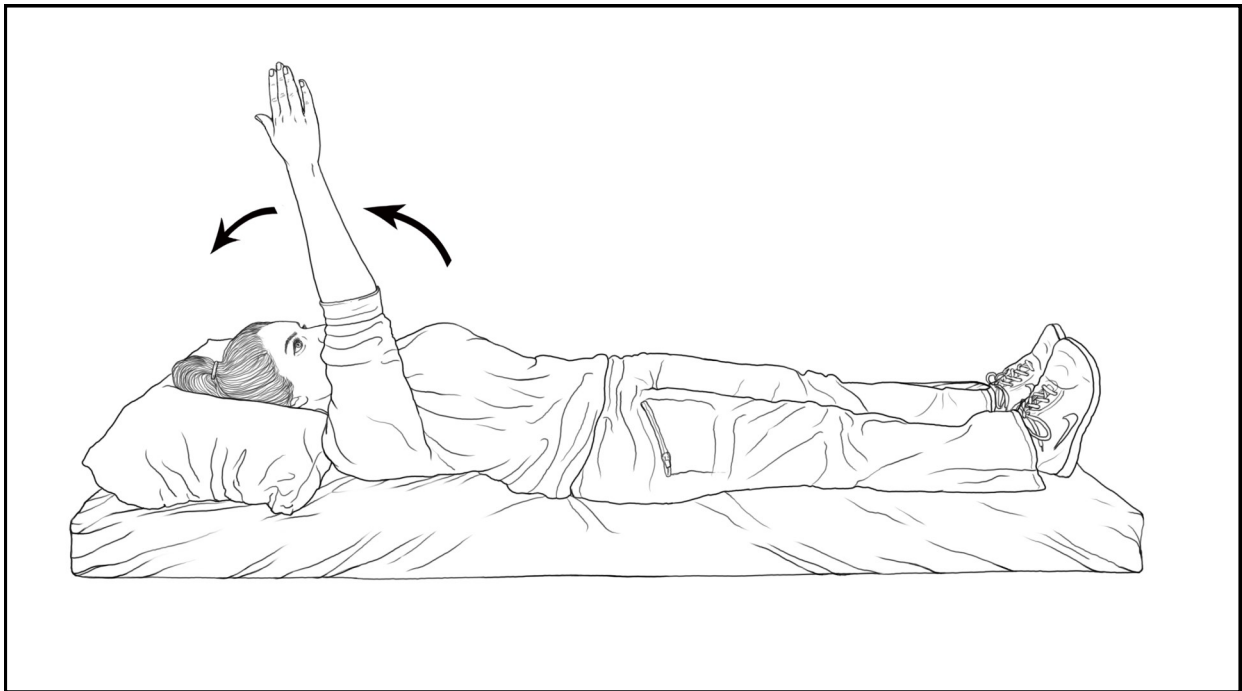
Exercises are to be done lying on your back. *Remember:* never hold your breath while exercising.

