

2	Standing Exercises
3	Seated Exercises
6	OT Exercise Program
8	HEP 1 - Lower Extremity
10	HEP 2 - Lower Extremity
12	HEP 3 - Lower Extremity
13	HEP 4 - Lower Extremity
15	HEP 5 - Neck & Shoulders
16	HEP 6 - Supine Exercises
18	Wrist Exercise
21	Otago Exercise Program



Standing Hip Extension with Counter Support

REPS: 10 | SETS: 1-2 | DAILY: 1

Setup: Begin in a standing upright position with your hands resting on a counter.

Movement: Tighten your buttock muscles and slowly lift your leg backward.

Return to the starting position and repeat.

Tip: Make sure to keep your moving leg straight and keep your shoulders and hips facing forward during the exercise. Use the counter to help you balance as needed.



Standing Hip Abduction with Counter Support

REPS: 10 | SETS: 1-2 | DAILY: 1

Setup: Begin in a standing upright position with your hands resting on a counter.

Movement: Lift your leg out to your side, then return to the starting position and repeat.

Tip: Make sure to keep your moving leg straight and do not bend or rotate your trunk during the exercise. Use the counter to help you balance as needed.



Heel Rises with Counter Support

REPS: 10 | SETS: 3 | DAILY: 1

Setup: Begin in a standing upright position with your hands resting on a counter in front of you.

Movement: Slowly raise your heels off the ground, hold briefly, then lower them back down and repeat.

Tip: Make sure to maintain an upright posture and use the counter to help you balance as needed. Do not let your ankles rotate inward or outward.



Standing March with Counter Support or Locked Walker Support

REPS: 10 | SETS: 1-2 | DAILY: 1

Setup: Begin in a standing upright position with your hands resting on a counter.

Movement: Slowly lift one knee to waist height, then lower it back down and repeat.

Tip: Make sure to maintain an upright posture and use the counter to help you balance as needed.



Proper Sit to Stand Technique

REPS: 10 | SETS: 1 | DAILY: 1

Setup: Begin sitting upright in a chair with armrests with your feet flat on the floor.

Movement: Place your hands on the armrests and scoot to the edge of the chair.

With your feet tucked underneath you, lean your torso forward so your head is over your toes, then press into your feet and hands to push up into a standing position.

KEEP WALKER LOCKED AND IN FRONT OF YOU.

Tip: Make sure to maintain your balance, and try to keep your weight evenly distributed between both legs. Do not lock your knees when you are standing.



Seated March

REPS: 10 | SETS: 1-2 | DAILY: 1

Setup: Begin sitting upright with your feet on the floor.

Movement: Keeping your knee bent, lift one leg, then lower it back to the floor and repeat with your other leg. Continue alternating legs.

Tip: Make sure to keep your back straight and do not let it arch as you lift your legs.



Seated Hip Abduction

REPS: 10 | SETS: 1-2 | DAILY: 1

Setup: Begin sitting upright in a chair.

Movement: Push your legs outward, keeping your feet on the floor, then slowly bring them back together and repeat.

Tip: Make sure to keep your movements slow and controlled and continue breathing evenly during the exercise.



Seated Thigh Squeeze with Pillow/Ball

REPS: 10 | SETS: 3 | DAILY: 1

Setup: Begin sitting in an upright position with both feet flat on the floor and a ball between your knees.

Movement: Gently squeeze both legs inward against the ball.

Tip: Make sure not to arch your back during this exercise.



Seated Long Arc Quad

REPS: 10 | SETS: 3 | DAILY: 1

Setup: Begin sitting upright in a chair.

Movement: Slowly straighten one knee so that your leg is straight out in front of you. Hold, and then return to starting position and repeat.

Tip: Make sure to keep your back straight during the exercise.



Seated Ankle Pumps

REPS: 10 | SETS: 3 | DAILY: 1

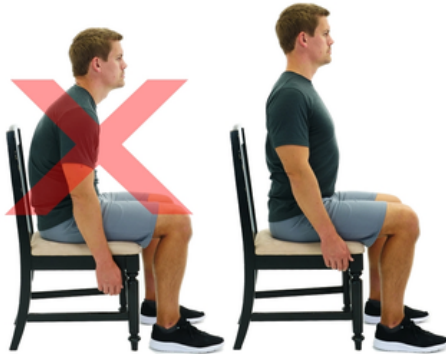
Setup: Begin sitting upright with one leg straight forward.

Movement: Slowly pump your ankle, bending your foot up toward your body, then pointing your toes away from your body, and repeat.

Tip: Make sure to move your foot in a straight line and try to keep the rest of your leg relaxed.

Clinician Notes

If you develop any pain with these exercises please let your therapist know. Muscle soreness is to be expected but not pain. Complete each exercise 10 times.



Correct Seated Posture

Setup: Begin sitting upright in a chair with your feet resting flat on the floor.

Movement: Imagine a string attached to the top of your head. Straighten your back as if the string were being pulled directly up to the ceiling.

Tip: Make sure to keep your shoulders back and relaxed during the exercises.



Shoulder Squeezes

SETS: 1-2 | REPS: 10 | HOLD: 5 SECONDS

Setup: Begin sitting upright in a chair with your feet resting flat on the floor.

Movement: Gently squeeze your shoulder blades together, then relax and repeat.

Tip: Make sure to maintain good posture and do not shrug your shoulders during the exercise.



