

# Oldham Pain Management Programme - Circuit

	1	2	3	4	5	6	7	8	9	10	11	12
	Bridging	Sit to Stand	Trunk Rotation	Lunge	Pick up Ball	Step Ups	Abdominal Crunch	Skipping	Press ups	Trampette or Marching	Shoulder Elevation	Star Jumps
1												
2												
3												
4												

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Stretches Completed							

Name: