

## Basic At-Home Exercises for Common Areas of Pain



OrthoInfo – For more in-depth information about MSK pain and other exercises

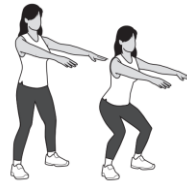


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### Knee



#### Half-Squats

1. Stand shoulder-width apart with arms out
2. Bend at knees into squatting position as if sitting down onto chair  
*(may use chair if risk of falling)*
3. Stand/straighten knees keeping back upright
4. Repeat 6-8x



#### Hamstring Curls

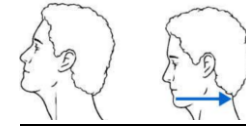
1. Support yourself against a chair/table/wall
2. With knees close together, bend affected knee bringing heel into the air as far as possible
3. Hold flexed position for 5-10s
4. Repeat 4-6x



#### Calf Raises

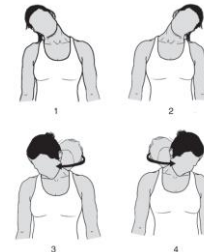
1. Support yourself against a chair/table/wall
2. Raise unaffected leg off ground with weight onto the affected leg
3. Press off ground onto balls of feet into "tip-toe" position as far as possible
4. Hold for 5-10s
5. Repeat 4-6x

### Neck



#### Chin Tuck

1. Sit upright with head in neutral position
2. Draw chin in towards neck keeping head in neutral position
3. Hold for 5-10s
4. Repeat 4-6x



#### Lateral Neck Stretch/Head Rolls

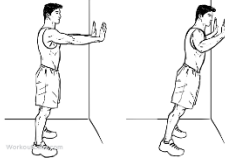
1. Sit upright with head in neutral position
2. Bend head to one side bringing ear to shoulder
3. Hold position for 5-10s  
*(may use hand to help pull head as tolerated)*
4. Repeat for other side
5. Relax neck and allow head to roll clockwise and counterclockwise as tolerated



#### Scapula Protraction

1. Clasp hands together with arms stretched out in front
2. Pull shoulder blades apart by pushing hands forward with neck flexed
3. Hold for 5-10s  
*(lift arms upwards as tolerated)*

### Shoulder



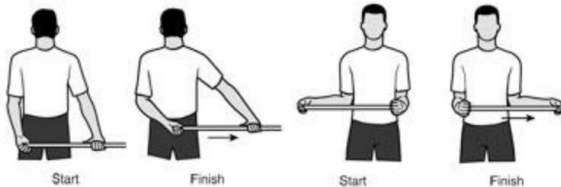
#### **Wall Push-Ups**

1. Stand at arm's length from wall
2. Place palms flat against wall
3. Slowly bend at elbows until face nearly touches the wall
4. Push outwards until arms are fully extended
5. repeat for 6-8 repetitions



#### **Pendulum Swing**

1. Stand with 1 arm supported on counter/table with other arm swinging freely at your side
2. Gently swing free arm forward-backward, side-to-side, and in circular motion
3. Repeat for other arm



#### **Passive Internal/External Rotation**

1. Hold yard stick/branch behind back, shoulder width apart
2. Pull stick to one side and hold for 30s
3. Pull to the other side and hold for 30s
4. Repeat steps 1-2 with stick in front of body

### Low Back



#### **Cobra Pose**

1. Lay flat in "push-up" position
2. Hands placed shoulder-width apart
3. Take a deep breath
4. Press upwards trying to keep legs and hips in contact with the ground and exhale deeply (optional)
5. Repeat 6-8x



#### **Arm-Leg Raise**

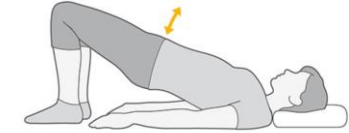
1. Lay "on all fours" with knees on ground
2. Flex core and lift 1 leg and opposite arm off ground (shown above)
3. Repeat 8-12x, alternating arm/leg



#### **Cat and Camel**

1. Lay "on all fours" with knees on ground
2. Tuck head in, round lower back upwards and take deep breath in
3. Lift head upwards, sink lower back downwards, and exhale deeply
4. Repeat 8-12x

### Hip



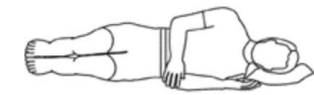
#### **Pelvic Tilt**

1. Lie on with back flat on floor with knees bent
2. Lift back/pelvis off floor as high as possible
3. Hold for 5-10s and repeat 4-6x



#### **Hip Abduction**

1. Lay on one side with top leg out straight
2. Raise foot 6-8in into the air  
*(load weight to top leg if too easy)*
3. Hold for 5-10s
4. Slowly lower the leg back to rest
5. Repeat 4-6x for each side  
*(Can also be done standing)*



#### **Clamshell**

1. Lay on one side with both knees bent
2. Lift/rotate top knee upwards
3. Hold for 5-10s
4. Bring top knee down, pressing thighs together  
*(place ball in between thighs for comfort)*
5. Hold for 5-10s
6. Repeat 4-6x for each side