

# A Guide to Home Exercises

Note: Please consult with your provider prior to starting any home exercise program. Click on the links below for exercises.

#### **BACK EXERCISES**

- American Academy of Orthopedic Surgeons (AAOS)
- North American Spine Society (NASS) 1
- North American Spine Society (NASS) 2
- WebMD
- Healthgrades

#### **NECK EXERCISES**

- NASS
- Spine.org
- Healthline

## **UPPER BACK, NECK AND SHOULDER PAIN**

- NASS
- Healthline

#### **SHOULDER PAIN**

- Healthline
- · Healthline (Rotator Cuff)
- AAOS

#### **KNEE PAIN**

- · Healthline 1
- Healthline 2
- AAOS
- NASS

## **CORE TRAINING**

NASS

## **HIP PAIN**

- AAOA
- Healthline 1
- Healthline 2
- NASS

#### **WRIST PAIN**

- AAOS
- Healthline
- Kaiser

## **HAND PAIN**

- Healthline
- Harvard Health Publishing
- Mayo Clinic

#### **ANKLE AND FOOT PAIN**

- Healthline 1
- AAOS
- · Healthline 2
- Dr. Zelaya

## **ELBOW PAIN**

- Dr. Kristina DeMatas
- · Ask Dr Jo
- **Healthline**
- AAOS (Therapeutic Exercise for Tennis Elbow'Golfer's Elbow)