Seated Arm Raises

SETS: 1-2 | REPS: 10

Setup: Begin sitting upright in a chair with your arms at your sides.

Movement: With your thumbs pointing up, raise your arms straight forward and directly overhead or as far as you are able, then bring your arms back down and repeat.

Tip: Make sure to maintain good posture and keep your shoulders relaxed during the movement.



Seated Bicep Curls Supinated with Dumbbells

SETS: 1-2 | REPS: 10

Setup: Begin sitting upright in a chair. Use a 12oz water bottle or canned goods as a weight. If you do not have these options, complete without weight. Begin with one in each hand, with your palms facing forward.

Movement: Slowly bend your elbows while bringing your hands up toward your shoulders, then lower them back down and repeat.

Tip: Keep elbows near your sides (no chicken wings!)



Seated Overhead Elbow Extension

SETS: 1-2 | REPS: 10

Setup: Begin sitting upright in a chair. Use a 12oz water bottle or canned goods as a weight. If you do not have these options, complete without weight.

Movement: Raise your arm straight out in front of yourself slightly above shoulder height. Bend your elbow until your hand is near your ear then straighten your elbow. Repeat. Complete with opposite arm.

Tip: Make sure to sit tall and do not shrug your shoulder during the exercise.



Seated Chest Press

SETS: 1-2 | REPS: 10

Setup: Begin sitting upright in a chair. Raise your hands up to shoulder height with your elbows bent as seen in picture.

Movement: Press your hands straight forward, then return to the starting position, and repeat.

Tip: Make sure to maintain an upright posture and do not shrug your shoulders during the exercise.

Occupational Therapy Restorative/Home Exercise Program

Reminders:

- Slightly recline head of bed
- Take rest breaks as needed
- Be sure to breathe. Count out loud to prevent breath holding
- DO NOT push through pain! Complete all exercises in pain free range. Decrease reps of exercise as needed.



Shoulder Backward Rolls

SETS: 1-2 | REPS: 5

Bring shoulders back in a circular motion. Repeat 5 times



Arm Raises

SETS: 1-2 | REPS: 5

Begin holding on to cane with palms down, resting cane on your lap. Slowly raise arms/cane up towards the ceiling within pain free range. Then lower arms/cane back to lap.

Repeat 5 times.



Diagonals Right to Left:

SETS: 1-2 | REPS: 5

Begin holding cane at a diagonal where one end of cane is near your right shoulder and the other end near your left hip. Move the cane at a diagonal in this position. Repeat 5 times.

Diagonals Left to Right:

SETS: 1-2 | REPS: 5

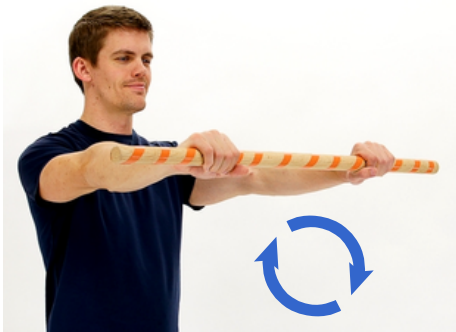
Begin holding cane at a diagonal where one end of cane is near your left shoulder and the other end is near your right hip. Move the cane at the diagonal in this position. Repeat 5 times.



Reach Out

SETS: 1-2 | REPS: 5

Begin holding cane near your chest with palms facing down. Slowly extend your elbows, pushing the dowel away from your chest then bring it back. Repeat 5 times.



Circles (Forward and Backward)

SETS: 1-2 | REPS: 5

Begin holding cane near chest level with palms facing down. Slowly move cane up, out, down, and back in a circular motion. Repeat 5 times. Repeat exercise completing circles in the opposite direction.



Hand to Chin

SETS: 1-2 | REPS: 5

Attach 2 lbs cuff weight to your cane. Begin holding cane with palms facing up, resting cane on your lap. Slowly bend your arms at the elbow, raising the dowel to your shoulders then back down to your lap. Keep elbows tucked to your sides. Repeat 5 times



Triceps:

SETS: 1-2 | REPS: 5

With arms at your sides, place a pillow or bunched up blanket under arm. Push and forearm into the pillow or blanket. Relax. Repeat 5 times with each arm.



Diaphragmatic Breathing - SLOWLY

SETS: 1 | REPS: 10 | DAILY: 1

While lying down on your back, place one hand on your breast bone and one hand on your abdomen near your navel. Slowly take a deep breath in and focus on trying to get your hand on your stomach rise while the hand on your breastbone remains still. As you breathe in, the hand on your stomach should rise. When you breathe out, the hand on your stomach should lower.



Kegel for Stabilization

SETS: 1 | REPS: 10 | DAILY: 2

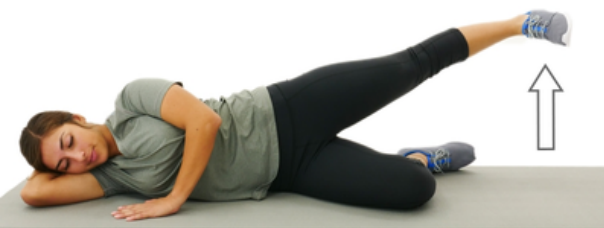
Perform this exercise BEFORE and DURING your lying down exercises. Contract pelvic floor and keep pelvic still, low belly gets taut and you breathe in/out



Straight Leg Raise - SLR

SETS: 1 | REPS: 10 | DAILY: 2

While lying on your back, raise up your leg with a straight knee. Keep the opposite knee bent with the foot planted on the ground.



