

# Exercise Guide with Body Part Codes

## Low Back Pain

### Cat-Cow Stretch (B1 -> B4 -> B5)

Start on hands and knees. Inhale as you arch your back and lift your head (Cow), then exhale as you round your back and tuck your chin to chest (Cat). Repeat slowly.

### Child's Pose (B2 -> B3 -> B1 -> B4 -> B5)

Sit back on your heels, stretch arms forward, and lower your torso to the ground. Hold while breathing deeply.

### Pelvic Tilt (B4 -> B5)

Lie on your back with knees bent. Tighten your stomach muscles to flatten your back against the floor. Hold, then relax.

## Knee Osteoarthritis

### Quad Sets (B4 -> B5)

Lie down or sit. Tighten the thigh muscles to push the knee down into the floor. Hold for 5 seconds, then relax.

### Straight Leg Raise (B4 or B5)

Lie on your back. Keep one leg bent and lift the straight leg up slowly to about 30 cm. Lower it slowly.

### Heel Slides (B4 -> B5)

Lie on your back. Slide your heel along the floor to bend your knee, then slide it back down to straighten.

## **Frozen Shoulder**

### **Pendulum Exercise (B2 or B3)**

Bend at the waist, let your arm hang down. Gently swing it in small circles. Increase the circle size gradually.

### **Cross Body Stretch (B2 -> B1 or B3 -> B1)**

Bring the affected arm across your body and use the other arm to pull it closer to stretch the shoulder gently.

## **Sciatica**

### **Knee to Chest Stretch (B4 -> B5 -> B1)**

Lie on your back and pull one or both knees toward your chest. Hold for a few seconds, then release.

### **Piriformis Stretch (B4 -> B5)**

Lie on your back, cross one leg over the other and pull the opposite thigh toward your chest. Hold to stretch the glutes.

## **Ankle Sprain**

### **Ankle Circles (B4 or B5)**

Sit and extend your leg. Slowly rotate your ankle in circles, clockwise and counterclockwise.

### **Heel Raise (B4 -> B5)**

Stand up and slowly rise onto your toes, lifting your heels off the ground. Hold, then lower slowly.