



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)