Hip Abduction - Sidelying

SETS: 1 | REPS: 10 | DAILY: 2

While lying on your side, slowly raise up your top leg towards the sky. Keep your knee straight and maintain your toes pointed forward the entire time. Keep your leg in-line with your body. The bottom leg can be bent to stabilize your body.



Bridge - Bridging

SETS: 1 | REPS: 10 | DAILY: 2

While lying down on your back with knees bent, tighten your lower abdominal muscles, squeeze your buttocks and then raise your buttocks off the floor/bed as creating a "bridge" with your body. Hold and then lower yourself and repeat.



Transfer - Sit Stand from Chair - Both Hands Assist

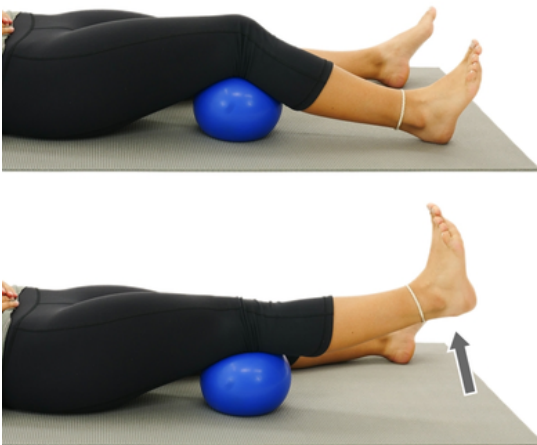
SETS: 1 | REPS: 10 | DAILY: 1

Stand from chair:

Lean side-to-side as you scoot your hip forward until you are sitting at front edge of the chair. Next, push with your hands on both arm rests as you raise up to standing position. If there are no arm rests, then reach back and grab the seat.

Sit to chair:

Stand in front of the chair so that the back of your legs are touching the chair. Then, lean forward and bend your knees as you reach back and grab the arm rests of the chair. If there are no arm rests, then reach back and grab the seat. Sit down and then lean side-to-side as you scoot deeper into the chair.



Short Arc Quad

SETS: 1 | REPS: 10 | DAILY: 2

Sit with leg out in front of you. Place pillow or other object under knee. Tighten quadricep muscle to kick up foot and straighten the knee. Lower foot down slowly.



Geriatric - Seated Marching

SETS: 1 | REPS: 12 | DAILY: 2

While sitting in a chair, lift your foot off the ground as you flex your hip and lift your leg. Lower back down and repeat on the opposite leg. Repeat this alternating movement.



Geriatric - Knee Extension - Long Arc Quad (LAQ)

SETS: 1 | REPS: 12 | DAILY: 2

While seated with your knee in a bent position and your heel touching the ground, slowly straighten your knee as you raise your foot upwards as shown. Lower your foot back down until your heel touches the ground and then repeat.



Geriatric - Pillow Squeeze Hip Adduction - Seated

SETS: 1 | REPS: 12 | DAILY: 2

Sit on a chair and hold a pillow between your knees. Squeeze the pillow with your knees and hold. Relax and repeat.



Ankle Pumps - Seated AP

SETS: 1 | REPS: 15 | DAILY: 2

While seated with feet on the floor, press your toes into the floor so that your heels raise up off the floor. Then, relax to allow your heels to lower and then lift your toes off the floor as your heels press into the floor. Alternate and repeat.



Towel Curls - Towel Scrunches

SETS: 1 | REPS: 5 | DAILY: 1

While seated, use a towel and draw it back towards you using your toes. Curl your toes inward. Be sure to keep your heel in contact with the floor the entire time. Complete this ONLY on your right foot.



Ankle Circles

SETS: 1 | REPS: 10 | DAILY: 2

Move your ankle in a circular clockwise pattern for several repetitions and then repeat in the reverse counterclockwise direction. Complete with both feet.



Ball STM - Plantar Fascia

SETS: 1 | REPS: 10 | DAILY: 1

While seated, place a small ball or water bottle under the arch of your foot and press into it while rolling it around. Use this form of self-soft tissue massage technique for the arch of the foot.



Eversion

SETS: 1 | REPS: 5 | DAILY: 1

While seated, move your foot in an outward direction as shown. Be sure to keep your heel in contact with the floor the entire time.



Inversion

SETS: 1 | REPS: 5 | DAILY: 1

While seated, move your foot in an inward direction. Be sure to keep your heel in contact with the floor the entire time.



Plantar Fascia Stretch

SETS: 1 | REPS: 3 | DAILY: 1

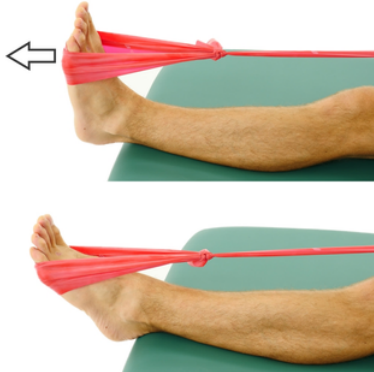
While sitting, place your blue leg lifter around your right foot and toes as shown. Hold onto the other end of the leg lifter. Gently pull back on the strap until a stretch is felt. Hold for 15 seconds.



Gastroc & Soleus Stretch

SETS: 1 | REPS: 2 | DAILY: 2

Sitting or lying in bed with your involved leg straight out in front of you, drape the theraband around your foot. Pull up toward you until you feel a stretch. Hold 30 seconds. Perform with your knee straight as well as with your knee slightly bent.



