

General Guidelines

DO:

- ✓ Perform exercises when your body is able and willing
- ✓ Wear loose and comfortable clothing and closed toe footwear
- ✓ Warm up before exercising
- ✓ Exercise at least 3 times a week
- ✓ Take short rests between sets
- ✓ Use slow steady movements to lift weights

DO NOT:

- ✓ Hold your breath when exercising
- ✓ Exercise just before bedtime
- ✓ Exercise any part of your body which might be in pain
- ✓ Exercise before or after you eat or while you are hungry



PHASE 1: VISIT 2

Calf Stretches: Flexibility

- Lean hips into the wall
- Keep knees locked in extension
- Hold stretch for 5 seconds
- Relax and Repeat 10-15 times



Quad Set

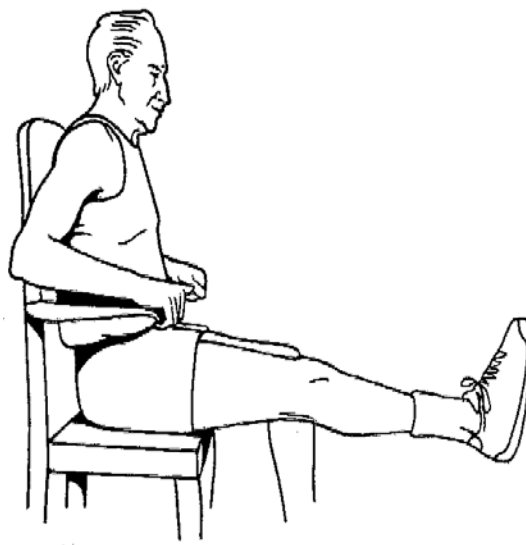
- Lying on your back
- Leg straight
- Slowly tighten thigh muscle
- Hold for 10 sees
- Relax and Repeat 10-15 times
- Repeat on opposite leg



PHASE 1: VISIT 2

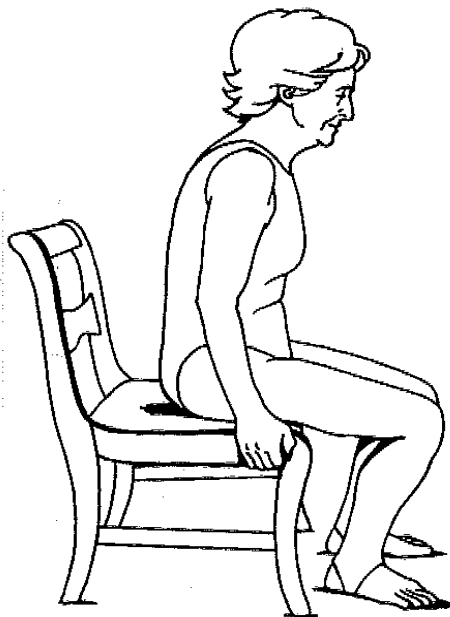
Sitting Quad Set

- Tighten muscle on top of thigh
- Straighten out knee
- Hold for 10 secs
- Relax and Repeat 10-15 times
- Repeat on opposite leg



Buttock Squeeze

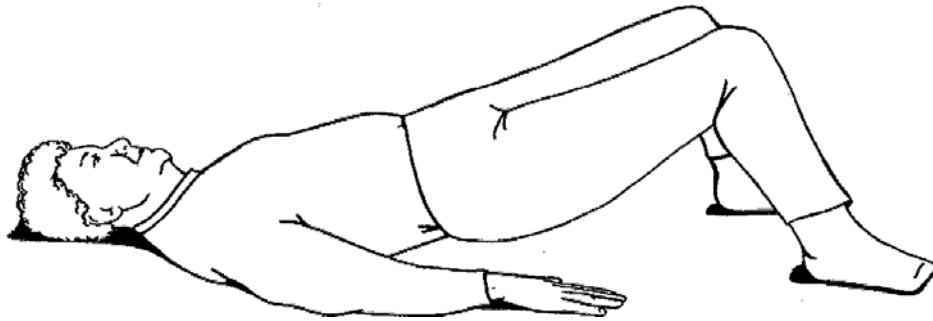
- Sitting, lying or standing
- Squeeze together your buttocks
- Hold for 10 secs
- Relax and repeat 10-15 times



PHASE 1: VISIT 3

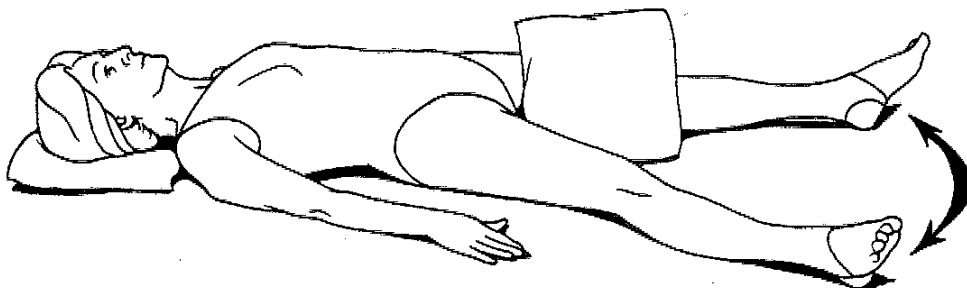
Bridging

- Lying on your back
- Feet on surface and apart
- Squeeze buttocks and lift hips
- Hold for 10 secs
- Relax and repeat 10-15 times.



