

## Home Exercise Introduction

Your Home Exercise Program has been compiled to provide you with the best possible independent exercise program to achieve your goals or to maintain improvements obtained in your treatment. It is important that you perform the exercise prescribed by your health professional, and that you be as consistent as possible with your program. **The key to successful and lasting results is consistency of training.**

Your health professional has completed a thorough musculoskeletal assessment and has selected specific exercises for your particular problem(s). By regularly performing the identified exercises or activities, your body will slowly begin to change in terms of its flexibility, strength, balance, and coordination. While many people are issued an independent exercise program as their sole form of treatment (and many are successful), some people may require more direct supervision and more precise control of the exercise than can be achieved at home. If you feel that your program is not helping you, please bring this to the attention of your health professional. If after several attempts at an independent exercise program you still have not achieved your goals, treatment on site may be necessary.

On follow-up visits, please bring your home program handouts and any other material issued with you. This will save time and resources for you and your health professionals.

Here are some definitions that may be helpful:

**Repetition:** the performance of the exercise one time. For example, bending and straightening the elbow is one repetition.

**Set:** The performance of all the prescribed repetitions one time. For example, if the exercise needs 10 repetitions of bending the elbow, this would be one set. If instructions say three sets, this means do ten repetitions, rest, and do another ten repetitions, rest, and then another ten repetitions.

**Times/day:** The number of daily sessions that the repetitions and sets are to be performed.

**Hold:** This pertains mainly to stretches. It means how long you maintain the stretch or position. For example, if you are to stretch your arm over your head and hold 3 seconds, then you would keep your arm over your head for three seconds.

**Rate:** This is related to how fast the repetition is performed. For example if the rate

says one repetition per three seconds for bending and straightening the elbow it would take you three seconds to bend and straighten your elbow.

You will be provided with a written home program that will identify the exercise, the numbers of repetitions and sets, the rate (if appropriate), and the hold time (if appropriate). The handout will also include how many times a week or day to do the program. You may also be given a date grid copy so that you can track your progress. If so, please bring this with you on future visits.

We hope that you find success in your independent home exercise program. If you experience any difficulties with your program or have any questions, please contact us at our office. (706) 549-1663

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