**Diseases, Symptoms, and Home Physiotherapy Exercises**

**Home Exercises:**

**1. Arthritis**

**Symptoms:**

* Joint pain and stiffness
* Swelling and limited mobility

**Home Exercises:**

* **Arm Circles:** Slowly rotate arms in small circles.
* **Chair Squats:** Stand and sit from a chair repeatedly.
* **Walking:** 10–15 minutes of slow-paced walking.

**2. Stroke Recovery**

**Symptoms:**

* Muscle weakness or paralysis
* Balance and coordination issues

**Home Exercises:**

* **Leg Lifts:** Lift one leg at a time while lying down.
* **Seated Marching:** Sit and lift knees alternately.
* **Heel-to-Toe Walk:** Walk in a straight line, placing one foot directly in front of the other.

**3. Chronic Back Pain**

**Symptoms:**

* Lower back pain
* Stiffness and reduced flexibility

**Home Exercises:**

* **Pelvic Tilts:** Tighten abdominal muscles while lying down.
* **Knee-to-Chest Stretch:** Pull one knee to the chest.
* **Cat-Cow Stretch:** Arch and round the back on hands and knees.

**4. Parkinson's Disease**

**Symptoms:**

* Tremors, slow movement
* Poor balance and coordination

**Home Exercises:**

* **Wall Push-Ups:** Push against the wall while standing.
* **Step-Ups:** Step onto a low stair and back down.
* **Big Movements:** Exaggerate arm swings and steps while walking.

**5. Frozen Shoulder**

**Symptoms:**

* Shoulder stiffness and pain
* Limited shoulder movement

**Home Exercises:**

* **Pendulum Stretch:** Move the affected arm in small circles.
* **Towel Stretch:** Stretch a towel behind your back with both hands.
* **Finger Walk:** Walk fingers up a wall without pain.

**6. Sciatica**

**Symptoms:**

* Lower back pain radiating down the leg
* Numbness or tingling in the leg

**Home Exercises:**

* **Knee-to-Chest Stretch:** Gently pull one knee to the chest.
* **Piriformis Stretch:** Cross one leg over the other and pull it toward the chest.
* **Seated Spinal Twist:** Sit on the floor, twist the upper body gently.

**7. Cervical Spondylosis**

**Symptoms:**

* Neck pain and stiffness
* Headaches originating from the neck

**Home Exercises:**

* **Neck Tilts:** Tilt the head toward each shoulder.
* **Chin Tucks:** Pull the chin toward the neck while sitting.
* **Shoulder Rolls:** Roll shoulders forward and backward.

**8. Ankle Sprain**

**Symptoms:**

* Pain and swelling in the ankle
* Difficulty bearing weight on the ankle

**Home Exercises:**

* **Ankle Circles:** Rotate the ankle slowly in circles.
* **Towel Stretch:** Use a towel to stretch the ankle and calf.
* **Toe Raises:** Stand and lift the heels off the floor.

**9. Carpal Tunnel Syndrome**

**Symptoms:**

* Numbness or tingling in the fingers
* Weakness in hand grip

**Home Exercises:**

* **Wrist Flexor Stretch:** Extend the arm and pull back the fingers gently.
* **Fist to Fan Stretch:** Make a fist and then spread fingers wide.
* **Wrist Circles:** Rotate wrists in small circles.

**10. Post-Surgical Rehabilitation (e.g., Knee Replacement)**

**Symptoms:**

* Swelling and stiffness near the surgical site
* Reduced mobility in the affected area

**Home Exercises:**

* **Heel Slides:** Slide the heel along the floor toward the body.
* **Straight Leg Raises:** Lift the leg straight while lying down.
* **Ankle Pumps:** Move the ankle up and down to improve circulation.

**11. COPD (Chronic Obstructive Pulmonary Disease)**

**Symptoms:**

* Shortness of breath
* Persistent cough and fatigue

**Home Exercises:**

* **Pursed-Lip Breathing:** Inhale through the nose, exhale slowly through pursed lips.
* **Diaphragmatic Breathing:** Breathe deeply using the diaphragm.
* **Upper Body Exercises:** Arm raises and shoulder rolls for lung function improvement.

**12. ACL Injury (Knee)**

**Symptoms:**

* Knee instability and pain
* Swelling and reduced range of motion

**Home Exercises:**

* **Quad Sets:** Tighten the thigh muscles while keeping the leg straight.
* **Heel Raises:** Stand and lift the heels off the ground.
* **Hamstring Curls:** Bend the knee by bringing the heel toward the buttocks.

**13. Tennis Elbow (Lateral Epicondylitis)**

**Symptoms:**

* Pain and tenderness on the outer elbow
* Weak grip strength

**Home Exercises:**

* **Wrist Extension Stretch:** Stretch the wrist upward using the other hand.
* **Ball Squeeze:** Squeeze a soft ball to strengthen grip.
* **Wrist Curls:** Use light weights for wrist flexion and extension.

