



LOW BACK PAIN EXERCISES



Standing Hamstring Stretch



Cat and Camel



Pelvic Tilt



Partial Curl



Extension Exercise



Quadruped Arm / Leg / Raise



Gluteal Stretch



Side Plank

7 minute workout



1 Jumping jacks



2 Wall sit



3 Push-up



4 Abdominal crunch

Learn to do it right, remember to breathe in and out, do it slowly and carefully.

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5 Step-up on to chair



6 Squat



7 Triceps dip on chair



8 Plank

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9 High knees running in place



10 Lunge

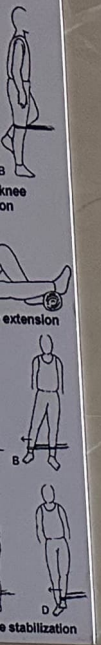


11 Plank

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EXERCISE FOR SCIATICA



Double Leg Knee To Chest



Hamstring Stretch with Towel



Gluteal Stretch



Partial Curl



Quadruped Arm Leg Raise



QL Stretch



Physiotherapy




KEY FUNCTIONS OF A HOSPITAL

1. Preventive
2. Investigative
3. Curative
4. Rehabilitative
5. Training
6. Research

ATTENTION ALL



Due to recent events with COVID-19, we are limiting visitors to only ONE person per patient to best care for our patients.

Essential Visitors - Limited to ONE

- Laboring Moms - Spouse or Partner
- Pediatric or NICU - Parent or Guardian
- Critically Ill Patients - Spouse or Significant Other
- Infusion Patients - Spouse or Adult Child
- Palliative Care Patients - Spouse or Significant Other or Adult Children
- Any other inpatient with special needs requiring a family member's assistance (Ex. Dementia, Alzheimer's, patients with decreased mental capacity)

All Essential Visitors will be screened for COVID-19 (fever greater than 100.4°, cough or shortness of breath).



Physiotherapy

WEL MAK

PRODUCT RANGE

