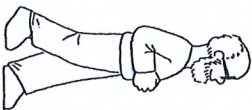


HOME SUPPORT EXERCISE PROGRAM

1. Walking from room to room

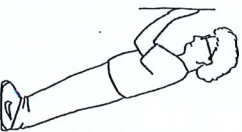


BEGINNER
Walk on the spot.
Begin with 2 min.
Increase time up to 5 min. Then progress.

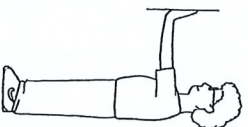


PROGRESSION
Walk from room to room.
Begin with five minutes.
Increase time every day.

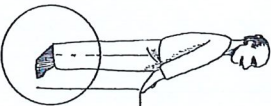
2. Wall push ups



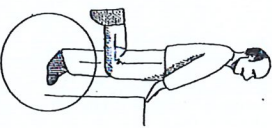
Begin with 5. Add more everyday until you can do 15.



3. Rising up on toes

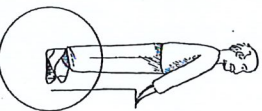


BEGINNER
Lift up on your toes (standing on both feet). Begin with 5. Add more until you can do 15. Then progress.

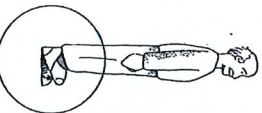


PROGRESSION
Lift up on your toes (standing on one foot). Begin with 5 on each foot. Add more until you can do 15.

4. Toe Taps

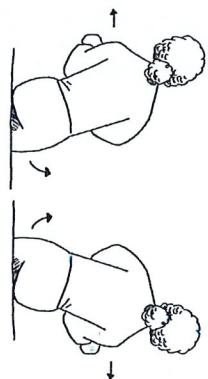


BEGINNER
Tap your toes alternately while holding onto a solid object). Begin with 2 min and increase time up to 5min. Then progress.



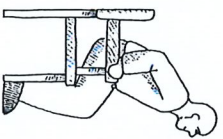
PROGRESSION
Tap your toes alternately without holding on.

5. Seat Walks

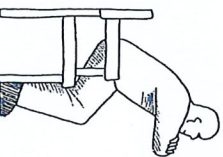


Lift your hip and shift your weight over. Begin with 2 min and increase time up to 5 min.

6. Getting up from chair

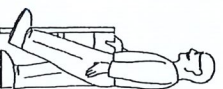


BEGINNER
Get up from a chair using your arms. Begin with 5. Add more every day until you can do 15. Then progress.



PROGRESSION
Get up from a chair without using your arms. Begin with 5. Add more every day until you can do 15.

7. Leg Lifts



Front



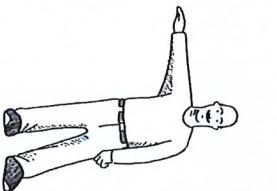
Side



Back

Lift your leg (front, side, and back). Begin with 5 repetitions on each leg. Increase as you become stronger until you can do 15 on each leg.

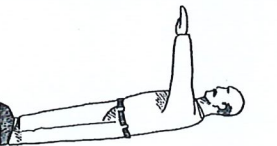
8. Reaching



Side



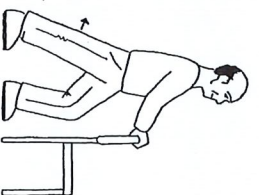
Up



Front

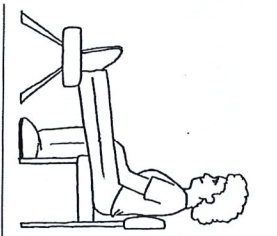
Out to the side, up, and front as far as you can. Begin with 5 repetitions in each direction. Add more until you can do 15.

9. Standing Stretch



Lower leg stretch
Hold this position for 10 sec. Relax and repeat. Stretch the other leg. Increase to 30 sec.

10. Seated Stretch



Back of leg stretch
Hold this position for 10 sec. Relax and repeat. Stretch the other leg. Increase to 30 sec.

Please consult with your healthcare professional to determine if this program is suitable for you.