**14. Scoliosis**

**Symptoms:**

* Uneven shoulders or waist
* Back pain and muscle fatigue

**Home Exercises:**

* **Cat-Cow Stretch:** Alternate arching and rounding the back.
* **Child's Pose:** Stretch the back while kneeling.
* **Pelvic Tilts:** Strengthen the lower back and abdomen.

**15. Tendonitis**

**Symptoms:**

* Pain and swelling in tendons
* Difficulty moving the affected joint

**Home Exercises:**

* **Eccentric Strengthening:** Slowly lower the affected limb against resistance.
* **Wrist Flexor Stretch:** Stretch the wrist by pulling back the hand with the other hand.
* **Rotator Cuff Exercises:** Perform gentle shoulder rotations.

**16. Bursitis**

**Symptoms:**

* Swelling and tenderness over joints
* Pain during movement

**Home Exercises:**

* **Shoulder Stretching:** Stretch the shoulders to improve mobility.
* **Hip Flexor Stretch:** Stretch the front of the hip by kneeling and pushing the hips forward.
* **Ankle Circles:** Gently rotate the ankle to improve joint fluidity.

**17. Spinal Cord Injury**

**Symptoms:**

* Paralysis or loss of sensation below the injury level
* Impaired balance and coordination

**Home Exercises:**

* **Neck and Back Stretching:** Perform stretches to prevent stiffness.
* **Leg Lifts:** While lying down, lift one leg at a time to strengthen muscles.
* **Breathing Exercises:** Focus on deep breathing to maintain lung function.

**18. Multiple Sclerosis (MS)**

**Symptoms:**

* Muscle weakness and coordination issues
* Fatigue and balance problems

**Home Exercises:**

* **Gentle Aerobic Exercises:** Walking, cycling, or swimming to improve stamina.
* **Leg Strengthening:** Squats or leg lifts to build strength.
* **Balance Training:** Practice standing on one leg or using a balance board.

**19. TMJ Disorder (Temporomandibular Joint)**

**Symptoms:**

* Jaw pain and difficulty chewing
* Clicking or popping sound in the jaw

**Home Exercises:**

* **Jaw Relaxation:** Gently open and close the mouth to relax the jaw muscles.
* **Stretching:** Gently stretch the jaw by opening the mouth wide, then relax.
* **Massage:** Gently massage the jaw area to relieve tension.

**20. Hip Replacement Rehabilitation**

**Symptoms:**

* Pain and swelling around the hip
* Difficulty with walking and climbing stairs

**Home Exercises:**

* **Leg Raises:** Raise the affected leg while lying on your back.
* **Hip Flexor Stretch:** Stretch the hip by pulling one knee toward the chest.
* **Standing Marches:** Lift each knee one by one while standing to improve balance.

**21. Whiplash**

**Symptoms:**

* Neck pain and stiffness
* Headaches and dizziness

**Home Exercises:**

* **Neck Stretching:** Gently tilt the head to each side to stretch the neck muscles.
* **Chin Tucks:** Tuck the chin toward the neck while sitting.
* **Shoulder Shrugs:** Lift and lower the shoulders to reduce tension.

**22. Postural Problems**

**Symptoms:**

* Back pain, neck pain, or headaches
* Slouched posture

**Home Exercises:**

* **Wall Angels:** Stand against the wall, sliding arms up and down to improve shoulder posture.
* **Chest Opener Stretch:** Stretch the chest by clasping hands behind the back.
* **Core Strengthening:** Perform planks or leg raises to strengthen the abdomen.

**23. Gait Issues (Walking Problems)**

**Symptoms:**

* Unstable or shuffling walk
* Foot dragging

**Home Exercises:**

* **Marching in Place:** Lift knees alternately while standing to improve leg strength.
* **Heel-to-Toe Walking:** Walk in a straight line, placing one foot directly in front of the other.
* **Ankle Dorsiflexion:** Flex the foot upward to improve ankle mobility.

**24. Flat Feet (Pes Planus)**

**Symptoms:**

* Pain in the feet, especially after standing or walking
* Swelling in the feet or ankles

**Home Exercises:**

* **Towel Scrunches:** Use toes to scrunch a towel towards the feet.
* **Arch Lifts:** Try lifting the arch of the foot without moving the toes.
* **Heel Raises:** Stand and lift the heels off the ground to strengthen the calf muscles.

**25. Patellofemoral Pain Syndrome (Runner’s Knee)**

**Symptoms:**

* Pain around the kneecap
* Difficulty with squatting, running, or climbing stairs

**Home Exercises:**

* **Quad Strengthening:** Perform leg lifts and straight leg raises.
* **Hamstring Stretch:** Stretch the back of the thigh while seated.
* **Step-Ups:** Step up and down from a low platform to strengthen the knee.

**26. Fibromyalgia**

**Symptoms:**

* Widespread muscle pain and tenderness
* Fatigue and sleep disturbances

**Home Exercises:**

* **Gentle Stretching:** Focus on full-body stretches to relieve muscle tightness.
* **Low-Impact Aerobics:** Walking, swimming, or cycling to improve stamina.
* **Tai Chi or Yoga:** Slow, controlled movements to enhance flexibility and reduce stress.