[YOUR COMPANY] Exercise Log

LUMBAR A

Month:_____ Year:_____

(Key: √=continue I=instruct next visit)

	Activity	Description									
		Day									
1	Posterior Pelvic tilt	hip add and heel push: yes/no									
2	Prone Press ups										
3	Hip Add in sidely	(neutral spine)									
4	Hip Abd in sidely	(neutral spine)									
5	Prayer Stretch	finger walk: yes/no									
6	BKTC (Bilat knees to chest)										
7	Wall sit	30-60-90 degrees: hold___sec.									
8	Quad/ant hip stretch (sidely)										
9	Mckenzie Extension (stand)										
10	Bridging on Single limb										
11	Resist Ab crunch (isometric)										
12	Forward Lunge										
a											
b											
c											
d											
e											
f											
g											
h											
I											
j											
k											