

## Exercises for a Healthier You *at Home*

Congratulations! You are on the road to recovery. You can expect to see even more improvements in your strength and how well you move if you continue to exercise at home every day.

### Your exercise folder

- This folder contains pictures and step-by-step instructions about your exercises
- Please bring the folder, pictures and instructions with you to all of your therapy and doctor appointments

### Using Heat or Cold

- Your therapist may have told you to use heat or cold. Continue to follow these instructions until the pain or swelling has gone away
- Heat is most often used for tight, stiff muscles. Do not put heat on a new injury or if there is swelling
- Use cold to reduce swelling after a re-injury or after exercise
- Apply heat or cold 2-3 times a day for 15-20 minutes

### How to stretch

- Stretch slowly until you feel a gentle pull
- Be sure not to bounce or use short, quick motions
- Hold each stretch at least 10 seconds
- Slowly release



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# Home Management Program

## If you feel pain or swelling

- Use heat (heating pad) or cold (ice, bag of frozen peas)
- Limit what you do. This includes exercise
- Rest for 24 hours
- Slowly return to your exercise program
- If you still feel pain or have swelling that stops you from doing what you normally do, call your doctor

## Returning to exercise

There are many reasons you may temporarily stop exercising. You may be sick or have pain or swelling. Sometimes things happen in your life that stop you from exercising

Here are some simple tips to help you get back into your exercise routine:

- Begin with weights or exercises that you can easily perform 12 to 15 times
- When your exercises become easy, follow the "steps to progress your exercises"

## Steps to progress your exercises

- Increase the number of times you repeat each exercise
- Increase how often you exercise (1 time/day to 2 times/day)
- Slowly increase the weight you lift by 1 or 2 pounds
- If you are using stretch bands, advance to a stronger band
- If you are using exercise putty, advance to a stronger putty

*Call your therapist if you need help.*



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