



1: Squats with Upper Extremity Assist

- Stand with hands on chairs (or similar objects)
- Squat down, keeping knees lined up over middle of feet
- Use arms to assist during the motion as needed
- Repeat as instructed

Sets: 2 Reps: 10



2: Wall Slide

- Stand with feet shoulder width apart, back flat against wall
- Slowly lower body to 90 degree knee angle, then return to standing
- Repeat as instructed



3: Sit to Stand Transition

- Sit toward edge of chair with good posture
- Tighten abdominal muscles!!!
- Shift weight slightly forward and stand
- Slowly lower back to starting position
- Repeat as instructed

Sets: 2 Reps: 10



4: Lifting With Resistance

- Place ends of resistance band in each hand
- Stand on band with feet shoulder width apart and knees bent
- Squat and return to standing, keeping arms straight
- Repeat as instructed



5: Hip Abduction -- Standing with Support

- Stand using support
- Keep pelvis level
- Raise straight leg out to side, moving through your hip only (not through your spine)
- Keep your foot pointed forward



6: Abdominal Draw In -- Bent Knee Raise

- Lie on back with head supported and knees bent
- Draw belly button toward spine, tightening stomach muscles
- Lift one foot off surface 6 inches, then ALTERNATE to other side
- Do not arch back during motion
- Repeat as instructed

Sets: 2 Reps: 10 Everyday



7: Balance -- Arms at Side / Feet Staggered / Eyes Open

- Stand with feet staggered, one in front of the other
- Extend both arms out to side
- Eyes open and head facing forward
- Hold as instructed

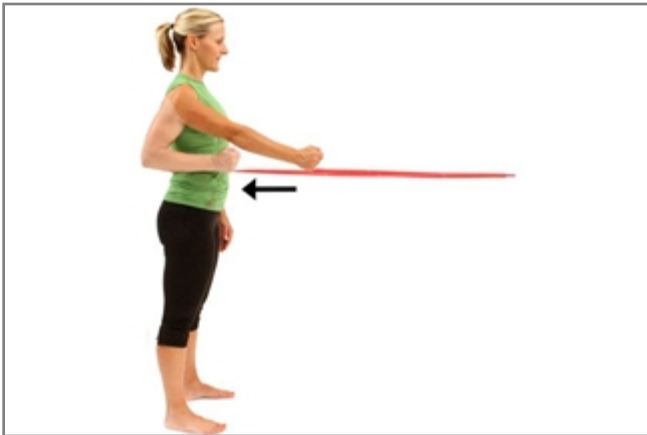
Sets: 10 Hold Time: 10s



8: Heel Raises Standing (Bilateral)

- Stand with good posture
- Slowly raise heels off ground
- Repeat as instructed

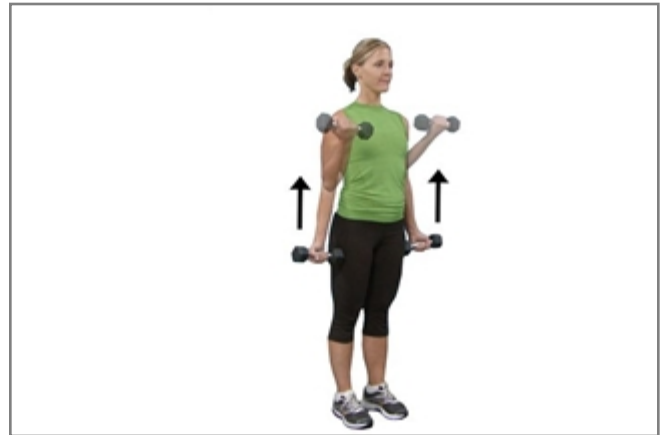
Sets: 2-3 Reps: 10



9: Resisted Extension with Band

- Anchor band midway up the door
- Stand facing door, grasp band with arm extended
- Pull band to side, just above your waist
- Repeat as instructed

