

Independent Home Exercise Program

Name _____

Health Canada found physical activity improves quality of life, improves bone & muscle strength, improves physical and mental health, prolongs independent living in later life.

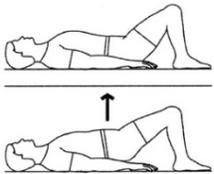
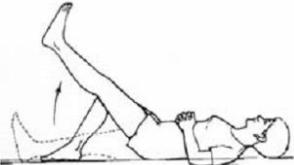
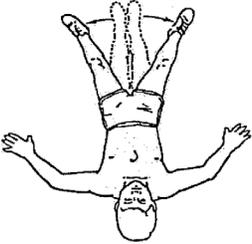
Exercise is effective! If exercise was a drug, it would be one of the most effective and safe ways to prevent and treat many chronic diseases such as heart disease, hypertension, diabetes, osteoporosis, anxiety disorders and depression.

Start slowly, try a few exercises every morning, afternoon and evening rather than trying to do them all at once. Just 10 minute bouts of exercise can start you on the road to active health style and benefits. If any activity causes you increased pain or shortness of breath, do fewer or stop that activity and talk to your doctor.

✚ Standing exercises should be done with support of another person or holding onto a stable surface, such as a counter, with a chair behind you.

✚ Try to do these exercises 3 to 5 times a week.

Exercises to help keep you strong, mobile and independent

<p>Bridging</p> <ul style="list-style-type: none"> ✚ Lie on your back with both knees bent as shown ✚ Squeeze buttock muscles, push through the feet and raise hips off the bed as shown ✚ Hold bridge for 3 sec, repeat 5 – 10 x. 		<p>Quad & Glut Isometrics</p> <ul style="list-style-type: none"> ✚ Lie on your back with leg straight ✚ Press your knee down, tightening your thigh muscle, squeeze buttocks & pull toes towards nose ✚ Hold 5 seconds, repeat 5 – 10x on both legs 	
<p>Straight Leg Raise</p> <ul style="list-style-type: none"> ✚ Lie on your back with one knee straight & one bent as shown ✚ Keep the leg straight and raise it about 6 inches off the bed ✚ Hold leg up for 3 seconds and slowly lower. ✚ Repeat on both legs 5 – 10x 		<p>Hip & Knee Flexion</p> <ul style="list-style-type: none"> ✚ Lie on your back ✚ Slide heel towards your buttocks, bending your knee ✚ Hold 3 seconds, and slowly lower your leg, 5 – 10 x ✚ Repeat with other leg 	
<p>Hip Abduction</p> <ul style="list-style-type: none"> ✚ Lie on your back, spread legs apart as far as you can. ✚ Keep your toes pointed up to the ceiling throughout exercise ✚ Hold 3 seconds, slowly return to start position. ✚ Repeat 5 – 10x 		<p>Transfer from Lying to Sitting</p> <ul style="list-style-type: none"> ✚ Lying on your back on a bed ✚ Turn onto your side, bring arms to the side, bring legs to the edge of the bed ✚ Lift your head and upper body off the bed, as you bring your legs over side of the bed and sit up in good sitting posture ✚ Return to lying position. Repeat 	

Exercises

Page 2 Name

- Ankle Dorsiflexion & Plantarflexion**
- ✚ Sitting in good posture, feet flat
 - ✚ Keeping toes on the floor, Raise heels off the ground as high as you can, Hold 3 sec.
 - ✚ Return feet flat to floor
 - ✚ Keeping heels on the floor, Raise toes off the ground as high as you can. Hold 3 sec.
 - ✚ Repeat 5 – 10x



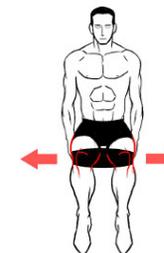
- Hip Adduction**
- ✚ Seated in chair with ball or rolled towel between your knees, Squeeze ball/towel.
 - ✚ Hold 3 seconds, relax.
 - ✚ Repeat 5 – 10x.



- Seated Hip Flexion**
- ✚ Sit in chair with knees bent, bend hip to lift foot off the floor
 - ✚ Hold 5 sec, slowly relax
 - ✚ For added resistance, place theraband around knees.
 - ✚ Repeat 5 – 10x with both legs.



