



PHYSICAL THERAPY EXERCISES YOU CAN DO AT HOME

*Functional exercises for posture,
core strength, and stability.*



SUPINE BRIDGE

1x
Daily

3
Sets

10
Reps

Tighten your abdominals and slowly lift your hips off the floor into a bridge position, keeping your back straight.

Make sure to keep your trunk stiff throughout the exercise and your arms flat on the floor.

1



2



SCAPULAR RETRACTION

1x 3 10
Daily Sets Reps

Gently squeeze your shoulder blades together, relax, and then repeat.

Make sure to maintain good posture during the exercise.

1



2



WALL PUSH UP

1x
Daily

3
Sets

10
Reps

Bend your elbows, leaning your body toward the wall, then push yourself back into the starting position and repeat.

Make sure to bend only at the elbows and keep the rest of your body straight during the exercise

1

***Hands on wall at
shoulder height!***



2



SIT TO STAND

1x
Daily

3
Sets

10
Reps

Move your shoulders and head over your toes, bring your knees forward, & allow your hips to come off the chair, then push down equally into both feet to stand up. Sit down & repeat.

Keep weight evenly distributed between both legs. Try to keep your back straight throughout the exercise. Do not lock out your knees once you are standing.

1



2