Hip Abduction

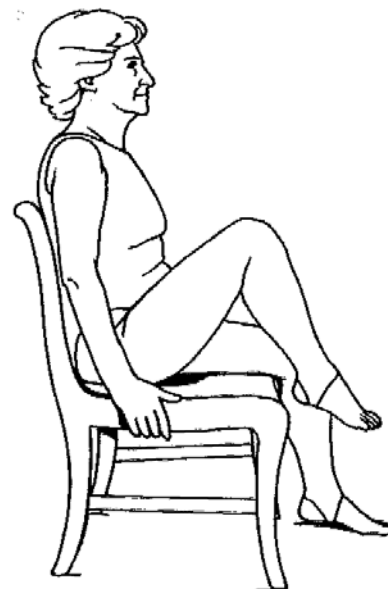
- Lying on your back
- Place a pillow between your legs
- Keep kneecap pointing toward ceiling
- Slide one leg out to the side and back
- Relax and Repeat 10-15 times
- Repeat on opposite leg



PHASE 1: VISIT 3

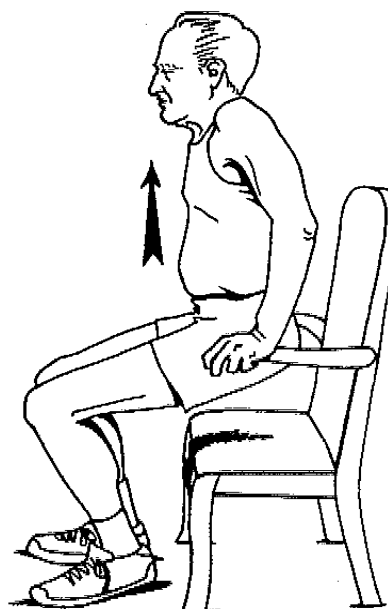
Sitting Hip Raises

- Sit in a supported chair
- Lift knee bending at the hip
- Do not lean trunk back
- Alternate legs
- Repeat 10-15 times each leg



Chair Push-ups

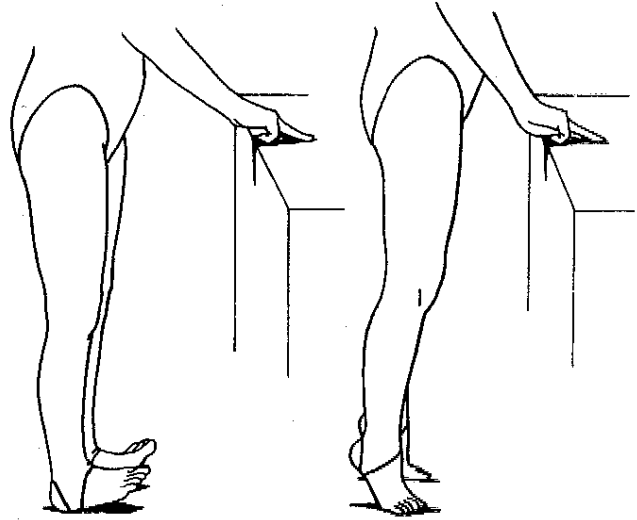
- Sitting in chair
- Push down on chair arms
- Raise buttocks off seat
- Repeat 10-15 times



PHASE 2: VISIT 4

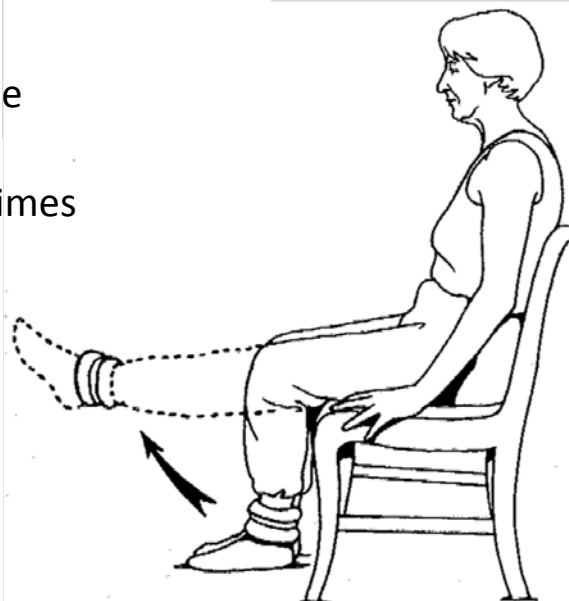
Balancing Act

- Standing, place feet apart
- Use chair for support
- Rise up on toes.
- Hold for 5 secs then down
- Go up on heels.
- Hold for 5 secs then down
- Relax and Repeat 10-15 times