**Perform the exercises as directed by your PT.**

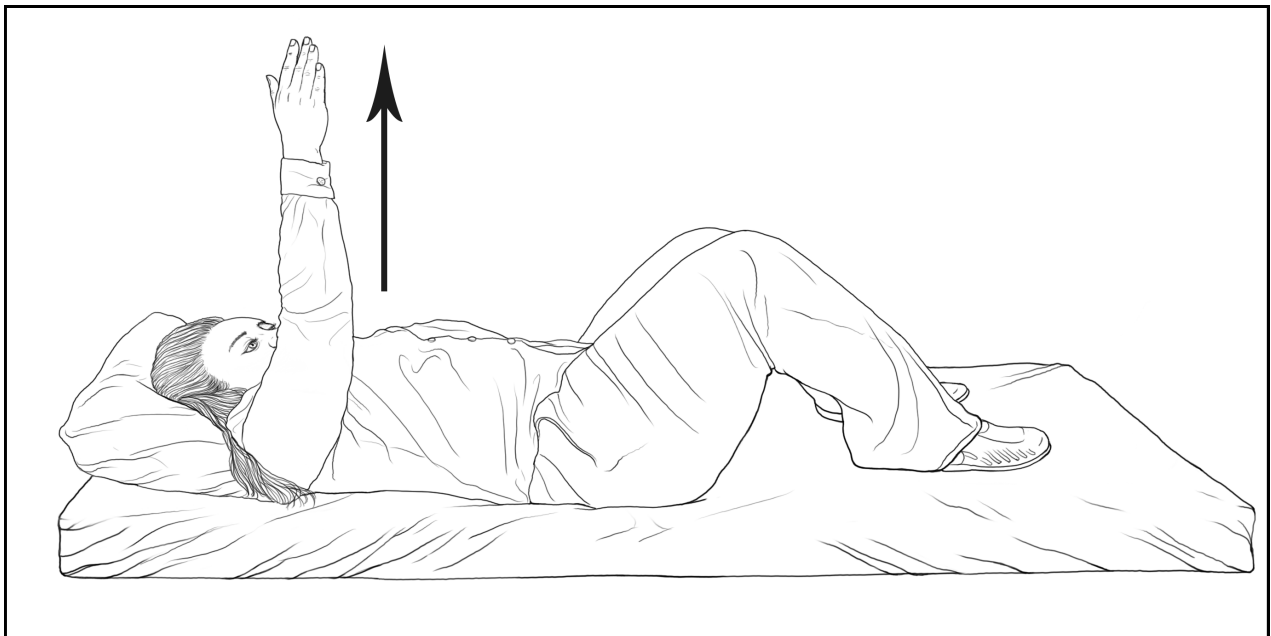
- 1) Hand Grasp** – Make a fist as tight as you can, then relax. Repeat.
- 2) Elbow Bends** – Bend elbow, reaching hand to shoulder, then straighten. Repeat.



- 3) Shoulder Shrugs** - Bring your shoulders up to your ears, then relax your shoulders down. Repeat.



**4) Forward Arm Raise** - Straighten your arm with your thumb facing up and your elbow straight. Raise your arm up over your head. Your arm should be next to your ear. Repeat with your other arm.



**5) Ceiling Reach** - Straighten your arm with your thumb facing up and your elbow straight. Raise your arm up towards the ceiling, then reach further towards the ceiling lifting the shoulder blade off the bed.



