



PAIN FREE PHYSIOTHERAPY CLINIC

31A, DDA Flats, Pkt - 2 Behind Sec - 6 Market, Dwarka New Delhi

Exercise Sheet



Knee to chest

Rep
Count.....



Trunk rolling

Rep
Count.....



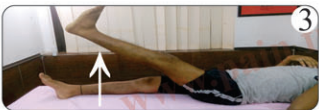
Knee to chest (both knees)

Rep
Count.....



Bridging (Pelvic lift)

Rep
Count.....



Straight leg raise (SLR)

Rep
Count.....



Lower back extension
(head & shoulders raise backwards)

Rep
Count.....



Head and shoulders raise

Rep
Count.....



Alternate hand and leg raise
(superman pose)

Rep
Count.....



Crunch

Rep
Count.....



Mid-back extension exercise

Rep
Count.....



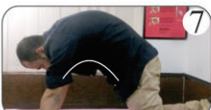
Side crunch

Rep
Count.....



Superman pose in all 4 position

Rep
Count.....



Cat & Camel exercise

Rep
Count.....



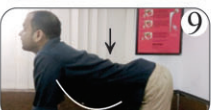
LION'S exercise

Rep
Count.....



Prone on Elbow

Rep
Count.....



Prone SLR

Rep
Count.....