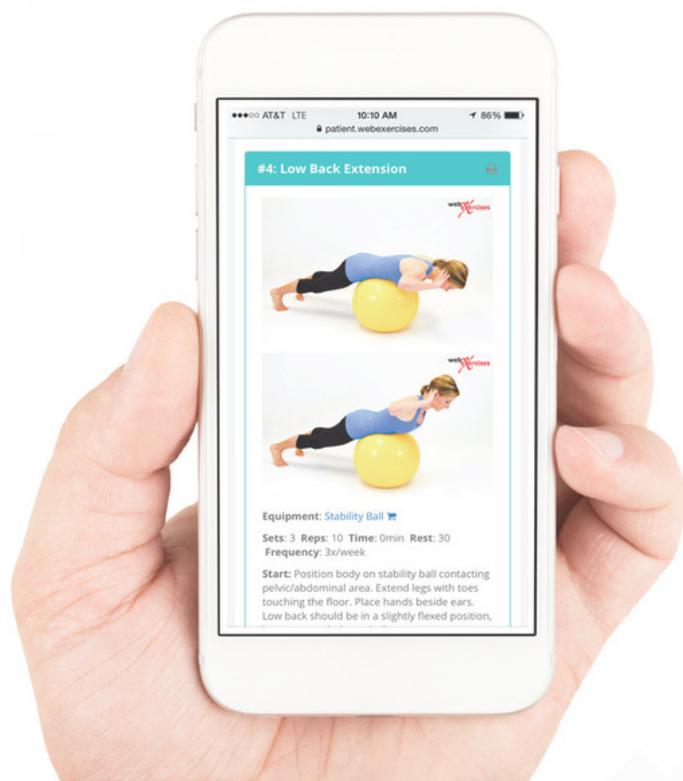


Home Exercise Program Tailormade for You

Your care should not stop when you walk out of our office. Studies show recovery times are shorter when participating in a home exercise program. Therefore, we use **WebExercises Rx®** to provide you with an **individualized exercise program** that is custom tailored for you.

You will receive an email with a link to your home exercise program, which allows you to access it from any device. You can also ask us to receive additional printouts.

When you open your program, you will see an overview of the exercise program. To get started click "Start Program" which will lead you to the first exercise. If you are familiar with the exercises you can skip to the end and View Summary.



The **detailed description and video demonstration** will help you understand how to perform each exercise correctly. Record how many sets and reps you complete or use the timer to keep you on track with the time based exercises.

Record your pain level from 0-10 for each exercise. If you choose to "Skip" one you will be required to let us know why since it is important for us to know how you're doing.

When finished with the exercise program for the day, record the level of difficulty along with any additional comments for your healthcare provider to see.

Providing us feedback lets us know how you're doing in between office visits and if your current exercise program should be modified. It is important to know that some pain can be worked through while other types of pain can signal a new injury or an aggravation of an old injury. Some examples of "good" pain include muscles burning, bearable muscle soreness and muscle fatigue. "Bad" pain includes sharp or shooting pain, joint pain or unbearable soreness or muscle aching.

If you experience an exacerbation of pain or a change of symptoms discontinue exercise program and contact your healthcare provider.