

Physiotherapist Home Visit

Exercise Goals:

1. Walking (Based on):

Duration _____

Distance _____

Steps _____

Other (e.g. laps of known distance) _____

Walking track details if relevant _____

Intensity _____

Frequency _____

2. Other endurance exercise: _____

3. Strengthening exercises

Details	Repetitions	Weight	Time	Equipment
1.				
2.				
3.				
4.				