

Strengthening Exercises

1. Sit To Stand

Scoot forward in chair. Sit with chest lifted and slight inward curve in the low back. Position feet hip-width apart with knees pointed forward over second toe. Tighten abdominal and buttock muscles. Bend forward at the hips and slowly stand up. Do not allow knees to point inward or low back to move. Keep chest lifted and slowly return to sitting position.

Do ____ sets of ____ repetitions ____ times per day.

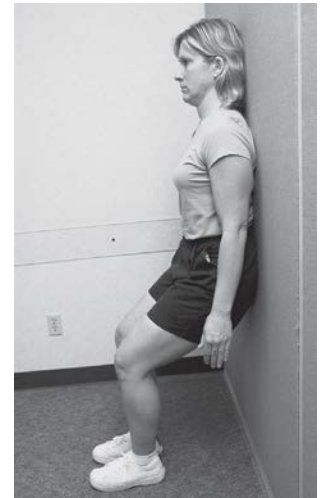


2. Wall Slides

Stand with back and shoulder blades against a wall. Place feet shoulder-width apart about ____ inches from the wall with knees slightly bent. Tighten abdominal muscles. Slowly bend knees and let your back slide down the wall. Your knees should stay in line with your second toe. Stop when you are half way to the sitting position. Push back up to starting position.

Hold each repetition ____ seconds

Do ____ sets of ____ repetitions ____ times per day.



3. Mini S-uats

Place hands on a countertop. Tighten abdominal muscles. S-quat down by bending the hips and knees, allowing your buttocks/hips to move back behind you. Keep your knees in line with your second toe. Do not bend all the way down because this stresses the knees. Return to starting position.

Hold each repetition ____ seconds.

Do ____ sets of ____ repetitions ____ times per day.



Continued

4. Single Leg Standing

Stand with good posture. Tighten abdominal and buttock muscles.

- Place hands on countertop

Shift weight onto one leg and lift the other leg off the floor. As you stand on one leg, keep trunk upright and pelvis level. Do not lock knee. Keep knee pointed forward over second toe. Repeat on other leg.

To increase difficulty:

- Lift same side hand off countertop
- Lift both hands off countertop
- Close eyes
- Stand on unstable surface (foam, exercise mat, pillow)

Hold each repetition _____ seconds.

Do _____ sets of _____ repetitions on each leg _____ times per day.



5. Step Ups

Stand with good posture.

- Stand facing a block or step with one foot up on the block
- Stand next to a block or step with one foot up on the block
- Use _____ inch block/step

Step up, lifting the other foot onto the block/step. Return slowly to starting position. Do not lock knees. Keep knee pointed forward over second toe. Keep pelvis level.

Do _____ sets of _____ repetitions _____ times per day.



6. Heel Raises

Stand with good posture with hands resting on a countertop for balance. Raise heels off floor so you are standing on the balls of your feet. Hold abdominal and buttock muscles tight throughout the exercise. Do not let yourself lean too far forward. Slowly lower to the starting position.

- Perform on one leg

Do _____ sets of _____ repetitions _____ times per day.



7. Standing Leg Lift to Side

Stand with good posture with hands on a countertop. Tighten abdominal muscles. Lift one leg out to the side, keeping the knee straight. Keep both knees pointing forward. Do not allow pelvis or back to move. Return leg to starting position.

- Hold each repetition _____ seconds

Do _____ sets of _____ repetitions _____ times per day.



8. Standing Leg Lift to Back

Stand with good posture with hands on a countertop. Tighten abdominal and buttock muscles. Move your leg straight back while keeping your knee straight. Do not allow your low back to arch. Return leg to starting position.

- Hold each repetition _____seconds

Do _____sets of _____repetitions _____times per day.



9. Bridging

Lie on back with knees bent and feet flat.

Pull abdominals up and in under the rib cage and tighten buttock muscles.

- A. - Lift your hips and low back off the surface.
Keep pelvis level. Hold _____seconds.
- B. - While maintaining bridge position, alternately march one knee toward the ceiling. Keep pelvis level.
- C. - While maintaining bridge position, alternately extend one leg out straight and lower to the surface.
Keep pelvis level.

Do _____repetitions _____times per day.



10. Sidelying Leg Lift

Lie on your side with lower leg bent. Keep top leg straight and slightly behind the mid-line of body, toes pointed forward. Top hip should be rolled forward slightly. Tighten abdominal and buttock muscles. Lift the top leg up and slightly back. Do not allow pelvis or back to move.

- Hold each repetition _____seconds.

Do _____sets of _____repetitions _____times per day.



11. Wall Push Ups

Stand arm's length away from a wall. Place hands on the wall at shoulder

height, shoulder-width apart. Begin with elbows slightly bent. Keep your shoulder blades back. Slowly move your body toward the wall by bending your elbows. Do not let your low back arch or your head move forward. Return to the starting position. Do not lock your elbows during the exercise. Keep abdominal muscles tightened.

Do ____ sets of ____ repetitions ____ times per day.



12. Sitting Push Ups

Sit near the front of a chair that has armrests. Place hands on the armrests and bend forward from the hips. Push with your arms and lift the weight of your body halfway to a standing position. Your feet should stay on the floor. Don't let your spine round forward. Keep chest lifted up. Hold for a count of 3. Slowly lower body back to the starting position using the arms.

Do ____ sets of ____ repetitions ____ times per day.



13. "W" Exercise with Theraband

- Sit/stand with good posture
- Stand with back against a wall

Hold arms in the "W" position with shoulders relaxed. Bring elbows back while pinching shoulder blades together. Theraband should be at the level of your breastbone. Hold for a count of 3. Relax and repeat.

Do ____ sets of ____ repetitions ____ times per day.

14. "Money" Exercise with Theraband

- Sit/stand with good posture



- Stand with back against a wall

Start with arms out in front of you at shoulder height, elbows straight and palms up/down. Hold theraband near the ends with slight tension on the band. Keep your elbows straight and bring arms out to the side and back while pinching the shoulder blades together. Theraband should be at the level of your collarbone. Hold for a count of 3. Return to the starting position, controlling the pull of the band.

Do _____sets of _____repetitions _____times per day.



15. Half “V” Exercise with Theraband

- Sit/stand with good posture
- Stand with back against a wall

Hold theraband at the ends with one arm down by your side and the other arm crossed in front of your body with the thumb facing forward. Lift this arm up over your head and slightly out to the side to make half of a “V” while pinching the shoulder blade down and back. Don’t let your shoulder shrug up toward your ear. Hold for a count of 3. Return arm to the starting position, controlling the pull of the band.

Do _____sets of _____repetitions _____times per day.

