

Please remember not to hold your breath during this, or any, exercise.



Glute Set – Supine

While lying on your back, squeeze your buttocks and hold. Repeat. This exercise can also be performed while sitting.

- Repeat: 10 Times
- Hold: 5 Seconds
- Complete: 2 Sets
- Perform: 3 Times a Day



Seated Marching

While seated in a chair, lift up your foot and knee, set it down and then perform on the other leg. Repeat this alternating movement.

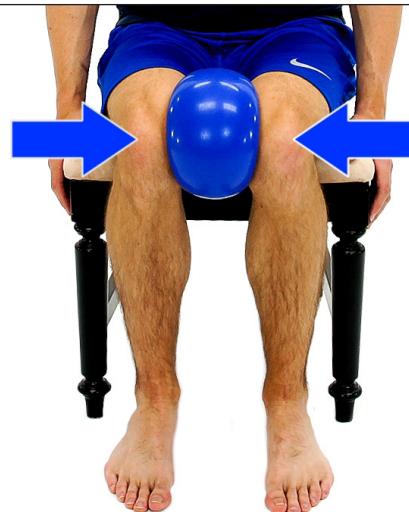
- Repeat: 10 Times
- Hold: 3 Seconds
- Complete: 3 Sets
- Perform: 3 Times a Day



Long Arc Quad (LAQ) – High Seat

While seated with your knee in a bent position, slowly straighten your knee as you raise your foot upwards, as shown.

- Repeat: 10 Times
- Hold: 3 Seconds
- Complete: 3 Sets
- Perform: 3 Times a Day



Ball Squeeze – Seated

While sitting, place a ball between your knees. Squeeze the ball with your knees and hold

- Repeat: 10 Times
- Hold: 3 Seconds
- Complete: 3 Sets
- Perform: 3 Times a Day

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Hip Abduction – Bilateral – Seated

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. Your feet should maintain contact with the floor the entire time.

Repeat: 10 Times
 Hold: 3 Seconds
 Complete: 3 Sets
 Perform: 3 Times a Day



Heel Raises – Plantarflexion – Bilateral

Start with your entire foot on the ground. Next, raise up your heels as you press your toes down. Keep your toes on the ground the entire time.

Repeat: 10 Times
 Hold: 1 Second
 Complete: 3 Sets
 Perform: 3 Times a Day



Toe Raises – Dorsiflexion – Both

Start with your feet on the ground. Next, raise up both forefeet and toes as shown as you bend at your ankle. Keep your heels on the ground the entire time.

Repeat: 10 Times
 Hold: 1 Second
 Complete: 3 Sets
 Perform: 3 Times a Day



Ankle Circles

Move your ankles in a circular pattern one direction for 10 repetitions and then reverse the direction for another 10 repetitions.

Repeat: 10 Times
 Hold: 1 Second
 Complete: 2 Sets
 Perform: 3 Times a Day

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Sit Stand – Both Hands Assist

While seated in a chair with arms, scoot forward towards the edge of the chair. Next, hold on to the arm rest with both hands for support, and then raise up to standing.

- Repeat: 10 Times
- Hold: 1 Second
- Complete: 3 Sets
- Perform: 3 Times a Day



Wand Press – Standing

Start by holding a wand or cane at chest height. You can also perform this exercise without holding an object. Next, slowly push the wand outwards in front of your body so that your elbows become fully straightened. Then, return to the original position.

- Repeat: 10 Times
- Hold: 1 Second
- Complete: 3 Sets
- Perform: 3 Times a Day



Scapular Retractions

Draw your shoulder blades back and down.

- Repeat: 10 Times
- Hold: 3 Seconds
- Complete: 3 Sets
- Perform: 3 Times a Day



Elbow Flexion Extension

Bend your elbow upwards as shown then then lower to a straightened position.

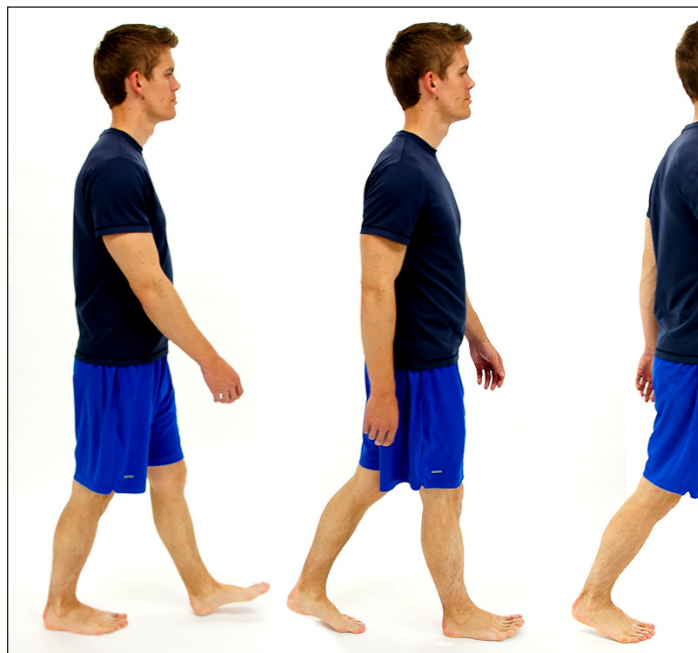
- Repeat: 10 Times
- Hold: 3 Seconds
- Complete: 3 Sets
- Perform: 3 Times a Day

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Recumbent Bike

Pedal forward for 7 minutes, then pedal backward for 7 minutes. Go at your own pace and resistance. Please remember not to hold your breath during this, or any, exercise.



Walking

Start a walking program. Walking can be performed outside or indoors. Walk continuously for 5-10 minutes and progress toward a goal of 20-30 minutes as you are able. If you are able, try walking multiple times per day at your own pace for as long as you can tolerate. Please remember not to hold your breath during this, or any, exercise.

Duration: 5 Minutes