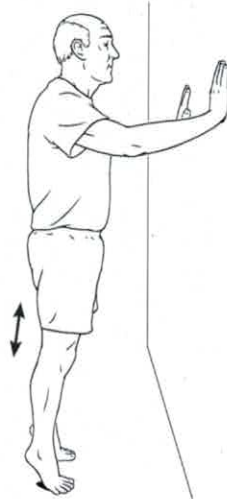


OSTEOPOROSIS - 9 Toe Up

Leaning against wall, go up and down on toes.



Repeat 15-30 times.
Do 3 sessions per day.

PARKINSON - 6 Standing Step

Using support, lift knees taking high steps, alternating legs.



Repeat 10-20 times.
Do 2 sessions per day.

HIP - 56 ABDUCTION: Standing (Active)

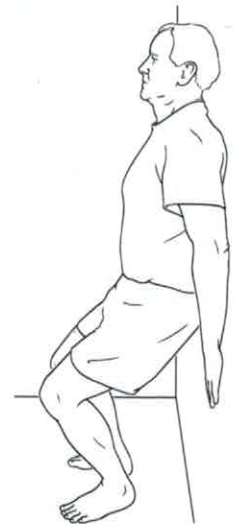
Stand, feet flat.
Lift right leg out to side. Use 0 lbs.



Complete 3 sets of 8-12 repetitions.
Perform 2 sessions per day.

OSTEOPOROSIS - 8 Back Wall Slide

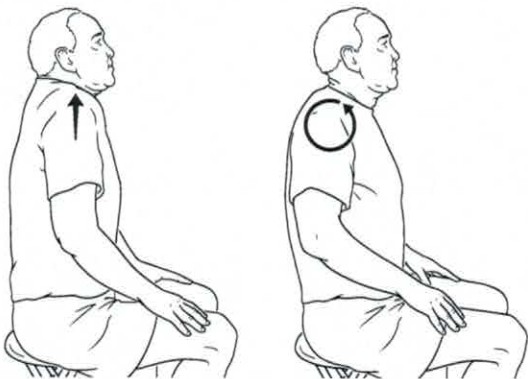
With feet 12-18 inches from wall, lean as much of back against the wall as possible. Gently squat down 4-6 inches, keeping back against wall.



Hold 10-15 seconds while counting out loud.

Repeat 3 times.
Do 2 sessions per day.

PARKINSON - 16 Shoulder Shrug / Circle



Bring shoulders up toward ears and back down. Then circle shoulders backward.

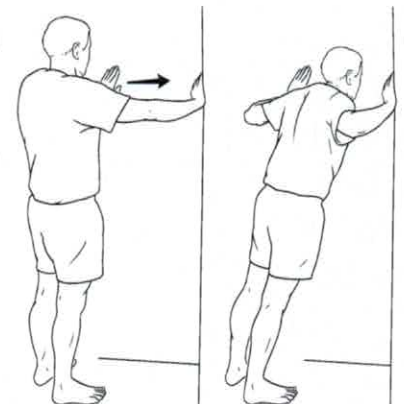
Repeat 15 times. Do 2 sessions per day.

OSTEOPOROSIS - 12 Corner Push

Stand in a corner with a hand on each wall at shoulder level, and feet _____ inches from walls. Gently lean body toward corner.

Hold 2 seconds.

Repeat 10-15 times.
Do 2 sessions per day.



General Strengthening – General Precautions

For all exercises, please ensure that you are standing next to a firm or stable object (i.e. your kitchen counter) in case you need something to hold on to for balance or to assist you in standing up.

- 1) If you cannot perform this exercise with both feet, try performing them one at a time in an alternating fashion. Always hold on to something firm.
- 2) Stand as tall as possible. As if you were trying to touch the top of your head to the ceiling. Try to bring your knees as close to hip level as possible (without pain or balance trouble).
- 3) Don't try to lift your leg as high as possible. This exercise focuses on using the correct muscles (you should feel this right over top of the hip joint, in addition to the backside *slightly*). You should pause your motion at the top for 2 seconds. No weight is recommended.
- 4) Do not slide down the wall too far! You only want to slide down far enough where you know, with certainty, you will be able rise to a standing position again. Try not to let your knees travel out over your toes.
- 5) Always circle backwards when using this as an exercise. Circling your shoulders backwards promotes strength in the shoulders and good positioning.
- 6) To make this exercise harder, you can perform it on your kitchen counter. The lower the object your hands are on while performing this exercise, the harder it will be. If you have any shoulder pain, you may want to avoid this exercise.

As always, if you feel any pain **STOP!**