Knee Lifts

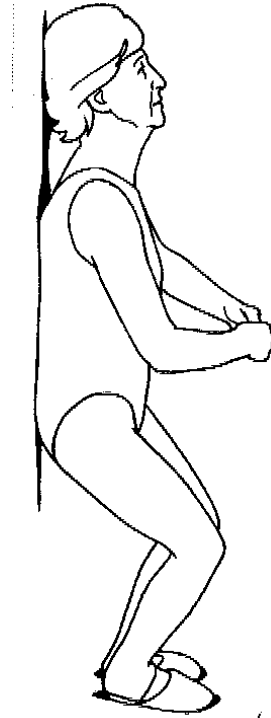
- Sit with back supported
- Wrap weight around ankle
- Straighten leg slowly
- Relax and Repeat 10-15 times
- Repeat on opposite leg



PHASE 2: VISIT 4

Wall slides

- With feet ~ 6 inches from wall
- Lean back against wall
- Gently bend at hips and knees to squat
- Keep back against wall
- Hold for 5-10 secs
- Relax and Repeat 10-15 times



Hip Kicks

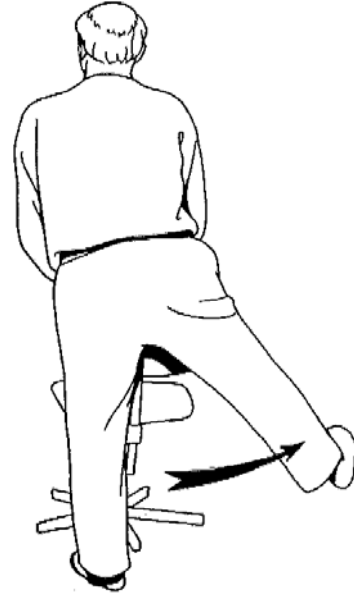
- Use a chair for balance
- Keep feet shoulder width apart
- Slowly extend one leg back
- Keep knee straight
- Do not lean forward
- Relax and Repeat 10-15 times
- Repeat on opposite leg



PHASE 2: VISIT 5

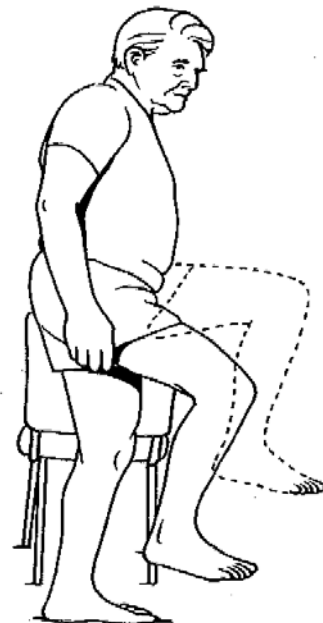
Hip Side Kicks

- Hold onto chair for balance
- Keep legs shoulder width apart
- Point toes out with knee straight
- Kick one leg out to the side
- Do not lean trunk
- Relax and Repeat 10-15 times
- Repeat on opposite leg



Marching

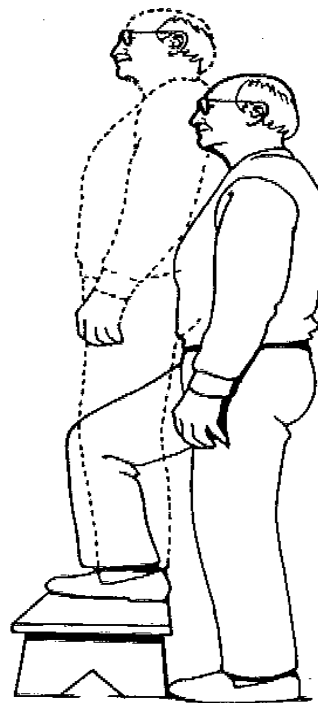
- Standing, using a chair if needed
- March in place 4 times in each phase
 - Foot raised 6 "
 - 12"
 - 18"
 - As high as you can
 - The 4 phases make a set
- Repeat set 2 times



PHASE 2: VISIT 5

Step Ups

- Using a stair or stool
- Step up and down with same leg 5 times
- Repeat on opposite leg 5 times
- 10 step ups make 1 set
- Repeat set 2 times



Lean Lifts

- Sitting in chair
- Gently lean body forward
- Head over toes
- Lift bottom off seat
- Return to sitting
- Repeat 10-15 times