- Hip Abduction**
- ✚ Seated in chair with theraband around knees, spread knees apart as far as you can.
 - ✚ Hold 3 seconds, return to start position.
 - ✚ Repeat 5 – 10x



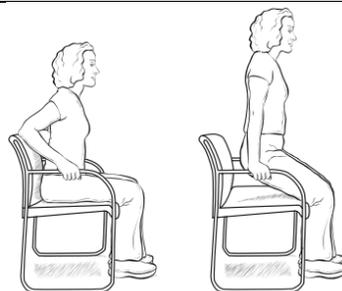
- Seated Knee Extension and Flexion**
- ✚ Sit on edge of bed/chair in good posture
 - ✚ Bend your knee as much as possible, hold 5 sec.
 - ✚ Straighten knee fully, tightening your thigh muscle. Hold 5 sec.
 - ✚ Repeat 5 – 10x



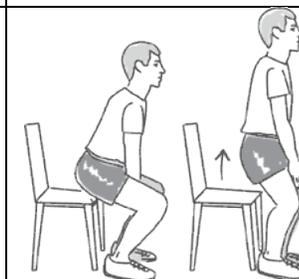
- Seated Row**
- ✚ Seated in chair in good posture, with theraband attached to solid object in front, hold ends of theraband with both hands.
 - ✚ Squeeze shoulder blades together as you slowly pull your arms back as shown.
 - ✚ Hold for 3 sec, repeat 5 – 10 x.



- Tricep press**
- ✚ Seated in chair with hands on arm rests, press up using hands straightening arms, lifting buttocks off the chair as shown
 - ✚ Keep feet on the floor, try to use your arms to rise instead of legs.
 - ✚ Hold 3 seconds and slowly lower.
 - ✚ Repeat 5 – 10x



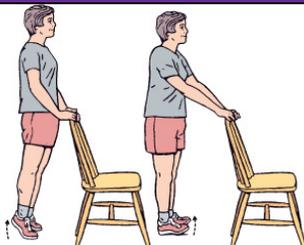
- Sit to Stand**
- ✚ Sit in firm chair against a wall, with solid object in front of you
 - ✚ Sit at edge of seat, feet flat under you, lean forward, slowly stand up using hands only if needed
 - ✚ Stand in upright posture 3 sec
 - ✚ Feel the seat with back of your legs and Slowly return to sitting
 - ✚ Repeat 5 - 10 x



Exercises

Page 3 Name

- Heel and Toe Raises**
- Stand in good posture, hold onto solid object for support
 - Keep your knees straight, raise up onto your toes, hold 3 seconds
 - Then keep your heels on the floor, lift your toes up, hold for 3 seconds
 - Repeat going up onto your toes and heels 5 -10x



*WITH ASSISTANCE

- Mini squats**
- stand in good posture, hold a solid object for support
 - Bend your knees slightly keeping your back straight, slowly straighten knees again
 - Repeat 3 – 5 x as able



*WITH ASSISTANCE

- Stand and March**
- Stand facing counter/solid chair, holding on for support if needed
 - Walk or march on the spot in good posture.
 - Repeat 10 to 30 times, as able



*WITH ASSISTANCE

- Stand Hip Abduction**
- Stand facing counter/solid chair, hold on for support and keep good posture
 - Keep your toes pointed forward, lift your leg out to the side, hold for 2 sec, slowly lower
 - Now repeat with the other leg.
 - Alternate legs, repeat 5 – 10 times



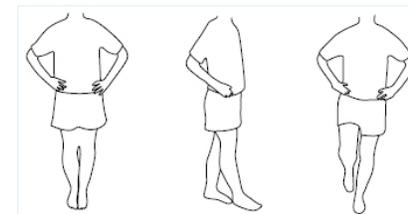
*WITH ASSISTANCE

- Stand Hip Extension**
- Stand facing counter/solid chair, hold on for support, stand tall
 - Extend your leg behind you without bending your knee
 - Return leg to start position and repeat with other leg.
 - Keep your back straight and do not lean forward.
 - Alternate legs, repeat 5-10 x.



*WITH ASSISTANCE

- Stand Balance**
- Stand facing counter/solid chair
 - (a) Try to balance with feet together for 10 – 30 sec. without holding, keep hands close to chair.
 - (b) Try to balance with one foot in front of the other foot for 10 – 30 sec.
 - (c) Try to balance on one leg for 3 – 10 sec. each leg.



*WITH ASSISTANCE

Exercises

Page 4 Name

Stand Balance

- Stand facing counter/solid chair
- Try to balance with feet together for 10 – 30 sec. without holding, keep hands close to chair.



