



Home Exercise Safety Guide

Safer habits for completing a therapist-approved home program.

- 01** Follow only the plan provided by your qualified professional.
- 02** Use a clear, stable area with supportive footwear when advised.
- 03** Stop if there is sharp pain, dizziness, chest pain or sudden weakness.
- 04** Record discomfort and share it before changing repetitions.

Keep this guide for discussion with your qualified care professional. It is educational and does not replace individual medical advice or emergency care.

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