Elastic Band Plantarflexion - Supine

SETS: 1 | REPS: 10 | DAILY: 2

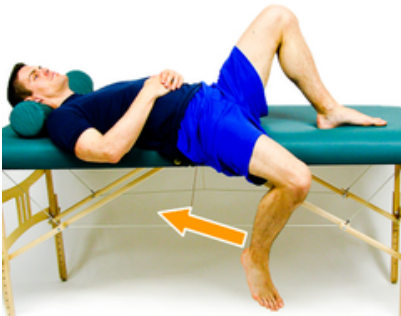
You can perform this lying in bed. Anchor one end of the elastic band in your hand and place a looped end around your target foot. Next, hold the band and pull it to provide some tension in the band. Then move your target ankle/foot forward. This is the same motion as when pressing down on a gas pedal of a car. Return to starting position and repeat.



Lumbar Rotations

SETS: 1 | REPS: 1 | DAILY: 2

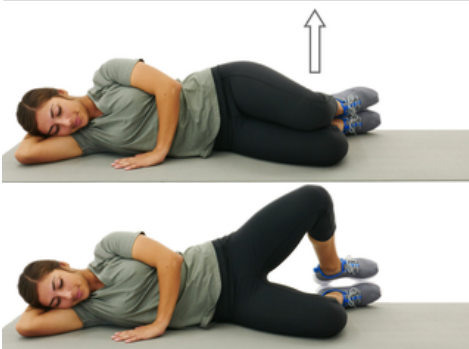
Lying on your back with your knees bent, slowly drop your legs to one side and hold the stretch. Come back to the middle and switch sides. You should feel the stretch in your back on the opposite side that your legs are leaning. Hold for 1 minute.



Hip Flexor Stretch 3

SETS: 1 | REPS: 5 | DAILY: 2

While lying on a table or high bed, let the affected leg lower towards the floor until a stretch is felt along the front of your thigh. At the same time, slowly bend your affected knee to add more stretch. Hold for 30 seconds.



Side Lying Clamshell - Clam Shell

SETS: 1 | REPS: 10 | DAILY: 2

While lying on your side with your knees bent, raise your top knee upwards while keeping your feet in contact the entire time. Lower back down and repeat. Do not let your pelvis roll back during the lifting movement.



Seated Marching

SETS: 2 | REPS: 10 | DAILY: 2

While sitting in a chair, lift your foot off the ground as you flex your hip and lift your leg. Lower back down and repeat on the opposite leg. Repeat this alternating movement.



Knee Extension - Long Arc Quad (LAQ)

SETS: 2 | REPS: 10 | DAILY: 2

While seated with your knee in a bent position and your heel touching the ground, slowly straighten your knee as you raise your foot upwards as shown. Lower your foot back down until your heel touches the ground with good control and then repeat.



Heel Raise

SETS: 2 | REPS: 15 | DAILY: 2

While seated in a chair, place your feet on the floor.

Next, press down with your forefoot and toes to raise your heels up off the floor. Lower your heels back down and repeat.

Keep your toes on the ground the entire time.



Toes Raises

SETS: 2 | REPS: 10 | DAILY: 2

Sit in a chair with your feet flat on the ground.

Next, raise up your toes and forefoot on both sides as you bend at your ankles. Keep your heels on the ground the entire time. If this is difficult, slide your feet forward and try again.



Seated Clam Shells

SETS: 2 | REPS: 10 | DAILY: 2

Start by sitting close to the edge of a chair with knees bent and both feet on the floor. Next, move your knees out to the side as shown and then return to straight ahead. Maintain contact of your feet on the floor the entire time.



Ankle/Foot Inversion

SETS: 2 | REPS: 10 | DAILY: 2

While seated, move your foot in an inward direction. Try to only move your foot/ankle.

Be sure to keep your heel in contact with the floor the entire time.



Ankle ABC's

SETS: 1 | DAILY: 1

While in a seated position, write out the alphabet in the air with your big toe with one foot. Your ankle should be moving as you perform this. After completing the alphabet on one side, complete on the other side.



Seated Pillow Squeeze

SETS: 2 | REPS: 5 | DAILY: 1

Sit in a chair and place a pillow between your thighs/knees. Squeeze the pillow with the legs. Hold for 3 seconds, relax and repeat.



Cervical Retraction / Chin Tuck

SETS: 1 | REPS: 5 | DAILY: 1

Slowly draw your head back so that your ears line up with your shoulders.



Cervical Flexion

SETS: 1 | REPS: 5 | DAILY: 1

Tilt your head downwards, then return back to looking straight ahead.



Upper Trap Stretch - Holding Chair

SETS: 1 | REPS: 1 | DAILY: 1

While sitting in a chair, hold the seat with one hand or tuck your hand under your leg and bend your head towards the opposite side for a gentle stretch to the side of the neck.

Hold for 30 seconds then complete on the other side.



Scapular Retractions

SETS: 2 | REPS: 10 | DAILY: 1

Move your shoulder blades back and down.

Hold, relax and repeat.



Shoulder Rolls

SETS: 1 | REPS: 10 | DAILY: 1

Move your shoulders in a circular pattern as shown so that you are moving in an up, back and down direction. Perform small circles if needed for comfort.



Shrugs

SETS: 1 | REPS: 10 | DAILY: 1

Raise your shoulders upward towards your ears as shown. Shrug both shoulders at the same time.



