

Back Exercise Routine Sheet

Patient Name: Exercise Routine Date:

Lower Back Extensions on a Physioball

Sets Reps Frequency Time Duration

Lower Back Extensions on an Exercise Mat

Sets Reps Frequency Time Duration

Lower Back Range of Motion

Sets Reps Frequency Time Duration

Back Strengthening Exercise - Arm Lifts

Sets Reps Frequency Time Duration

Back Strengthening Exercise - Leg Extensions

Sets Reps Frequency Time Duration

Back Strengthening Exercise - Opposite Arm and Leg Extension

Sets Reps Frequency Time Duration

Middle Back Strengthening with a Therapy Band

Sets Reps Frequency Time Duration

Upper and Mid Back Range of Motion

Sets Reps Frequency Time Duration

Upper Back and Triceps Stretch

Sets Reps Frequency Time Duration

Upper Back Stretch

Sets Reps Frequency Time Duration

Upper Back Stretch - Trapezius

Sets Reps Frequency Time Duration

Upper Back Strengthening with a Therapy Band

Sets Reps Frequency Time Duration