Standing Balance

- Stand facing counter/solid chair
- Place one foot in front of the other as shown.
- Let go of the chair and Try to balance with one foot in front of the other foot for 10 – 30 sec.
- Try doing this while brushing your teeth



Standing Balance

- Stand facing counter/solid chair
- Lift one leg up, so that you are standing on one leg.
- Try to balance on one leg for 3 – 10 sec.
- Repeat with the other leg.



Step Forward Lunge

- Stand in good posture, holding onto solid object with one hand
- With control, step forward with right leg, into lunge position as shown
- Step back and slowly return to stand position with control, maintaining balance
- Repeat 5 – 10x both legs.



Step Side Lunge

- Stand in good posture, holding onto solid object in front of you
- With control, step sideways with right leg, into side lunge position as shown
- Slowly return to stand position with control, maintaining balance
- Repeat 5 – 10x both legs.



Additional Comments / Instructions from your Physiotherapist:

Independent Upper Body Strengthening Exercise Program

Health Canada found physical activity improves quality of life, improves bone & muscle strength, improves physical and mental health, prolongs independent living in later life.

Exercise is effective! If exercise was a drug, it would be one of the most effective and safe ways to prevent and treat many chronic diseases such as heart disease, hypertension, diabetes, osteoporosis, anxiety disorders and depression.

Start slowly, try a few exercises every morning, afternoon and evening rather than trying to do them all at once. Just 10 minute bouts of exercise can start you on the road to active health style and benefits. If any activity causes you increased pain or shortness of breath, do fewer or stop that activity and talk to your doctor.

- ✚ Standing exercises should be done with support of another person or holding onto a stable surface, such as a counter, with a chair behind you.
- ✚ Try to do these exercises 3 to 5 times a week.
- ✚ When using Theraband as resistance during strengthening exercises, be sure that when you are completing the number of reps, you feel that it is a challenge to your muscles, not painful, yet still able to complete the exercise with good form/posture. The resistance can be increased (or decreased) by shortening (or lengthening) the theraband before the start of the exercise.

Seated Upper Body Strengthening Exercises

Name

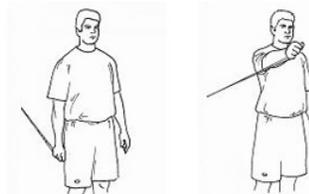
Bicep Curl

- ✚ Sitting in good posture, hold theraband at one end, place the other end under your foot
- ✚ Keep your elbow at your side throughout the exercise
- ✚ Pulling against the theraband, Slowly, bring hand towards shoulder, Hold 2 sec, slowly lower
- ✚ 5 – 10x, repeat with other arm



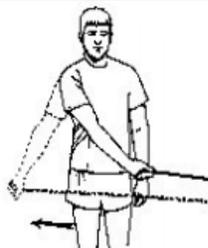
Shoulder flexion

- ✚ Sitting or stand in good posture
- ✚ Hold theraband at one end, anchor the other end behind you
- ✚ Pulling against the theraband, Slowly bring straight arm in front of your body, up to shoulder height, hold 2 sec, slowly lower
- ✚ 5 – 10x, repeat with other arm



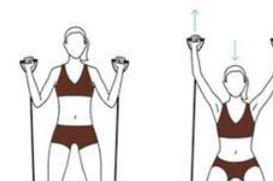
Shoulder Abduction

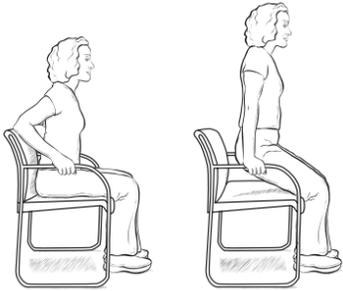
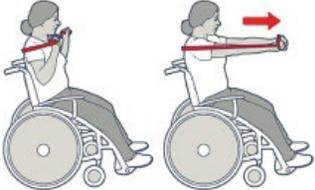
- ✚ Sitting or stand in good posture
- ✚ Hold theraband at one end, anchor the other end beside you
- ✚ Pulling against the theraband, Slowly bring straight arm out to the side, hold 2 sec, slowly lower
- ✚ 5 – 10x, repeat with other arm



Shoulder Press

- ✚ Sitting or stand in good posture
- ✚ Hold theraband with both hands, anchor the centre of the band under your feet
- ✚ Start with elbows at your side, Slowly push your arms up above your head as shown, hold 2 sec, slowly lower to start position
- ✚ 5 – 10x, repeat with other arm



