



Patient Home Exercise Instructions

For you to have the most benefit from your therapy program, it is vital to follow the home exercise regime as specified by your therapist. The following is a form to log your participation in following the home program. Your therapist will specify your specific parameters below.

Exercise Name = The specific exercise to perform.

Sets/Reps/Duration = Indicates the amount of each exercise to perform each time.

Frequency = How often, which can be number of times a day and /or days in a week to complete the exercise.

Your Goal: _____

Exercise Name	Sets/Reps/Duration	# of times per Day	# of days per week

Additional Comments:

Tracking Calendar:

Mark the calendar with an X to indicate you competed the exercises program. If the frequency is several times a day mark with additional X's to indicated how often.

Month:						