**Starting Position**

**6a) Diagonal Shoulder Exercise**— Start with your arm raised up alongside your head with thumb pointing down.



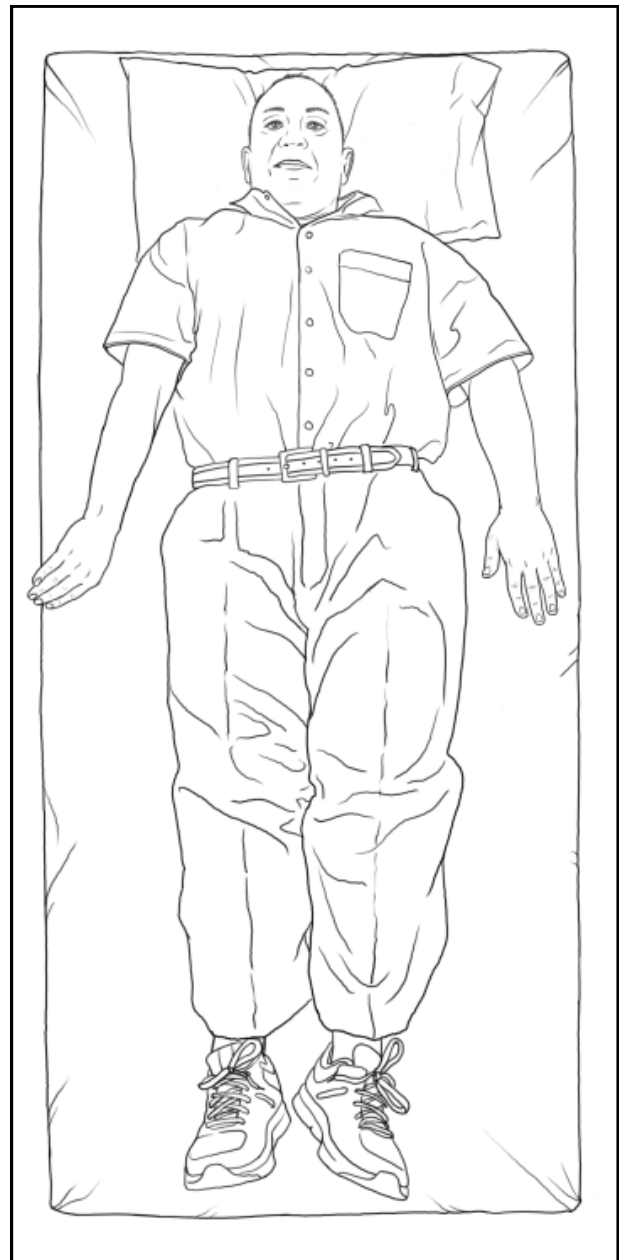
**Ending Position**

**6b) Diagonal Shoulder Exercise**— Pull your arm to your opposite hip, pointing your thumb down, with your elbow straight. Return to starting position. Repeat.