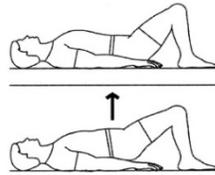
<p>Tricep press</p> <ul style="list-style-type: none"> ✚ Seated in chair with hands on arm rests, press up using hands straightening arms, lifting buttocks off the chair as shown ✚ Keep feet on the floor, try to use your arms to rise instead of legs. ✚ Hold 3 sec and slowly lower. ✚ Repeat 5 – 10x 		<p>Seated Row</p> <ul style="list-style-type: none"> ✚ Seated in chair in good posture, with theraband attached to solid object in front, hold ends of theraband with both hands. ✚ Squeeze shoulder blades together as you slowly pull your arms back as shown. ✚ Hold for 3 sec, repeat 5 – 10 x. 	
<p>Seated Chest Press</p> <ul style="list-style-type: none"> ✚ Seated in chair in good posture ✚ Theraband wrapped behind your back, holding ends with both hands as shown <p>Start with elbows bent at your side, slowly press your arms out in front of you (as shown) until your arms are straight. Slowly return to start position. 5-10 x</p>			

Additional Comments / Instructions from your Physiotherapist:

Independent Weekend Exercises

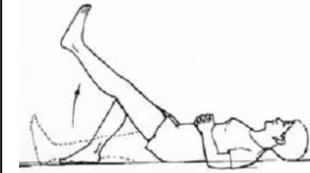
Bridging

- ✚ Lie on your back with both knees bent as shown
- ✚ Squeeze buttock muscles, push through the feet and raise hips off the bed as shown
- ✚ Hold for 3 sec, repeat 3 – 10 x.



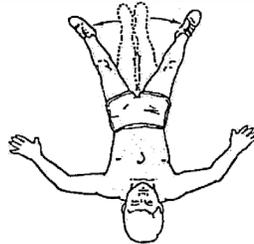
Straight Leg Raise

- ✚ Lie on your back with one knee straight & one bent as shown
- ✚ Raise straight leg about 6 inches off the bed, as shown
- ✚ Hold leg up for 3 seconds and slowly lower.
- ✚ Repeat on both legs 3 – 10x



Hip Abduction

- ✚ Lie on your back, spread legs apart as far as you can.
- ✚ Keep your toes pointed up to the ceiling throughout exercise
- ✚ Hold 3 seconds, slowly return to start position.
- ✚ Repeat 3 – 10x



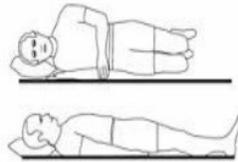
Supine Hip & Knee flexion

- ✚ Lie on your back, bring one knee towards your chest as high as you can.
- ✚ Keep your other leg straight as shown.
- ✚ Hold for 3 sec, slowly lower
- ✚ Repeat on both legs 3 – 10x



Rolling in bed

- ✚ Lie on your back, Roll to your right side, try to do this without using the bed rail if able
- ✚ Roll completely to your side until your shoulders & hips are facing the ceiling.
- ✚ Repeat to the other side 3x each



Transfer from Lying to Sitting

- ✚ Turn/Roll onto your side, (use bed rail if needed)
- ✚ Lift your head and upper body off the bed, as you bring your legs over side of the bed and sit up in good sitting posture
- ✚ Return to lying position. Repeat



Seated Knee Extension and Flexion

- ✚ Sit on edge of bed (or chair) in good posture
- ✚ Bend your knee as much as possible, hold 5 sec.
- ✚ Straighten knee fully, tightening your thigh muscle. Hold 5 sec.
- ✚ Repeat 3 – 10x



Seated Hip Flexion

- ✚ Sit at edge of bed (or in chair) in good posture.
- ✚ Bring knee towards chest, lift foot off the floor, as shown
- ✚ Do not lean back
- ✚ Hold 5 sec, slowly relax
- ✚ Repeat 3 – 10x with both legs.



Seated Lateral Scoot

- ✚ Sitting at edge of bed, feet on the floor in good posture
- ✚ Shift to foot of the bed, keeping supported in sitting, pushing through arms & feet
- ✚ Shift to the head of the bed.



Hip Adduction

- ✚ Seated in chair with ball or rolled towel between your knees, Squeeze ball or towel.
- ✚ Hold 3 seconds, relax.
- ✚ Repeat 3 – 10x.