Sets: 2-3 **Reps:** 10 **Resistance:** Red



10: Resisted Elbow Flexion / Bicep Curls (Palms Up) with Weight

- Stand with arms at side
- Bend elbows while keeping palms up and elbows to side
- Repeat as instructed

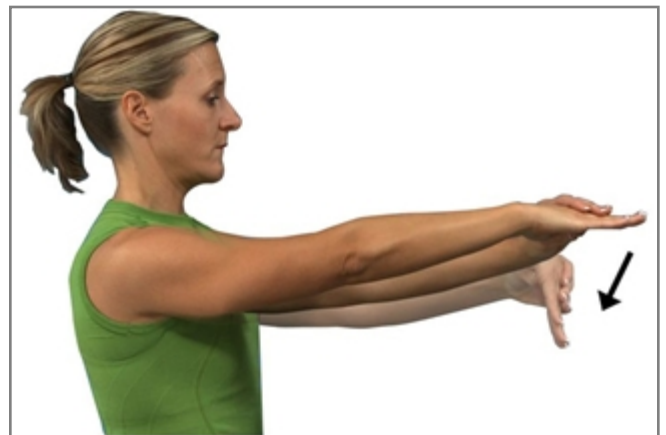
Sets: 2-3 **Reps:** 10 Every other day **Resistance:** 3 lbs



11: Pectoralis Stretch

- Stand facing corner of room with feet away from wall (use doorway as substitute)
- Place both arms out to side against wall, elbows bent to 90 degrees with hands at ear height
- Lean body forward until a comfortable stretch is felt
- Hold and repeat as instructed
- Put your arms down lower and straight instead of up.

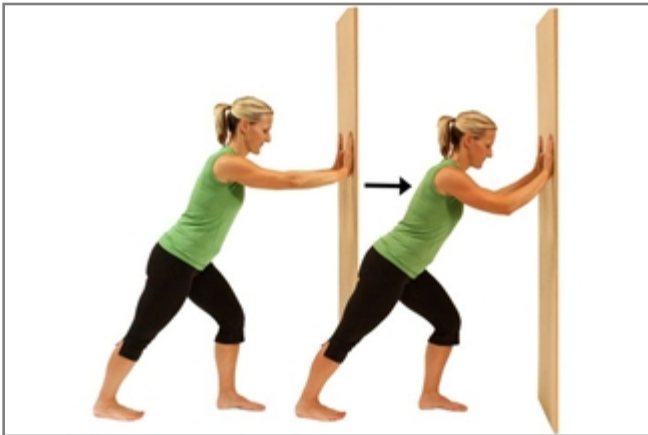
Sets: 3 **Hold Time:** 30s



12: Wrist Extensor Stretch

- Straighten one arm in front of you, palm facing down
- Using opposite hand, slowly pull fingers down and back toward stomach until a comfortable stretch is felt
- Keep elbow straight during exercise
- Repeat as instructed

Reps: 2 **Hold Time:** 30s



13: Gastroc Stretch Standing

- Stand facing wall
- Place one foot in back making sure to keep your foot pointed forward
- Slowly lean into wall until stretch is felt, making sure to keep your heel on the ground
- Hold as instructed

Sets: 2 Reps: 2 Hold Time: 30s



14: Hip Flexor Stretch

- Assume kneeling position on one knee and lunge position on the opposite side
- Slowly shift weight toward front leg until comfortable stretch is felt
- Keep hips level at all times

Reps: 3 Hold Time: 30s Side: Both



15: Hip Flexor Stretch in Standing

- Stand with one foot up on chair (or similar object) and feet pointed forward
- Slowly transfer weight toward front leg until a comfortable stretch is felt
- Hold and repeat as instructed



16: Piriformis Stretch in Supine

- Lie on back
- Cross ankle over top of opposite knee
- Reach with arms and pull bottom leg towards chest until you feel a stretch
- Repeat as instructed

Sets: 2 Everyday Hold Time: 30s