

Ice/Heat Therapy Exercise Routine Sheet

Patient Name: Exercise Routine Date:

Ice Therapy for the Neck

Sets Reps Frequency Time Duration

Ice Therapy for the Shoulder

Sets Reps Frequency Time Duration

Ice Therapy for the Lower Back

Sets Reps Frequency Time Duration

Ice Therapy for the Knee

Sets Reps Frequency Time Duration

Ice Therapy for the Ankle

Sets Reps Frequency Time Duration

Heat Therapy for the Neck

Sets Reps Frequency Time Duration

Heat Therapy for the Shoulder

Sets Reps Frequency Time Duration

Heat Therapy for the Middle Back

Sets Reps Frequency Time Duration

Heat Therapy for the Lower Back

Sets Reps Frequency Time Duration

Heat Therapy for the Elbow

Sets Reps Frequency Time Duration

Heat Therapy for the Wrist

Sets Reps Frequency Time Duration

Heat Therapy for the Hip

Sets Reps Frequency Time Duration

Ice/Heat Therapy Exercise Routine Sheet (con't)

Patient Name: Exercise Routine Date:



Heat Therapy for the Knee

Sets Reps Frequency Time Duration

Heat Therapy for the Ankle and Foot

Sets Reps Frequency Time Duration