

Your Exercise Program

Exercise

Exercise is an important part of recovery. It can help you get stronger, more flexible and reduce pain and fatigue (tiredness).

When you are less active, your muscles can become weak and don't perform well in supporting and moving your body.

Exercise Tips

- Do each exercise slowly.
- It should not be painful to exercise. If you have any pain, stop the exercise and talk with your therapist.
- Your therapist recommends that you exercise:
_____ time(s) each day, and
_____ time(s) each week.

Date: _____

Therapist: _____

Phone number: _____

Location: _____

(over)

Tracking Your Exercise

Use the other side of this fact sheet to track your exercise. Write down:

- the type of exercise
- how many repetitions you did
- any comments (such as "exercise felt fairly light" or "I felt a little sore").

