

- Notes:
1. Aerobic exercise (ie. walking) 10-30 minutes/day.
 2. Strength exercises 2-4x/week.
 3. Stretch after all activity.

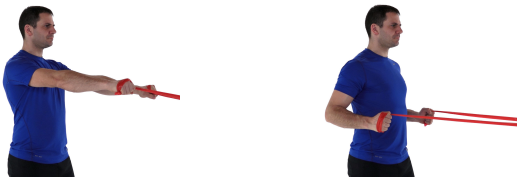
1. Sit to stand



- Sit on a chair that have been placed against a wall to prevent slipping.
- Interlace your fingers and reach forward with your arms.
- With your feet slightly apart and your hips at the edge of the seat, lift your hips up from the seat to stand.
- Slowly return to sitting.

Sets: 1-3 Repetition: 10

2. Standing rowing with band



- Attach the band to an object in front of you at elbow height.
- Put one foot in front of the other and hold both ends of the band.
- Keeping your arms in a 45° from your body, pull the band keeping your chest out and your shoulders down and back.
- Do not move your head forward as you pull.

Sets: 1-3 Repetition: 10

3. Standing plantar/dorsi flexion



- Stand with your feet slightly apart. Stand on the tips of your toes and then bring your feet back down. Pull the front of your feet toward the ceiling so that you are standing only on your heels. Alternate slowly between those two positions. Keep your knees extended and your back straight at all times. Hold a chair if necessary. To progress, do the exercise more quickly.

Sets: 1-3 Repetition: 10

4. Alternated lateral raises



- Step on the center of a band, hold the two ends (elbow slightly bent) and perform a lateral raise one arm at a time.
- For increased challenge, widen your stance to stretch the band even more.

Sets: 1-3 Repetition: 10

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5. Strengthening triceps



- Sit on a chair and place hands on the edge of the chair. Slowly move your body in front of the chair by bending the elbows and the knees. Straighten your elbows by pushing up on the chair. Return and repeat.

Sets: 1-3 Repetition: 10

6. Side bends



- Stand up with the soft end of the powerswing trainer under your foot and the other end in your hand.
- Side bend to the opposite side. You can slide your free hand on your thigh to guide the movement.
- Perform the movement in a slow, controlled manner.

Sets: 1-3 Repetition: 10-20

7. Glute bridge



- Lie on your back with your knees bent.
- Contract your buttocks to lift your hips off the ground until your trunk is aligned with your legs.
- Slowly return to the initial position and repeat.

Sets: 1-3 Repetition: 10 Hold: 5 sec.

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Exercise#1 : Page 1 GEN105415 Sit to stand, hands out in front

Sets: 1-3 Repetition: 10



Exercise#2 : Page 1 REN10835 Standing bilateral rowing with band (arms at 45°)

Sets: 1-3 Repetition: 10



Exercise#3 : Page 1 XNEU1788 Standing plantarflexion and dorsiflexion

Sets: 1-3 Repetition: 10



Exercise#4 : Page 1 REN12050 Alternated lateral raises with band

Sets: 1-3 Repetition: 10



Exercise#5 : Page 2 XGEN2123 Sitting, triceps strengthening in resisted dips on chair (leg bent)

Sets: 1-3 Repetition: 10



Exercise#6 : Page 2 GEN104638 Side bends with band

Sets: 1-3 Repetition: 10-20



Exercise#7 : Page 2 GEN8159 Glutes strengthening in supine bridge

Sets: 1-3 Repetition: 10 Hold: 5 sec.