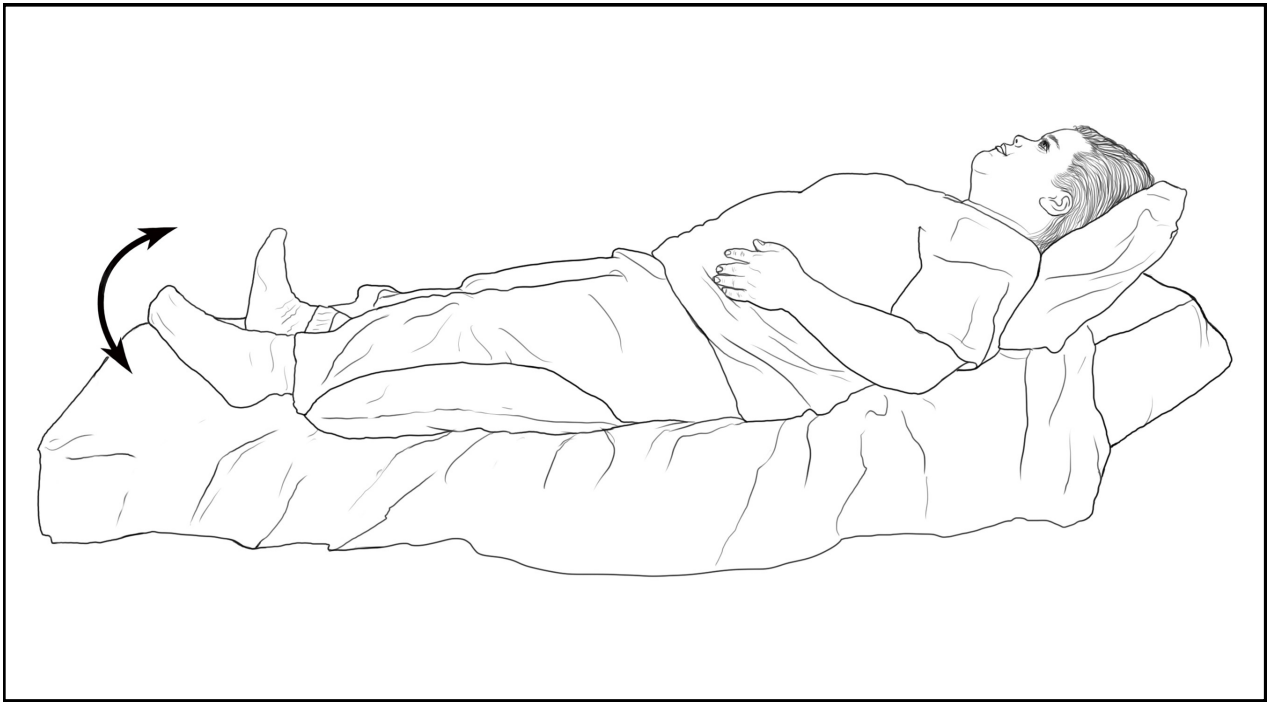
**Starting Position**

**7a) Diagonal Shoulder Exercise**— Start with your arm raised up toward your opposite ear, with your thumb pointing up.



**Ending Position**

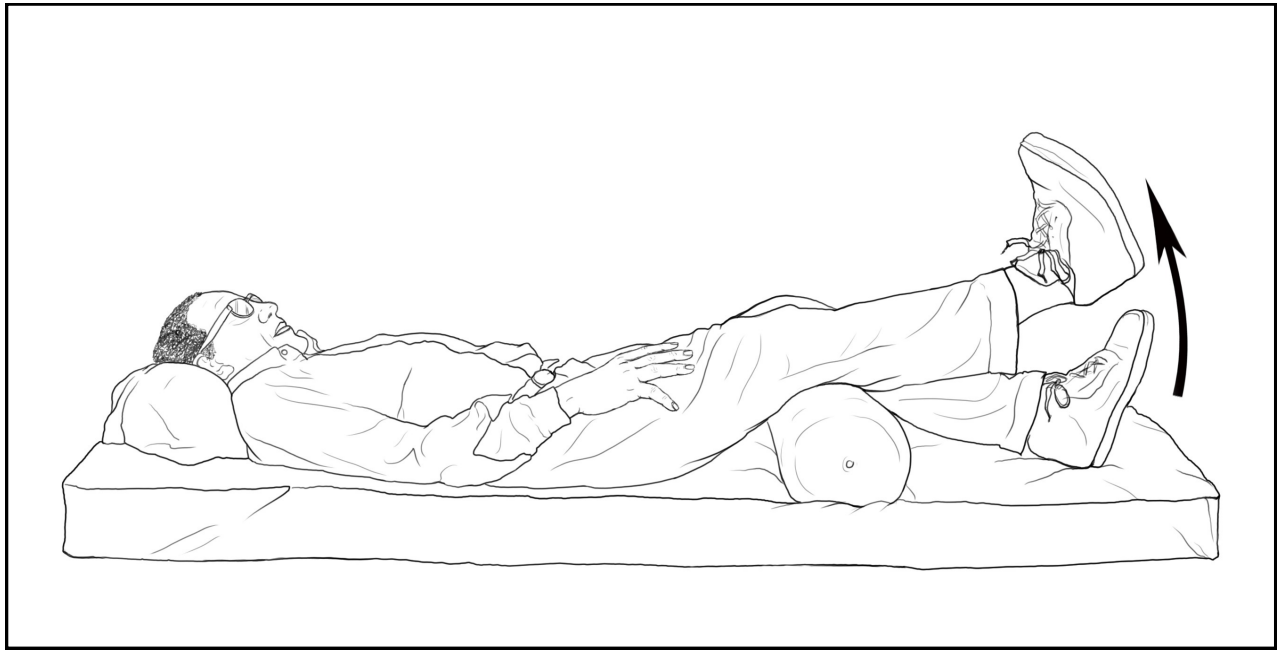
**7b) Diagonal Shoulder Exercise**— With your palm facing the floor and thumb down, push your arm down and out toward your side. Return to starting position. Repeat.



