



# Client Home Care Checklist

Name \_\_\_\_\_ Date \_\_\_\_\_

## HIP STRETCHES:

- \_\_\_ Hip Flexor Stretch #1
- \_\_\_ Hip Flexor Stretch #2
- \_\_\_ Hip Flexor Stretch #3
- \_\_\_ Quadratus Lumborum
- \_\_\_ Lateral Rotators Stretch #1
- \_\_\_ Lateral Rotators Stretch #2
- \_\_\_ Quadriceps Stretch #1
- \_\_\_ Quadriceps Stretch #2
- \_\_\_ Quadriceps Stretch #3
- \_\_\_ Iliotibial Band Stretch #1
- \_\_\_ Iliotibial Band Stretch #2
- \_\_\_ Hamstrings Stretch #1
- \_\_\_ Hamstrings Stretch #2
- \_\_\_ Hamstrings Stretch #3
- \_\_\_ Hamstrings Stretch #4
- \_\_\_ Medial Rotators
- \_\_\_ Adductors

## HIP STRENGTHENING:

- \_\_\_ Quadratus Lumborum Exercise #1
- \_\_\_ Quadratus Lumborum Exercise #2
- \_\_\_ Upper Hamstrings/Gluteus
- \_\_\_ Lower Hamstrings

## LOWER LEG STRETCHES:

- \_\_\_ Gastrocnemius
- \_\_\_ Soleus Stretch #1
- \_\_\_ Soleus Stretch #2
- \_\_\_ Tibialis Posterior Stretch #1
- \_\_\_ Tibialis Posterior Stretch #2

## LOWER LEG STRENGTHENING:

- \_\_\_ Peroneals
- \_\_\_ Tibialis Posterior Exercise #1
- \_\_\_ Tibialis Posterior Exercise #2
- \_\_\_ Plantar Fascia

## KNEE STRETCHES:

- \_\_\_ Quadriceps Stretch #1
- \_\_\_ Quadriceps Stretch #2
- \_\_\_ Quadriceps Stretch #3
- \_\_\_ Gastrocnemius/Plantaris
- \_\_\_ Hamstrings/Popliteus
- \_\_\_ Medial Hamstrings Stretch #1
- \_\_\_ Lateral Hamstrings Stretch #2
- \_\_\_ Iliotibial Band Stretch #1
- \_\_\_ Iliotibial Band Stretch #2

## KNEE STRENGTHENING:

- \_\_\_ Vastus Lateralis

## SHOULDER STRETCHES:

- \_\_\_ Pectoralis Major
- \_\_\_ Pectoralis Minor Stretch #1
- \_\_\_ Pectoralis Minor Stretch #2
- \_\_\_ Biceps
- \_\_\_ Subscapularis Stretch #1
- \_\_\_ Subscapularis Stretch #2
- \_\_\_ Supraspinatus
- \_\_\_ Sternocleidomastoid/Scalenes

## SHOULDER STRENGTHENING:

- \_\_\_ Erectors/Rhomboids/Traps
- \_\_\_ Rhomboids Exercise #1
- \_\_\_ Rhomboids Exercise #2
- \_\_\_ Rhomboids Exercise #3
- \_\_\_ Infraspinatus/Teres Exercise #1
- \_\_\_ Infraspinatus/Teres Exercise #2
- \_\_\_ Triceps

## NECK STRETCHES:

- \_\_\_ Sternocleidomastoid/Scalenes
- \_\_\_ Neck Rotation
- \_\_\_ Neck Extension
- \_\_\_ Lateral Flexors
- \_\_\_ Levator Scapula

## NECK STRENGTHENING:

- \_\_\_ Neck Extension

## WRIST/HAND STRETCHES:

- \_\_\_ Wrist Flexors
- \_\_\_ Wrist Pronator
- \_\_\_ Wrist Extensors
- \_\_\_ Wrist Supinator
- \_\_\_ Radial Deviation
- \_\_\_ Ulnar Deviation
- \_\_\_ Carpals

## WRIST/HAND STRENGTHENING:

- \_\_\_ Wrist Extension
- \_\_\_ Wrist Supination

L \*Note- you can indicate Left (L) Side, Right Side (R), or Bilateral (B)