

I. Choose the correct word:

1. The patient is in pain, _____ the therapist stops the exercise.
 - a) because
 - b) so
 - c) first
2. _____, the therapist evaluates mobility.
 - a) but
 - b) First
 - c) because
3. The patient improves _____ the exercises are consistent.
 - a) because
 - b) so
 - c) after that
4. The patient feels pain, _____ they continue therapy carefully.
 - a) so
 - b) but
 - c) first

II. Circle or write down the correct connector (**so / because / but**) to make the sentence grammatically and clinically correct.

1. The patient wanted to skip his exercises (**because / but**) he knew it would delay his recovery.
2. Ultrasound therapy was highly effective, (**so / because**) the therapist decided to use it again in the next session.
3. The elderly patient struggles with balance (**so / because**) she suffered a stroke three months ago.
4. We wanted to progress to resistance bands today, (**but / so**) the patient's muscle soreness was too severe.

III. Instructions: Put this Home Exercise Program (HEP) for lower back pain into the correct chronological order using the sequence words as clues.

- A) **Finally**, perform 5 minutes of gentle diaphragmatic breathing to cool down.
- B) **Next**, transition to your hands and knees for the cat-cow stretch to mobilize the spine.
- C) **First**, lie flat on your back on a comfortable mat for the pelvic tilt exercise.
- D) **After that**, stand up slowly and use the wall for support during a standing hamstring stretch.
- E) **Then**, bring one knee to your chest and hold it for 20 seconds, alternating sides.

Correct Order: 1. ____ 2. ____ 3. ____ 4. ____ 5. ____