**8) Ankle Pumps** — Move feet up and down (not shown in photo: side to side; and in circles).



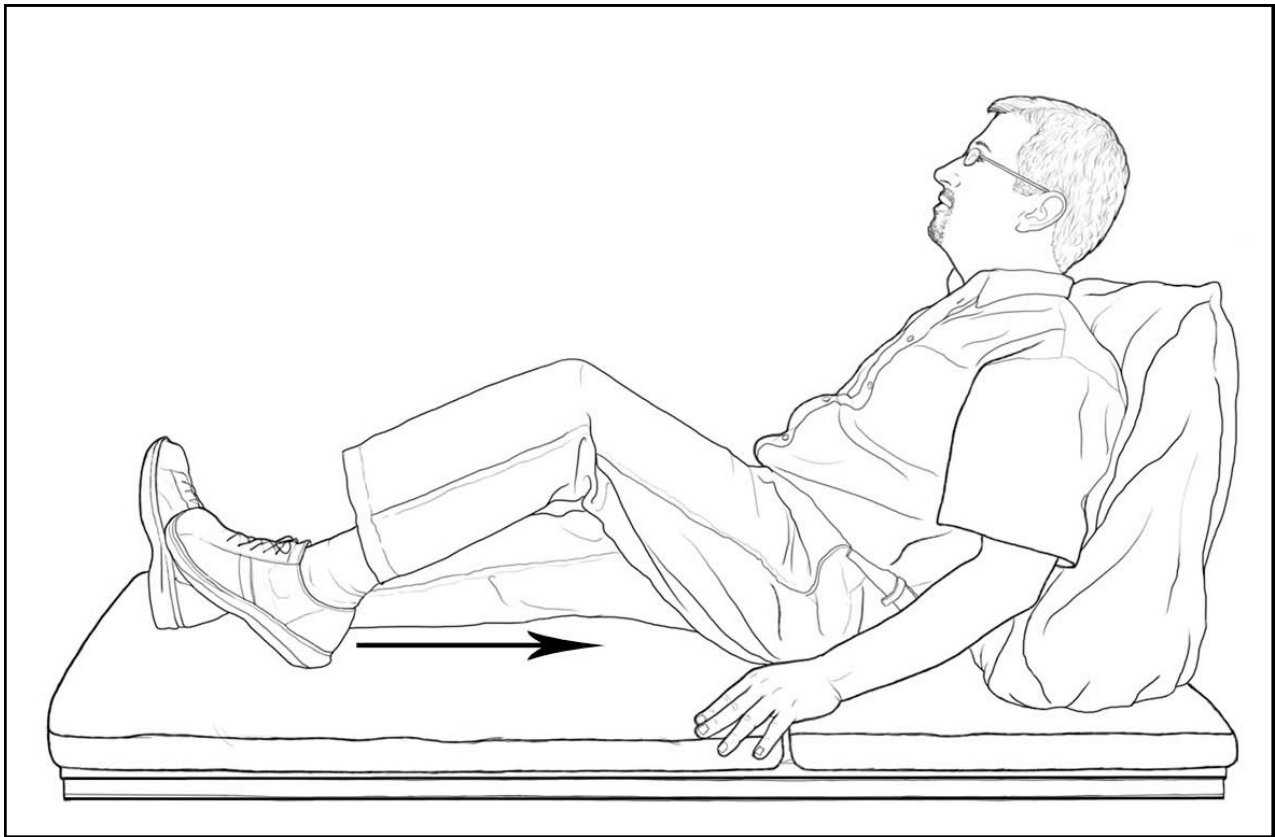
**9) Quadriceps Sets** – Tighten the muscle in front of your thigh by pushing your knee down to the bed. Hold for 5-10 seconds. Relax. Repeat.



**10) Short Arc Quads**— Place a large towel roll/pillow under your knee. Lift your foot so your leg is fully straight. Relax. Repeat.  
**Tip:** Take socks and shoes off for less resistance.