Supine Gluteal Sets

SETS: 1 | REPS: 10 | HOLD: 15 | DAILY: 2

Setup: Begin lying on your back with your hands resting comfortably.

Movement: Tighten your buttock muscles, then release and repeat.

Tip: Make sure not to arch your low back during the exercise or hold your breath as you tighten your muscles.



Supine Isometric Hip Adduction with Pillow at Knees

SETS: 1 | REPS: 10 | HOLD: 5 | DAILY: 2 | WEEKLY: 7

Setup: Begin lying on your back with your legs straight and a pillow between your knees.

Movement: Gently squeeze the pillow with your legs, hold briefly, then relax and repeat.

Tip: Make sure to continue breathing evenly. There should be little to no movement during the exercise.



Supine Quadricep Sets

SETS: 1 | REPS: 10 | HOLD: 5 | DAILY: 2 | WEEKLY:

Setup: Begin lying on your back on a bed or flat surface with your legs straight.

Movement: Tighten the muscles in the thigh of your surgical leg as you straighten your knee. Hold, then relax and repeat.

Tip: Make sure to keep your toes pointing toward the ceiling during the exercise. Try to flatten the back of your knee towards the bed.



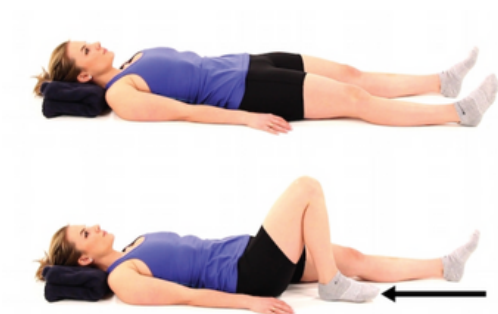
Supine Ankle Pumps

SETS: 1 | REPS: 10 | HOLD: 5 | DAILY: 2 | WEEKLY: 7

Setup: Begin lying on your back with your legs straight.

Movement: Slowly pump your ankles by bending and straightening them.

Tip: Try to keep the rest of your legs relaxed while you move your ankles.



Supine Heel Slide

SETS: 1 | REPS: 10 | DAILY: 2 | WEEKLY:

Setup: Begin lying on your back with your legs straight.

Movement: Slowly slide one heel on the floor toward your buttocks, until you feel a stretch in your knee or upper leg, then slide it back out and repeat.

Tip: Make sure not to arch your low back or twist your body as you move your leg.



Supine Hip Abduction

SETS: 1 | REPS: 10 | DAILY: 2 | WEEKLY: 7

Setup: Begin lying on your back with your legs straight.

Movement: Move one leg out to the side as far as you can without bending at your side.

Tip: Make sure to keep your back on the ground and do not move your upper body during the exercise.



Active Straight Leg Raise Advanced

SETS: 1 | REPS: 10 | DAILY: 2 | WEEKLY: 7

Setup: Begin lying on your back with your legs straight.

Movement: Tighten your abdominals and lift one leg up toward the ceiling as far as you can without arching your low back, keeping your knee straight.

Tip: Make sure to keep your low back flat against the floor during the exercise.



Wrist Flexion Stretch

SETS: 1 | REPS: 2 | DAILY: 2

Start with the elbow straight and with palm down. Use the opposite hand to gently pull your wrist down until you feel a comfortable stretch without pain. Hold this stretch for 30 seconds.



Wrist Extension Stretch

SETS: 1 | REPS: 2 | DAILY: 2

Start with the elbow straight and with the palm down. Use the opposite hand to gently pull your wrist back until you feel a comfortable stretch without pain. Hold this stretch for 30 seconds.



Gross Grasp

SETS: 1 | REPS: 10 | DAILY: 1

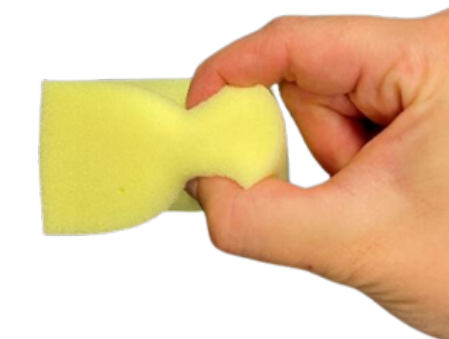
Grasp a piece of foam or stress ball and squeeze your hand like you are making a fist. Repeat.



Lateral Pinch

SETS: 1 | REPS: 10 | DAILY: 1

Move a "c" with your hand, then place the foam on the middle of the index finger. Press thumb down toward your index finger, squeezing the foam.



Tip Pinch

SETS: 1 | REPS: 10 | DAILY: 1

Place the foam between your thumb and index finger. Squeeze the foam so that you are trying to touch these 2 fingers together.

Three Jaw Chuck/Palmar Pinch

SETS: 1 | REPS: 10 | DAILY: 1

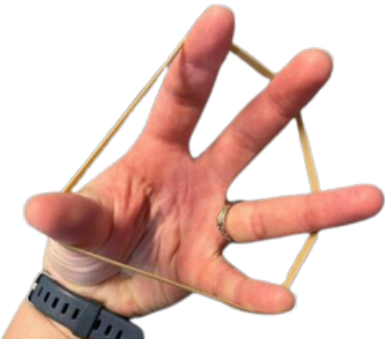
Similarly, place the foam between thumb, index, and middle fingers. Squeeze the foam so that you are trying to touch these three fingers together.



