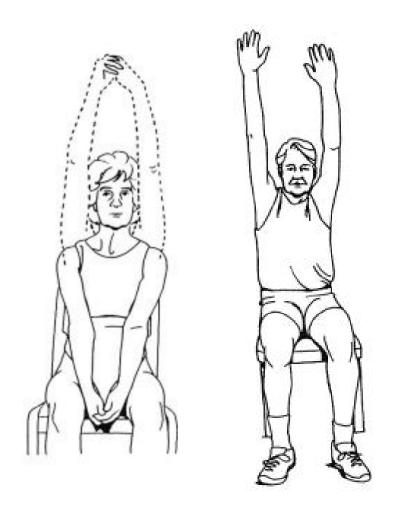
Patient & Family Guide

Seated Exercise Program



Arms Above Head



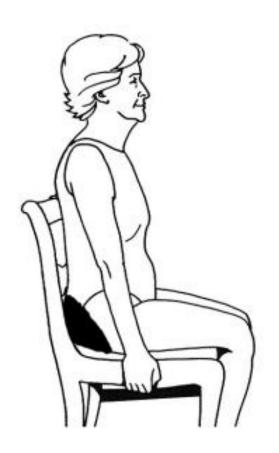
- Sit in a chair with your back straight.
- Reach your arms up in the air as far as possible.
- Try to keep your shoulders down.
- Hold for _____ seconds.
- Repeat _____ times.

Hands Behind Head



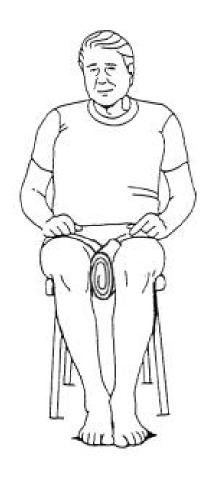
- Sit in a chair with your back straight.
- Put your hands behind your head.
- Gently bring your elbows back.
- Hold for _____ seconds.
- Bring your elbows forward.
- Repeat _____ times.

Buttock Squeezes



- Sit in a chair with your back straight.
- Squeeze your buttocks (bum) together.
- Hold for _____ seconds.
- Repeat _____ times.

Hip Adduction



- Sit in a chair with your back straight.
- Put a rolled towel between your knees.
- Squeeze your knees together.
- Hold for _____ seconds.
- Repeat _____ times.

Knee Raises



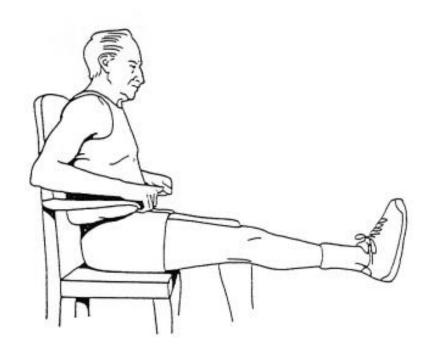
- Sit in a chair with your back straight.
- Lift your knee.
- Hold for _____ seconds.
- Then lower your knee.
- Repeat with your other leg.
- Repeat _____ times.

Legs Apart



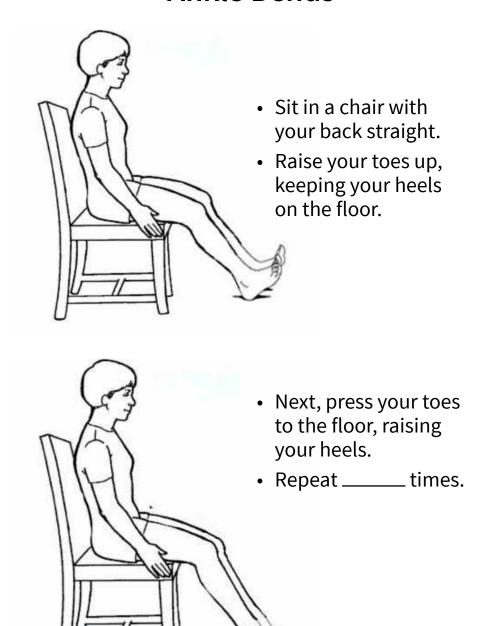
- Sit in a chair with your back straight.
- Move your legs far apart.
- Then bring them together.
- Repeat _____ times.

Quad Exercises



- · Sit in a chair with your back straight.
- Straighten your leg and tighten (flex) the muscle on the front of the thigh.
- Keep the back of your leg on the chair.
- Hold for _____ seconds.
- Slowly lower your foot to the floor.
- Repeat _____ times.
- · Repeat with the other leg.

Ankle Bends

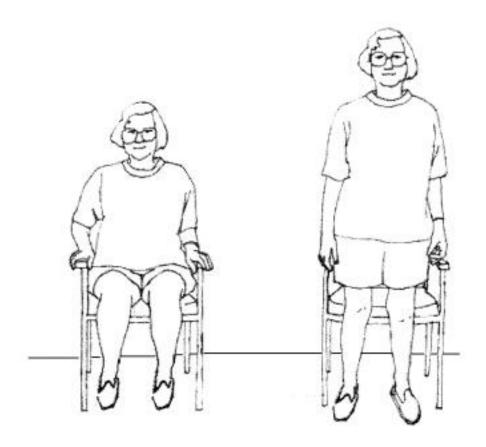


Toe Raises



- Sit in a chair with your back straight.
- Move your heels back as far as possible.
- Bend your ankles by lifting your toes off the floor.
- Hold for _____ seconds. Relax your feet.
- Repeat _____ times.

Sit to Stand



- Move to the front of your chair.
- Put both of your hands on the arms of your chair.
- Lean forward, look up, and then stand.
- Stand for _____ seconds.
- Reach back for the arms of your chair and sit down.
- Repeat _____ times.

Looking for more health information?

Find this pamphlet and all our patient resources here: https://library.nshealth.ca/PatientEducation Contact your local public library for books, videos, magazines, and other resources.

For more information, go to http://library.novascotia.ca

Connect with a registered nurse in Nova Scotia any time: call 811 or visit https://811.novascotia.ca Learn about other programs and services in your community: call 211 or visit http://ns.211.ca

Nova Scotia Health promotes a smoke-free, vape-free, and scent-free environment.

Please do not use perfumed products. Thank you!

www.nshealth.ca

Prepared by: Physiotherapy Designed by: Nova Scotia Health Library Services

The information in this brochure is for informational and educational purposes only.

The information is not intended to be and does not constitute health care or medical advice.

If you have any questions, please ask your health care provider.

WB85-1563 © July 2021 Nova Scotia Health Authority
The information in this pamphlet is to be updated every 3 years or as needed.

