

Transitional Exercise Program: Returning to your Home or Community Gym

As you complete the fitness program at the Michael G. DeGroote Pain Clinic, it is our hope that you will continue to be active in your community. This booklet will show you some of the exercises that can be completed at your home or community gym using gym equipment.

It is important to remember the tools and skills that you have learned during fitness classes. For example: always exercise in your pain-free range, find the exercise position that is the most comfortable, pace yourself, and perform applied relaxation during your fitness routine.

When trying a new exercise at your home or gym, start with the weight or resistance at the lowest level. This will allow you to establish a starting point to build upon.

When performing your exercise, move within your pain free range, and hold the end of the movement for 2 seconds.

To progress your exercises, increase your number of repetitions. Once you can complete 10 to 12 repetitions, increase the weight by 1 level.

1. Elbow Pull Back (Targets: Back Muscles)

Option 1



Bend elbows.

Gently pull the cable towards your body. Squeeze your shoulder blade down and together towards your spine.

Keep your back straight. Slowly return.

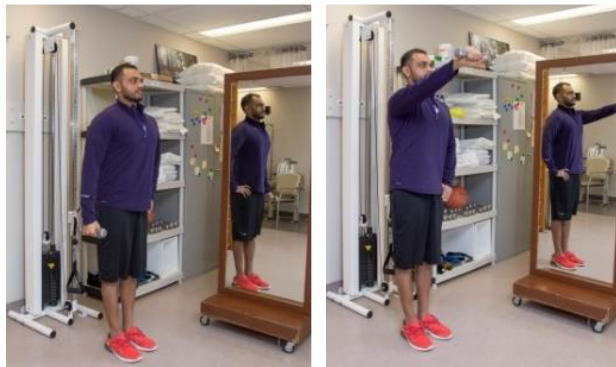
2. Front Arm Raise (Targets: Shoulder Muscles)

Option 1



Raise the handle in front of your body within the pain free range.
Keep your back straight. Slowly return.

Option 2



Hold dumbbell in your hand.
Gently raise the dumbbell in front of you within the pain free range.
Slowly return.

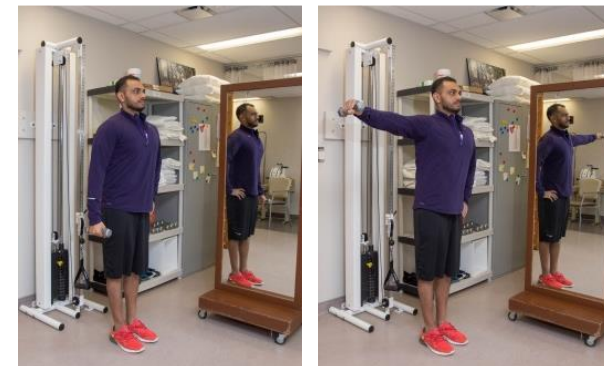
3. Side Arm Raise (Targets: Shoulder Muscles)

Option 1



Gently raise the handle to your side within the pain free range.

Option 2



Gently raise the dumbbell to your side within the pain free range.

4. Shoulder External Rotation

(Targets: Shoulder Muscles)

Option 1



Holding a cable handle, keep the elbow tucked in against the body by supporting the rolled hand towel.

Pull the cable **away** from your body.

Option 2



Holding a dumbbell, keep the elbow tucked in against the body by supporting the rolled hand towel.

Move dumbbell away from your body.

5. Shoulder Internal Rotation

(Targets: Shoulder Muscles)

Option 1



Holding a cable handle, keep your elbow tucked in against the body by supporting the rolled hand towel.

Pull the cable **towards** your body.

Option 2



Holding a dumbbell, keep the elbow tucked in against the body by supporting the rolled hand towel.

Move dumbbell towards from your body.

6. Triceps Pull Down (Targets: Arm Muscles)

Option 1



Hold the cable handle as shown with palm facing **upward**.

Pull the cable downward as you straighten your elbow.

Note: Keep your elbow tucked by your side the entire time.

7. Triceps Push Down (Targets: Arm Muscles)

Option 1



Grip the handle with palm facing **downward**.

Push the cable downward as you straighten your elbow.

Note: Keep your elbow tucked by your side the entire time.

8. Biceps Curl (Targets: Arm Muscles)

Option 1



Start by holding cable at your side.

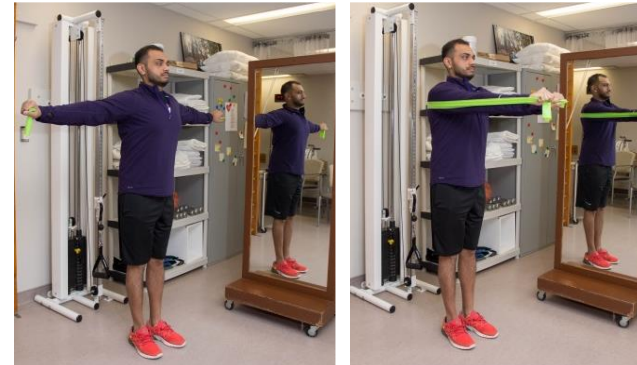
Keeping your wrist straight and elbow by your side, pull the cable so that your palm reaches your shoulder.

Keep your palms facing **upward** the entire time.

Slowly lower the handle back down to your side.

9. Chest Fly (Targets: Chest Muscles)

Option 1



Place the elastic band behind your shoulder blades.

Hold the band in your hands with your palms facing the front of your body.

Gently, bring your palms together at shoulder level.

Return to starting position and repeat.

10. Shoulder Retractions (Targets: Upper Back Muscles)

Option 1



Hold the elastic band in front of your body.

Pull the band apart and squeeze your shoulder blades together.

Hold and slowly return to starting position.

11. Dumbbell Squat (Targets: Front Thigh Muscles)

Option 1



Hold a dumbbell in each hand, or at your side.

Stand with feet at shoulder width apart.

Squat, keeping your knees above your toes.

Squat $\frac{1}{4}$ the distance. Keep your back in a neutral position

12. Lunge (Targets: Front Thigh Muscles)

Option 1



Hold a dumbbell in each hand.

Stand with one foot in front of the other (a hip width apart).

Transfer most of your weight on to the front leg.

Lower your back knee $\frac{1}{4}$ the distance to the floor.

Stand straight once again.

Switch your feet.

13. Calf Raise (Targets: Calf Muscles)

Option 1



Hold a dumbbell in each hand.

Push up on your toes.

14. Toe Raise

(Targets: Shine Muscles)

Option 1



Hold a dumbbell in each hand.

Stand with your back against a wall and your knees slightly bent.

Lift your toes and front of foot off the floor. Keep your heels on the floor.

You should feel your shin muscles working.

15. Hip Extension

(Targets: Buttock and Rear Thigh Muscles)

Option 1



Connect the cable attachment around your ankle.

Stand with knees shoulder width apart and slightly bent position holding on to a secure object for support.

Kick your leg back.

16. Hip Abduction (Targets: Buttock Muscles)

Option 1



Start in a standing position stabilizing yourself with one hand on the machine.

Put the foot farthest from the machine into the handle and move it from an inside position to any outside position.

17. Hip Adduction (Targets: Inner Thigh)

Option 1



Tie an exercise strap around your ankle and anchor it to your side.

Stand with feet apart and parallel. Bend knees slightly.

Pull your leg to midline. Do not elevate hip.

Continue by crossing midline. Do not elevate hip.