Paper Clip Linking

SETS: 1 | REPS: 2 | DAILY: 1

Link and unlink some paper clips. Repeat as needed.



Finger Extension

SETS: 1 | REPS: 10 | DAILY: 1

Place a rubber band around the tips of each finger. Open your hand up, stretching the rubber band. Repeat.



Pipe Cleaner Beading

SETS: 1 | REPS: 1 | DAILY: 1

Thread some beads onto and off of a bumpy pipe cleaner one at a time. Repeat.



Therapy Putty Squeezes

SETS: 1 | REPS: 1 | DAILY: 1

Squeeze, pinch, pull, and roll a piece of putty for 5 minutes.



In-Hand Manipulation with 1 Die

SETS: 1 | REPS: 10 | DAILY: 1

Start with palm up and die in fingertips. Use fingers to it roll down to palm, then roll the die back up to fingertips. Complete without dropping the die or twisting/angling hand. Repeat.



In-Hand Manipulation with 2 Dice

SETS: 1 | REPS: 10 | DAILY: 1

Start with your palm up. Hold two dice in your hand. Rotate the dice to the right (clockwise) then to the left (counterclockwise). Repeat 10 times each direction.



Pen Walking

SETS: 1 | REPS: 10 | DAILY: 1

Start by holding pen at the tips of your fingers, then using your fingertips, "walk" UP the pen. When you reach the end, flip the pen and "walk" back UP to the other end. Next, start at one end of the pen and "walk" DOWN the pen. Once you reach one end, flip and repeat. Repeat 10 times each direction (up and down).



Clip Pinching

SETS: 1 | REPS: 2 | DAILY: 1

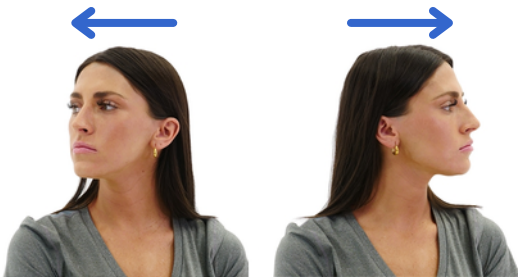
Pinch the binder clips and attached them around the edge of the bag. Then take them off. Repeat 2 times with all 10 clips.



Yarn Threading

SETS: 1 | REPS: 1 | DAILY: 1

Make sure all binder clips are attached to the bag. Pinch the yarn and thread it through the holes of the binder clips. Then pull it out. Repeat 1 time.



Head Movements

SETS: 1 | REPS: 5 | DAILY: 1

Stand up tall and look ahead. Slowly turn your head as far as you can to the right. Slowly turn your head as far as you can to the left. Repeat 5 times to each side.



Neck Movements

SETS: 1 | REPS: 5 | DAILY: 1

Stand up tall and look ahead. Place one hand on your chin. Guide your head straight back. Repeat 5 times.



Back Extension

SETS: 1 | REPS: 5 | DAILY: 1

Stand up tall with feet shoulder-width apart. Place your hands on the small of your back. Gently arch your back. Repeat 5 times.



Trunk Movements

SETS: 1 | REPS: 5 | DAILY: 1

Stand up tall and place your hands on your hips. Do not move your hips. Turn as far as you can to the right, comfortably. Turn as far as you can to the left, comfortably. Repeat 5 times to each side.



Ankle Movements

SETS: 2 | REPS: 10 | DAILY: 1

Either stand or sit. Pull the foot towards you, then point the foot down. Repeat 10 times for each foot.

Strength Exercises

Strengthening exercises are essential for maintaining healthy bones and the muscles necessary for walking and being independent in your daily activities.

You should aim to do these exercises three times a week with a rest day in between. Your physical therapist will prescribe certain weights for you to use during these exercises and may also prescribe additional weight as you become stronger. Using too much weight before your physical therapist tells you it is okay may cause injury.

Lift the weight slowly through the entire range of movement. Never hold your breath while lifting. Inhale before lifting, exhale while lifting, and inhale again while lowering the weight.



Front Knee Strengthening Exercise

SETS: 2 | REPS: 10

Strap the weight onto your ankle. Sit in a chair with your back well supported. Straighten the leg out. Lower the leg. Repeat 10 times. Strap the weight onto your other ankle. Repeat 10 times.



Back Knee Strengthening Exercise

SETS: 1 | REPS: 10

Strap the weight onto your ankle. Stand up tall facing a table with both hands on the table. Bend the knee, bringing the foot toward your bottom. Return to the starting position. Repeat 10 times. Strap the weight onto your other ankle. Repeat this exercise 10 times.



Side Hip Strengthening Exercise

SETS: 1 | REPS: 10

Strap the weight onto your ankle. Stand up tall beside a table and hold onto it. Keep the exercising leg straight and the foot facing straight ahead. Lift the leg out to the side and return. Repeat 10 times. Strap the weight onto your other ankle. Turn around. Repeat this exercise 10 times.



Calf Raises - Hold Support

SETS: 1 | REPS: 10

Stand up tall facing a table. Hold onto the table and look ahead. Your feet should be shoulder-width apart. Come up onto your toes. Lower your heels to the ground. Repeat this exercise 10 times.



Calf Raises - No Support

SETS: 1 | REPS: 10

Stand up tall near a table and look ahead. Your feet should be shoulder-width apart. Come up onto your toes. Lower your heels to the ground. Repeat this exercise 10 times.



