

HIP / KNEE - 78 Functional Quadriceps: Chair Squat

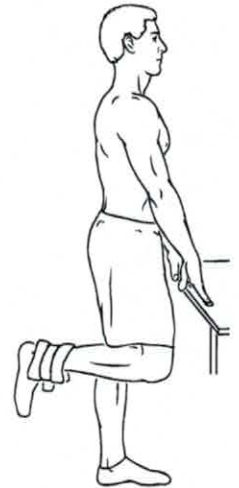
Keeping feet flat on floor, shoulder width apart, squat as low as is comfortable. Use support as necessary.



Repeat 5-10 times per set.  
Do 1 sets per session.  
Do 1 sessions per day.

HIP / KNEE - 80 Knee Flexion: Resisted (Standing)

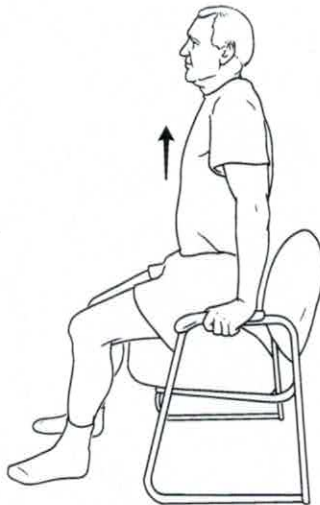
With support, 0 pound weight around right ankle, slowly bend knee up. Return slowly.



Repeat 15 times per set.  
Do 2 sets per session.  
Do 1 sessions per day.

TOTAL HIP - 12 Arm Chair Push

Put hands on arms of chair and push body up out of chair.



Repeat 5-10 times.  
Do 1 sessions per day.

ABDOMINALS - 5 Sitting Crunch (Active)

Holding 0 lbs at chest, tighten abdominal muscles and lean forward at trunk.



Complete 1 sets of 5-10 repetitions.  
Perform 1 sessions per day.

HIP / KNEE - 76 Knee Extension (Sitting)

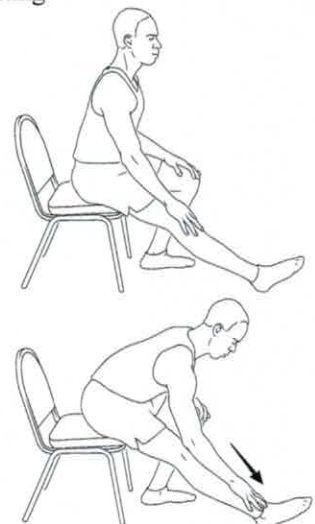
Place 0 pound weight on left ankle and straighten knee fully, lower slowly.



Repeat 15 times per set.  
Do 2 sets per session.  
Do 1 sessions per day.

HAMSTRING - 23 Chair Sitting

Sit at edge of seat, spine straight, one leg extended. Put a hand on each thigh and bend forward from the hip, keeping spine straight. Allow hand on extended leg to reach toward toes. Support upper body with other arm. Hold 10 seconds.



Repeat 5 times per session.  
Do 1 sessions per day.

## Home Routine (Low Intensity) – 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.**

- 1) This exercise will challenge your strength as well as your balance. Please only squat as low as you feel comfortable going with full confidence that you will return to a standing position. For added security, place an additional chair behind you.
- 2) This should be done without weight. In the unlikely event that you feel a cramp in the back of your thigh (the hamstring), stop the exercise and sit down.
- 3) This exercise is for upper body strength. If you have shoulder or wrist pain, you may want to skip this exercise. Make sure your hips stay over the seat of the chair at all times, they do not travel forward in this exercise.
- 4) This exercise is dependent on the muscular contraction of the abdominal muscles. Please be aware of how your abdomen is feeling. Engage the muscles tightly with each repetition, making sure to enforce an exhale during this contraction process.

A more difficult modification for this exercise would be to sit at the edge of your chair, sit tall and lean backwards (without touching the back of your chair). Make sure to exhale each time you lean backward. Be aware of how your back and abdomen are feeling. If you have any pain at all, **stop!**

5) An easier version of this exercise can be done with your heel on the floor. Straighten one leg, place the heel on the floor and contract the thigh muscle (by trying to straighten your leg even further). You should hold this contraction for 3-5 seconds. If you have pain, stop the exercise.

6) Please do not round out your back as you lean forward. You may keep both hands on the **bent** knee to increase the safety of this exercise as you lean forward. **Do not hold your breath!**