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

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

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

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

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