Toe Raises - Hold Support

SETS: 1 | REPS: 10

Stand up tall beside a table. Hold on and look ahead. Your feet should be shoulder-width apart. Come up onto your heels, raising your front foot off the floor. Lower your feet onto the ground. Repeat this exercise 10 times.



Toe Raises - No Support

SETS: 1 | REPS: 10

Stand up tall near a table and look ahead. Your feet should be shoulder-width apart. Come back onto your heels, raising your front foot off the floor. Lower your feet to the ground. Repeat this exercise 10 times.

Balance Exercises

Balance is important for everyday activities. The following quick balance exercises should be done three times a week, but you are encouraged to do them as often as you can! They can be done every day.



Knee Bends - Hold Support

SETS: 1 | REPS: 10 | DAILY: 1

Stand up tall facing a table with both hands on the table. Place your feet shoulder-width apart. Squat down half way, bending your knees. The knees go over the toes. When you feel your heels start to lift, straighten up. Repeat.



Knee Bends - No Support

SETS: 1 | REPS: 10 | DAILY: 1

Stand up tall near a table and look ahead. Place your feet shoulder-width apart. Squat down half way, bending your knees. The knees go over the toes. When you feel your heels start to lift, straighten up. Repeat.



Backwards Walking - Hold Support

SETS: 2 | REPS: 10 | DAILY: 1

Stand up tall and hold onto a table. Walk backwards 10 steps. Turn around and hold on with the other hand. Walk backwards 10 steps to the beginning. Repeat.



Backwards Walking - No Support

SETS: 2 | REPS: 10 | DAILY: 1

Stand up tall near a table and look ahead. Walk backwards 10 steps. Turn around. Walk backwards 10 steps to the beginning. Repeat.



Walking and Turning Around

SETS: 2 | REPS: 10 | DAILY: 1

Stand near a table. Walk at your regular pace. Turn in a clockwise direction. Walk back to your starting position. Turn in a counterclockwise direction. The exercise is a figure-eight movement. Repeat.



Sideways Walking

SETS: 2 | REPS: 10 | DAILY: 1

Stand up tall near a table and place your hands on your hips. Take 10 steps to the right. Take 10 steps to the left. Repeat.



Heel Toe Standing - Hold Support

SETS: 1 | REPS: 1 | DAILY: 1

Stand up tall beside a table. Hold onto the table and look ahead. Place one foot directly in front of the other foot so your feet form a straight line. Hold this position for 10 seconds. Change position and place the foot behind directly in front of the other. Hold this position for 10 seconds.



Heel Toe Standing - No Support

SETS: 1 | REPS: 1 | DAILY: 1

Stand up tall near a table and look ahead. Place one foot directly in front of the other foot so your feet form a straight line. Hold this position for 10 seconds. Change position and place the foot behind directly in front of the other. Hold this position for 10 seconds.



Heel Toe Walking - Hold Support

SETS: 1 | REPS: 2 | DAILY: 1

Stand up tall beside a table. Hold on and look ahead. Place one foot directly in front of the other foot so your feet form a straight line. Place the foot behind directly in front of the other. Repeat 10 more steps. Turn around. Repeat this exercise.



Heel Toe Walking - No Support

SETS: 1 | REPS: 2 | DAILY: 1

Stand up tall near a table and look ahead. Place one foot directly in front of the other foot so your feet form a straight line. Place the foot behind directly in front of the other. Repeat 10 more steps. Turn around. Repeat this exercise.



One Leg Stand - Hold Support

SETS: 1 | REPS: 2 | DAILY: 1

Stand up tall beside the table. Hold on and look ahead. Stand on one leg. Try to hold this position for 10 seconds. Stand on the other leg. Try to hold this position for 10 seconds.



One Leg Stand - No Support

SETS: 1 | REPS: 2 | DAILY: 1

Position yourself near a table. Stand on one leg. Try to hold this position for 10 seconds. Stand on the other leg. Try to hold this position for 10 seconds.



Heel Walking - Hold Support

SETS: 1 | REPS: 2 | DAILY: 1

Stand up tall beside a table. Hold on and look ahead. Come back onto your heels, raising the front of your foot off the floor. Walk 10 steps on your heels. Lower your feet to the ground and turn around. Walk 10 steps on your heels. Repeat.



Heel Walking - No Support

SETS: 1 | REPS: 2 | DAILY: 1

Stand up tall beside a table and look ahead. Come back onto your heels, raising the front of your foot off the floor. Walk 10 steps on your heels. Lower your feet to the ground and turn around. Walk 10 steps on your heels. Repeat.



Toe Walking - Hold Support

SETS: 1 | REPS: 2 | DAILY: 1

Stand up tall beside a table. Hold on and look ahead. Come up onto your toes. Walk 10 steps on your toes. Lower your heels to the ground and turn around. Walk 10 steps on your toes. Repeat.



Toe Walking - No Support

SETS: 1 | REPS: 2 | DAILY: 1

Stand up tall near a table and look ahead. Come up onto your toes. Walk 10 steps on your toes. Lower your heels to the ground and turn around. Walk 10 steps on your toes. Repeat.



Heel Toe Walking Backwards

SETS: 1 | REPS: 2 | DAILY: 1

Stand up tall near a table and look ahead. Place one foot directly behind the other foot. Place the foot in front directly behind. Repeat for 10 more steps. Turn around. Repeat the exercise.



