

A Guide to Home Exercises

NOTE: Please consult with your provider prior to starting any home exercise program

Back Exercises: Links and videos

AAOS: <https://orthoinfo.aaos.org/en/recovery/spine-conditioning-program/spine-conditioning-program-pdf/>

NASS: <https://www.spine-health.com/video/4-easy-stretches-lower-back-pain-video>

<https://www.spine-health.com/video/sciatica-exercises-herniated-disc-video>

WebMD: <https://www.webmd.com/back-pain/video/five-back-pain-stretches>

Healthgrades: <https://www.healthgrades.com/right-care/spine-conditions/8-sciatica-exercises-and-stretches?hid=nxtup>

Neck Exercises: Links and videos

NASS: <https://www.spine-health.com/video/3-easy-neck-exercises-neck-pain-video>

Spine.org: <https://www.spine.org/Portals/0/assets/downloads/KnowYourBack/CervicalExercise.pdf>

Healthline: <https://www.healthline.com/health/osteoarthritis/neck-exercises#neck-rotation>

Upper Back, Neck, and Shoulder pain: Links and videos

NASS: <https://www.spine-health.com/video/4-easy-stretches-neck-and-shoulder-pain-video>

Healthline: <https://www.healthline.com/health/fitness-exercise/upper-back-pain-exercises>

Shoulder Pain: Links and videos

Healthline: <https://www.healthline.com/health/shoulder-pain-exercises#exercise-tips>

Healthline (Rotator Cuff): <https://www.healthline.com/health/rotator-cuff-injury-stretches#doorway-stretch>

AAOS: <https://orthoinfo.aaos.org/en/recovery/rotator-cuff-and-shoulder-conditioning-program/>

Knee Pain: Links and videos

Healthline: <https://www.healthline.com/health/exercises-for-knee-pain#stretching-exercises>

Healthline: <https://www.healthline.com/health/exercises-for-knee-pain>

AAOS: <https://orthoinfo.aaos.org/en/recovery/knee-conditioning-program/knee-pdf/>

NASS: <https://www.arthritis-health.com/treatment/exercise/knee-stretches>

Hip Pain: Links and videos

AAOA: <https://orthoinfo.aaos.org/en/recovery/hip-conditioning-program/>

Healthline: <https://www.healthline.com/health/pain-relief/exercises-for-hip-pain#6-stretches>

Healthline: <https://www.healthline.com/health/osteoarthritis/hip-exercises-treatment>

NASS: <https://www.spine-health.com/video/video-7-best-sacroiliac-joint-pain-relief-stretches>

Wrist Pain: Links and videos

Carpal Tunnel

AAOS: https://orthoinfo.aaos.org/globalassets/pdfs/a00789_therapeutic-exercise-program-for-carpal-tunnel-final.pdf

Healthline: <https://www.healthline.com/health/carpal-tunnel-wrist-exercises>

Kaiser: [https://mydoctor.kaiserpermanente.org/ncal/Images/Wrist%20Strain%20Sprain%20Tendinitis_012701-014%20\(12-14\)%20ADA_tcm75-1235335.pdf](https://mydoctor.kaiserpermanente.org/ncal/Images/Wrist%20Strain%20Sprain%20Tendinitis_012701-014%20(12-14)%20ADA_tcm75-1235335.pdf)

Hand Pain: Links and videos

Healthline: <https://www.healthline.com/health/osteoarthritis/arthritis-hand-exercises>

Harvard Health Publishing: <https://www.health.harvard.edu/pain/exercises-for-pain-free-hands>

Mayo Clinic: <https://www.mayoclinic.org/diseases-conditions/arthritis/multimedia/arthritis/sls-20076952>

Ankle and Foot Pain: Links and videos

Healthline: <https://www.healthline.com/health/sprained-ankle-exercises#takeaway>

AAOS: https://orthoinfo.aaos.org/globalassets/pdfs/2017-rehab_foot-and-ankle.pdf

Healthline: <https://www.healthline.com/health/fitness-exercise/plantar-fasciitis-stretches#stretching>

Dr. Zelaya: https://www.youtube.com/watch?v=AXSj_5pBAKw&feature=youtu.be

Elbow Pain: Links and videos

Dr. Kristina DeMatas: <https://sportydoctor.com/tennis-elbow-exercises-stretches/>

Ask Dr Jo: <https://youtu.be/4vk3i22z3Ko>

Healthline: <https://www.healthline.com/health/fitness-exercise/tennis-elbow-rehab#toweltwist>

AAOS (Therapeutic Exercise for Tennis Elbow/Golfer's Elbow): <https://orthoinfo.aaos.org/en/recovery/epicondylitis-therapeutic-exercise-program/>

Core Training: Link

NASS: <https://www.spine.org/KnowYourBack/Prevention/Exercise/Strengthen-Your-Core>

* AAOS: American Academy of Orthopedic Surgeons

** NASS North American Spine Society