

EXERCISE WITH CAUTION

*Listen to your body.
Adjust to your specific needs.*



IF YOU HAVE HAD HIP SURGERY / REPLACEMENT

DO NOT do the following exercises:

- Frog stretch
- Lunges
- Cossack stretch
- Any hip loading exercise
- Deep squats
- 1 leg dead lift

IF YOU HAVE HAD KNEE SURGERY / REPLACEMENT

DO NOT do the following exercises:

- Frog stretch
- Lunges
- Cossack Stretch
- Any knee supported exercises

IF YOU HAVE AN ACTIVE (PAINFUL) SPONDYLOLISTHESIS

DO NOT do the following exercises:

- Cobra's / Up dog
- Superman plank or extension position
- Bridges
- Shank Bridge
- Any extension exercise
- Any rotation exercise

IF YOU HAVE HAD SHOULDER SURGERY

DO NOT do the following exercises:

- Behind neck press
- Straight bar incline bench press
- Behind neck pulldowns
- Dips
- Any compromising exercise that stresses shoulder

IF YOU HAVE HAD LOW BACK SURGERY

DO NOT do the following exercises:

- Good mornings
- Extension exercises
- Hip matrix or any over rotation exercise
- Heavy flexion exercise
- Heavy loading on lumbar spine (low back)

DISCLAIMER

These exercises are general and are not patient specific. They are intended to give ideas across all experience levels. Please use caution and understand that some may not be appropriate for you.

If you have a spinal injury, degeneration, arthritis or any condition that compromises or limits the integrity of your spine and/or discs, please use caution when trying these exercises. If you feel they are too advanced for you, please do not try them.

If you have questions regarding which exercises may be right for you, please consult your physical therapist.