Stand to Sit - Two Hands

SETS: 1 | REPS: 5 | DAILY: 1

Sit on a chair that is not too low. Place your feet behind your knees. Lean forward over your knees. Push off with both hands to stand up. Repeat.



Stand to Sit - One Hand

SETS: 1 | REPS: 5 | DAILY: 1

Sit on a chair that is not too low. Place your feet behind your knees. Lean forward over your knees. Use one hand to help you stand up. Repeat.



Stand to Sit - No Hands

SETS: 1 | REPS: 5 | DAILY: 1

Sit on a chair that is not too low. Place your feet behind your knees. Lean forward over your knees. Stand up without using your hands. Repeat.



Stair Walking

SETS: 1 | REPS: 1 | DAILY: 1

Hold onto the handrail for this exercise. Go up and down the stairs for ___ steps.

Physiotherapy

These physiotherapy exercises have been developed for patients who spend long periods of time in bed during their hospital stay.

Lower Extremity Exercises



Ankle Pumps

SETS: 1 | REPS: 10+ | DAILY: 1

Sit upright or lie flat. Keep your legs straight. Point your feet away from you and then pull them up towards you. Repeat for 30 seconds.



Static Quad Contractions

SETS: 2 | REPS: 10 | DAILY: 1

Sit upright or lie with your legs straight. Pull your foot up towards you so that your toes are pointing towards the ceiling. Push the back of your knee down into the bed and tighten the muscle on the front of your thigh. Hold for a count of 5 seconds, relax and repeat. Repeat steps 10 times on each leg.



Glutes Squeeze

SETS: 1 | REPS: 10 | DAILY: 1

Squeeze your buttock muscles together as tightly as possible. Hold for a count of 5 seconds. Then relax for 10 seconds. Repeat 10 times.

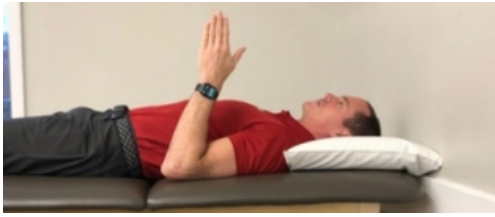


Heel Slides

SETS: 2 | REPS: 10 | DAILY: 1

Lie flat or sit upright. Start with your legs straight. Bend one knee by sliding your heel up towards your bottom. Now slowly straighten your leg back out by sliding your heel away from you. Repeat 10 times on each leg.

Upper Extremity Exercises



Push Ups

SETS: 1 | REPS: 10 | DAILY: 1

Bend your arms and touch your shoulders with the back of your hands. Push your arms up towards the ceiling and then return them to the starting position. Repeat 10 times.



Shoulder Raise

SETS: 1 | REPS: 10 | DAILY: 1

Start with your arms by your sides. Lift your arms up above your head as far as you can. Then slowly lower them back down. Repeat steps 10 times.



You can do these exercises while you are in bed to help strengthen your lower body and improve your blood flow. This helps prevent blood clots.

For each exercise: Start with 1 set of 10 repetitions (reps), 3 times a day. As you get stronger, work up to 2 sets of 15 reps 3 times a day.

Special note: If you have had recent surgery, check with your doctor or physical therapist before starting these exercises.



Ankle Pump

SETS: 1 | REPS: 10 | DAILY: 3

Lie on your back. Your lower leg can rest on the bed, or you can put a pillow under the leg you are exercising, as shown. Point your toes toward your head and then toward the foot of the bed. When you are done with your reps, repeat with the other leg.



Quad Sets

SETS: 1 | REPS: 10 | DAILY: 3

Sit or lie down with your legs straight in front of you. If your back hurts, bend 1 leg, as shown. For the leg you are exercising, try to push the back of your knee down against the bed. This will tighten your thigh muscle. Hold for 3 seconds. Breathe normally (do not hold your breath). Release. When you are done with your reps, repeat with the other leg.



Bridge

SETS: 1 | REPS: 10 | DAILY: 3

Lie on your back with your knees bent and your feet flat on the bed. Lift your buttocks. Slowly lower back to the bed.

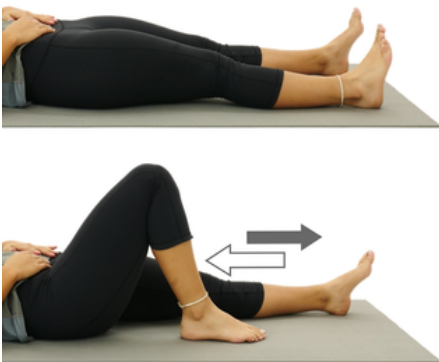




Short Arc Quad

SETS: 1 | REPS: 10 | DAILY: 3

Lie on your back, with a pillow under your knees. Straighten 1 leg all the way. Hold for 3 seconds and then release. When you are done with your reps, repeat with the other leg.



Heel Slides

SETS: 1 | REPS: 10 | DAILY: 3

Lie on your back with your legs straight. Bend 1 knee as far as you can. Slowly return to your starting position. When you are done with your reps, repeat with the other leg.



Glut Sets

SETS: 1 | REPS: 10 | DAILY: 3

Lie on your back with your legs straight. Squeeze your buttocks together (see arrow). Hold for 3 seconds and release.



Straight Leg Raises

SETS: 1 | REPS: 10 | DAILY: 3

Lie on your back with 1 knee bent. Raise your straight leg until it is next to your bent leg. Slowly lower your leg. When you are done with your reps, repeat with the other leg.