

1

Exercise Therapy

Exercise Therapy

Exercise therapy refers to the implementation of exercise with one or more specific goals in mind. An exercise therapy program may be supervised or unsupervised. Supervised exercise is usually part of a physical rehabilitative program. Patients may be provided with simple exercises, which they can perform at home. Home exercises are often prescribed to help improve flexibility and restore the strength required to stabilize a joint region and/or to perform a necessary function. Some exercises are provided to help reduce the risk for injury or re-injury. A spinal stabilization exercise program is often used to strengthen muscles around the spine to reduce excessive or abnormal spinal movement patterns.