



Greetings,

As you may be aware, in May of 2024 the Comprehensive Pain Management Center (CPMC) initiated the requirement of 6 weeks of patient participation in a Home Exercise Program (HEP), Physical Therapy (PT), or Chiropractic Care prior to undergoing interventional procedures. This is consistent with national treatment standards for interventional pain management. A common misconception is that a HEP needs to be provided by a PT/OT, but these programs can be provided by any specialty or primary care provider.

Over the last year patients have experienced extended delays to receiving procedural care concurrent with this guideline. As a result, the CPMC is willing to assist providing HEPs for communities without readily available PT for straightforward chronic neck and back pain. Please note - that a HEP provided by CPMC is not a substitute for personalized care that a physical therapist can provide. Additionally, acute, complex, or special cases, such as CRPS, need to work with their THO to be evaluated and treated by PT/OT in a formal capacity.

The HEP provided by CPMC will be initiated via VTC. Our providers will also need visualization of the patient receiving a copy of the HEP exercises, Patient Instructions, and HEP Tracking Log during the visit. Please have these documents printed and available prior to the appointment start time. These documents can be found via our Cerner Referral Splash Page, on the ANMC CPMC website, or by contacting us through the methods provided below.

Sincerely,

The Comprehensive Pain Management Center

(P) 907-729-2525 (F) 907-729-2526

<https://www.anthc.org/departments/pain-management/#>

Updated 6/2025



# Home Exercise Program (HEP) Log

## Chronic Back Pain

This log serves as a record of exercises performed at home as part of a Home Exercise Program (HEP) to enhance the tracking and management of this generalized HEP.

Patient Name: \_\_\_\_\_

DOB: \_\_\_\_\_

Exercise Plan Provided by: Dr. Weidner, DO Abigail Granath, PA-C

Date HEP Initiated: \_\_\_\_\_

### Notes

- Consistent participation is key to the success of HEPs.
- Referring to the HEP log, complete each exercise that's assigned to each day. If the box is grayed out, you do not need to complete that exercise those days.
- Certain exercises may be easier at the beginning or end of your day. Try doing your exercises at different times to find what works best for you. Start slowly and work your way up.
- It's ok to split up your program to complete through smaller sessions throughout your day.
- Mild discomfort like those experienced during a mild-moderate workout is ok. If an exercise is more painful than that – you can try it at a different time of day or decrease the number of repetitions/sets.
- If you are unable to participate in any of these exercises due to the pain level you are in, please contact our office *BEFORE your six week follow up appointment.*
- This HEP is not a replacement to formal physical therapy. Physical Therapists can provide an individualized plan of care tailored to your needs. If this interests you, please have your provider send a referral to your primary therapy provider.



## How to fill out your log:

- 1) Starting with the “Week 1” row, write the date you did your exercises under the appropriate weekday column (Monday – Sunday).
- 2) Put a check mark in that day’s column next to each completed exercise.
- 3) There is a row to leave comments or observations for each week.

### Here’s an example!

Place patient sticker here:

Name:

DOB:

	MON	TUE	WED	THU	FRI	SAT	SUN
<b>Week 1</b>			4/9	4/10	4/11	4/12	4/13
Cervical Retraction and Rotation			✓		✓		✓
Scapular Retractions			✓	✓	✓	✓	✓
Side Lying Trunk Rotation				✓		✓	
Wall Angels			✓		✓		—
Wall Scaption and Lift Off				✓		✓	
Notes for week:	Wall Angels were a little painful on Friday so I only did 5 reps on Sunday						

Your individual needs and preferences are important to staying consistent.

**Make your HEP work for YOU!**



## Back HEP Log

Place patient sticker here:

Name:

DOB:

	MON	TUE	WED	THU	FRI	SAT	SUN
<b>Week 1</b>							
Lower Trunk Rotations							
Single Knee to Chest Stretch							
Sit to Stand							
3 Way Hip							
Walking							
Notes for week:							
<b>Week 2</b>							
Lower Trunk Rotations							
Single Knee to Chest Stretch							
Sit to Stand							
3 Way Hip							
Walking							
Notes for week:							
<b>Week 3</b>							
Lower Trunk Rotations							
Single Knee to Chest Stretch							
Sit to Stand							
3 Way Hip							
Walking							
Notes for week:							
<b>Week 4</b>							
Lower Trunk Rotations							
Single Knee to Chest Stretch							
Sit to Stand							
3 Way Hip							
Walking							
Notes for week:							
<b>Week 5</b>							
Lower Trunk Rotations							
Single Knee to Chest Stretch							
Sit to Stand							
3 Way Hip							
Walking							
Notes for week:							
<b>Week 6</b>							
Lower Trunk Rotations							
Single Knee to Chest Stretch							
Sit to Stand							
3 Way Hip							
Walking							
Notes for week:							

When complete, have your care team scan this into your medical record for ANMC.



## Back Exercises

Ask your health care provider which exercises are safe for you. Do exercises exactly as told by your health care provider and adjust them as directed. It is normal to feel mild stretching, pulling, tightness, or slight discomfort as you do these exercises. Stop right away if you feel sudden pain or your pain gets worse. Refer to your HEP log to see what exercises you should complete each day.

The following exercises strengthen the muscles that help to support the trunk (torso) and back. They also help to keep the lower back flexible. Doing these exercises can help to prevent or lessen existing low back pain.



### LOWER TRUNK ROTATIONS

**Repeat** 30 Times

Lying on your back with your knees bent, gently rotate your spine as you move your knees to the side and then reverse directions and move your knees to the other side. Repeat as you move through a comfortable range of motion.



### SINGLE KNEE TO CHEST STRETCH - SKTC

**Repeat** 30 Times

While Lying on your back, raise your leg up and hold your thigh under your knee while gently pulling it towards your chest for a gentle stretch. Lower your leg down and repeat on the other side.



### SIT TO STAND

**Repeat** 10 Times

While seated in a chair, scoot forward towards the edge of the chair and raise up to standing. Hold onto the arm rest with one or both hands for assist if needed.



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## 3 WAY HIP

**Repeat** 10 Times

Hold onto support (a table, railing, or sturdy chair). Lift your leg forwards, to the side, and backwards - completing the three directions equals one rep. Make sure to keep you hips level. Complete on both legs.



## WALKING

**Duration** 20 Minutes

Try to walk at a moderate intensity. Ensure you're safe by have help from another person if needed and/or using your typical assistive device, such as a cane or walker.