PHYSICAL THERAPY & POSTURE EXERCISE ROUTINE SHEET

REHABILITATION & SPINAL ALIGNMENT

PATIENT NAME: _____ **THERAPIST / CLINIC:** _____ **DATE:** _____/_____/20____

TARGET FOCUS: [ ] Neck / Cervical [ ] Posture / Thoracic [ ] Lower Back [ ] Shoulder [ ] Hip **BASELINE PAIN:** (0)(1)(2)(3)(4)(5)(6)(7)(8)(9)(10)

PRESCRIBED EXERCISE / STRETCH	TARGET MUSCLE / JOIN	SETS x REPS / HOLD	FREQUENCY	M	T	W	TH	F	SA	SU	POST PAIN
1. Chin Tucks & Cervical Retraction	Deep Neck Flexors / Cer			☐	☐	☐	☐	☐	☐	☐	___ / 10
2. Thoracic Extension / Foam Roller	Thoracic Spine / Mid-Bac			☐	☐	☐	☐	☐	☐	☐	___ / 10
3. Scapular Squeezes & Wall Angels	Rhomboids / Lower Trap			☐	☐	☐	☐	☐	☐	☐	___ / 10
4. Doorway Pectoral Chest Stretch	Chest / Anterior Shoulde			☐	☐	☐	☐	☐	☐	☐	___ / 10
5. Bird-Dog Core Stabilization	Lumbar Spine / Multifidus			☐	☐	☐	☐	☐	☐	☐	___ / 10
6. Pelvic Tilts & Glute Bridges	Pelvic Stability / Glutes			☐	☐	☐	☐	☐	☐	☐	___ / 10
7.				☐	☐	☐	☐	☐	☐	☐	___ / 10
8.				☐	☐	☐	☐	☐	☐	☐	___ / 10
9.				☐	☐	☐	☐	☐	☐	☐	___ / 10
10.				☐	☐	☐	☐	☐	☐	☐	___ / 10

DAILY ERGONOMIC POSTURE CUES & REHABILITATION RULES:

[ ] Screen at eye level (Zero forward head poke) | [ ] Elbows at 90 degrees with wrists neutral | [ ] Feet flat on floor

[ ] 30-Minute Movement Break: Stand up, perform 3 chin tucks & shoulder rolls | [ ] Ice / Heat applied: 15-20 min post-exercise

Therapist Consultation Notes / Progression Target: _____

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