

STRENGTHENING EXERCISES

- Please choose a safe place to perform the following exercises
- Have someone stand by if you feel unsteady for any reason
 - Wear proper footwear
 - Remember to breathe. Do not hold your breath
- Please stop exercising if you experience any adverse symptoms. For example, if you are dizzy, please sit down and stop exercising. Contact the rehab department with any questions or concerns



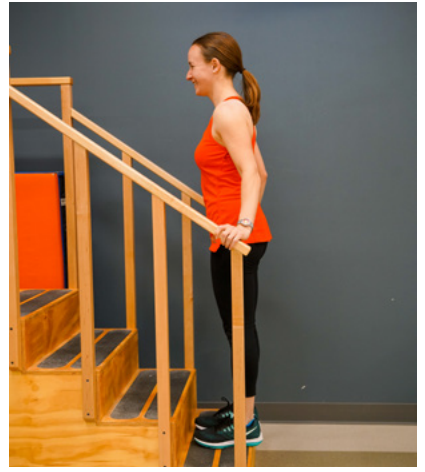
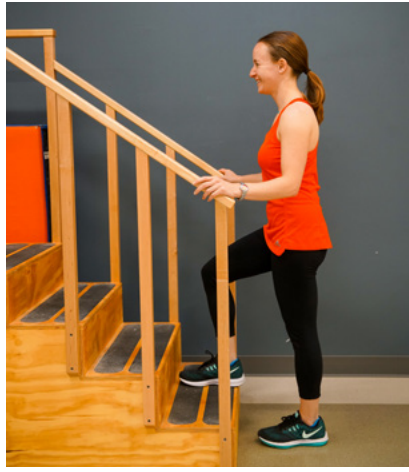
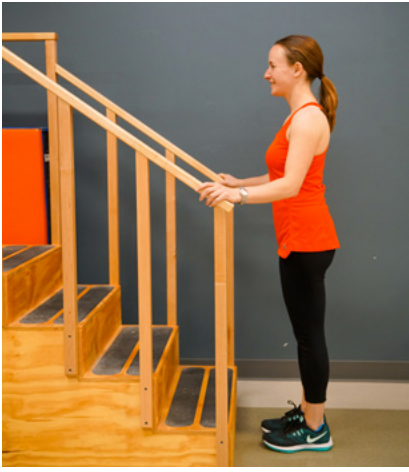
SIT TO STANDS

1. Place the back of the chair against a solid surface
2. Start in a seated position at the edge of the chair with your arms crossed
3. Stand up to a full standing position with knees straight
4. Sit back down on the chair

Repetitions: _____

Sets: _____

Times per day: _____



STEP UPS

1. Use the bottom stair of a staircase in your home. Use railings if available
2. Step up onto the stair leading with your right foot (followed by your left foot onto the step)
3. Step back down leading with your right foot (followed by bringing your left foot down)

Complete full number of repetitions and then complete leading with your left foot

Repetitions per side: _____ **Sets:** _____ **Times per day:** _____

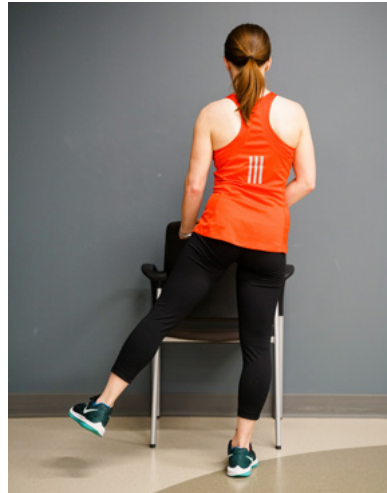


STANDING MARCHING (HIP FLEXION)

1. Stand behind a chair, at a table, or a counter for support as needed
2. While standing, march in place bringing your knee up to the level of your hip (hip at 90 degree angle)
3. Hold your knee up for 3-5 seconds

Alternate between right and left leg

Repetitions per side: _____ **Sets:** _____ **Times per day:** _____



STANDING SIDE KICKS (HIP ABDUCTION)

1. Stand behind a chair, at a table, or a counter for support as needed
2. Standing on your right leg, bring your left leg out to the side (and slightly behind) keeping your trunk upright
3. Complete full number of repetitions with left leg