**11) Hamstring Sets** — Dig your heel into the bed as if to bend your knee. Relax. Repeat.



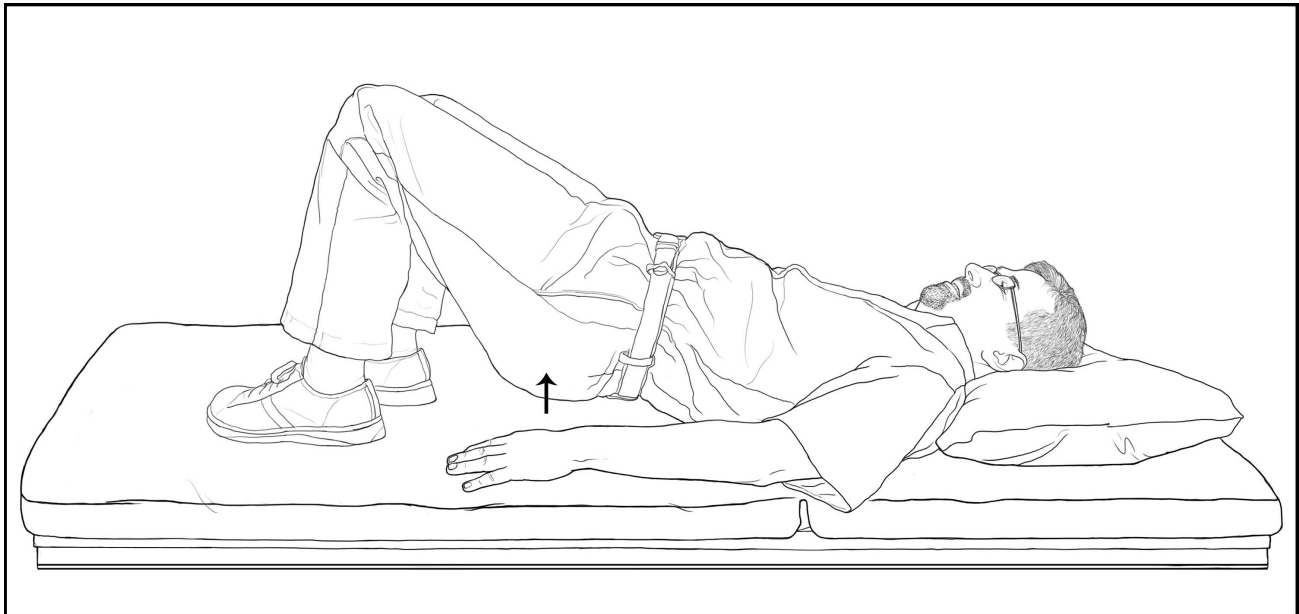
**12) Heel slides**— Slide your heel towards your bottom by bending your knee. Keep your knee pointing towards the ceiling throughout. Straighten your leg back out and repeat.



**13) Hip abduction**— Slide your leg out to the side as far as possible, keeping your toes pointing to the ceiling. Return to the middle. Repeat.



**14) Straight Leg Raise** — Bend one leg and straighten the other. Tighten the top of the thigh of the straight leg and lift the leg slowly towards the ceiling. Slowly lower the leg and repeat on the other side. Don't lift your leg higher than the bent knee.



**15) Bridging** — With your legs bent, tighten your buttocks and abdominal muscles, then lift your hips off the bed with your pelvis pointing towards the ceiling. Hold for 3-5 seconds and slowly lower back down.



Disclaimer: This document contains instructions for occupational and/or physical therapy exercises developed by Michigan Medicine. Your health care provider has determined that these exercises are beneficial to you based on your condition at this time. Talk to your health care provider if you have any questions about this document, your condition or your treatment plan, including whether it is appropriate to continue doing these exercises should your condition change.

Author: Dawn Allen PT, DPT, CWS, CCS and Tina Fields PT, MPT, CCS  
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