Switch and stand on your left leg and bring your right leg out to the side

Repetitions per side: _____ **Sets:** _____ **Times per day:** _____

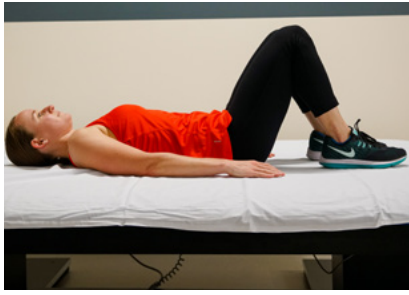


STANDING BACK KICKS (HIP EXTENSION)

1. Stand behind a chair, at a table, or a counter for support as needed
2. Standing on your right leg, bring your left leg directly behind you
3. Keep your knee straight and trunk upright (not bent forward) while performing the move
4. Complete full number of repetitions with left leg

Switch and stand on your left leg and bring your right leg straight behind

Repetitions per side: _____ **Sets:** _____ **Times per day:** _____

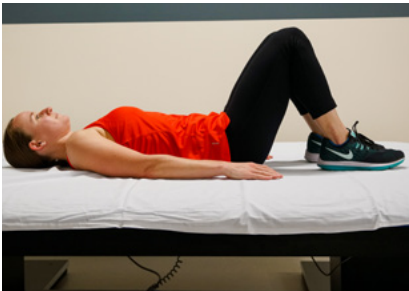


ABDOMINAL BRIDGING

1. Lie on your back on a bed or firm surface
2. Slide your heels closer to your bottom so that your feet are flat on the bed/surface with knees in a bent position
3. Slowly raise your hips off the bed/surface and hold for 5-10 seconds

Arms can be kept alongside the body to make the exercise easier or arms can be crossed at the chest to make it more difficult

Repetitions: _____ **Sets:** _____ **Times per day:** _____



ABDOMINAL BRIDGING WITH MARCHING

1. Lie down on a bed or firm surface
2. Slide your heels closer to your bottom so that your feet are flat on the bed/surface with knees in a bent position
3. Slowly raise your hips off the bed/surface
4. Lift your right foot a few inches off the bed/surface and hold for 1-2 seconds. Try to keep your hips as level as possible
5. Slowly lower your right foot back to the bed/surface
6. Repeat on left side

Arms can be kept alongside the body to make the exercise easier or arms can be crossed at the chest to make it more difficult

Repetitions per side: _____ **Sets:** _____ **Times per day:** _____



HEEL RISES

1. Stand behind a chair, at a table, or a counter for support as needed
2. Lift both heels off the ground at the same time and hold for 2-3 seconds, then slowly lower your heels to the ground
3. Only use your hands for balance do not push through them on the counter or handrail to lift yourself up
4. Keep your trunk upright and your knees straight

To make it more difficult: complete on one leg at a time

Repetitions: _____ **Sets:** _____ **Times per day:** _____



LUNGES

1. Stand beside a chair, at a table, or a counter for support as needed
2. Take a big step forward with your right leg
3. Keeping your trunk upright, bend your right knee forward and drop your left knee straight down, hold for 2-3 seconds, and then return to standing
4. Repeat with taking a big step forward with your left leg
5. Keeping your trunk upright, bend your left knee forward and drop your right knee straight down, hold for 2-3 seconds, and then return to standing
6. Avoid pushing your knee past your toes (on your front leg)

To make it easier: bend knees less and perform a “mini” lunge

Repetitions per side: _____ **Sets:** _____ **Times per day:** _____



QUADRUPED ARM LIFTS

1. Get down on your hands and knees on a bed or firm surface. Keep your hands directly under your shoulders. Keep your knees directly under your hips
2. Keep your back flat and your hips level
3. Start by lifting your right arm off the ground and extend it straight forward (keep your elbow straight) so that it is parallel with the ground, hold for 3-5 seconds, and place back on the ground
4. Repeat by lifting your left arm

Repetitions per side: _____ **Sets:** _____ **Times per day:** _____



QUADRUPED LEG LIFTS

1. Get down on your hands and knees on a bed or firm surface. Keep your hands directly under your shoulders. Keep your knees directly under your hips
2. Keep your back flat and your hips level
3. Start by lifting your left arm off the ground and extend it straight forward (keep your elbow straight) so that it is parallel with the ground
4. Lift your right leg off the ground and extend it backward (straighten your knee) so that it is parallel with the ground
5. Hold for 3-5 seconds while trying to keep your back flat and hip even
6. Repeat lifting right arm and left leg

Repetitions per side: _____ **Sets:** _____ **Times per day:** _____

FOR MORE INFORMATION, CALL REHABILITATION SERVICES AT 716-845-3271