

Program Instructions - MUST READ

- Please keep in mind that this is a **generic program** that has been created for a range of individuals. If you require a specialised program (specific injury or rehab), please contact an exercise physiologist at Healthy Connections.
- **You do not have to perform all exercises every day - choose as many as you can manage on that day.**
- Some of these exercises can be easily integrated into daily routine e.g. calf raises at the bench when boiling the kettle.
- If you feel that any particular exercise is not appropriate (too hard or causes pain/discomfort) please discontinue the exercise.
- The exercise intensities (e.g. sets and reps) have been set as a guideline and therefore you should adjust these intensities so that they are suitable for yourself.
- Balance exercises can be performed daily without any concerns.
- Strength Training should be broken up on non-consecutive days e.g. Tuesday, Thursday and Saturday: guidelines recommend 2-3 days/week. This gives time for the muscles to recover.
- If you have any questions or concerns regarding the program please do not hesitate to contact us at Healthy Connections.

Warm-Up

- Warm up is important as it gradually prepares your body for exercise. Performing a warm up before any strength exercises can reduce your risk of injury.
- A warm should be performed for a minimum of three minutes (5 minutes would be ideal)

See some options below for a warm up.

Walking

Laps: 5 laps of hallway

Perform walking laps of the hallway or around the house for a warm-up.

Perform as many laps as you can manage e.g. 3, 5 or 10.

Work at your own capacity - you should feel a bit "puffy" at the end of the waling laps



Marching (Chair)/Beside wall or at kitchen bench

Sets: 2-3 | Reps: 20 seconds

Preparation:

- Stand with good posture, feet shoulder width apart
- Use a chair or counter to balance yourself

Execution:

- Lift one knee up, then relax it back down. Now lift the other knee up, then relax it back down
- Maintain good posture and keep your hips level.



Lift knee up high



March

Seated Strength Exercises - 2-3 days/week

1. You do not need to perform all exercises one after another
2. You can perform exercises in small bouts

Lateral Costal Breathing (Deep breathing)

Sets: x10

Preparation:

- Hold the sides of your ribs

Execution:

- Breathe into your hands expanding your ribs outwards
- By holding your ribs you should feel the expansion occurring
- Try not lift the shoulders when breathing



Breathe out



Breathe into hands

Sit ⇒ Stand

Sets: 2 | Reps: 5-10

Preparation:

- Scoot forward on chair
- Make feet are hip width apart
- Weight through heels

Execution:

- Incline trunk slightly forwards
- Push through heels to standing
- Squeeze glutes
- Lead with hips and lower back to the chair
- Lower with control

You can make this more challenging but holding something with increased weight



Start



Scoot forward, lean forward



Rise, knees over toes



Stand

Knee Extension Concentric

Sets: 2 | Reps: 10

Preparation:

- Sit in a chair with good posture

Execution:

- Straighten your knee as much as you can
- Relax your knee back to the start position in a controlled manner



Sit with good posture



Straighten knee

Hip Abduction | Bilateral (Band)

Sets: 2 | Reps: 10

Preparation:

- Attach band as shown
- Sit in a chair with good posture
- Have feet hip width apart

Execution:

- Push knees wide apart pulling against the band
- Squeeze glute muscles
- Relax and return to start position



Sit in a chair with good posture



Push knees wide apart

Row | Bilateral (Band)

Sets: 2 | Reps: 10

Preparation:

- Sit tall with good posture
- Band looped around one leg

Execution:

- Row the band towards the side of your chest
- Squeeze shoulder blades together
- Maintain good posture



Loop band around foot



Row toward chest

Chest Press (Band)

Sets: 2 | Reps: 10

Preparation:

- Sit tall with good posture arms at shoulder height
- Band looped around armpits

Execution:

- Press arms forward against resistance
- Maintain good posture throughout



Band looped around trunk



Press arms forward

Elbow Flexion (Band)

Sets: 2 | Reps: 10

Preparation:

- Sit tall with good posture
- Band looped around legs

Execution:

- Bend elbow, bringing hand towards shoulder



Band looped around legs



Bend elbow, bring hand towards shoulder

Standing Strength Exercises - 2-3 days/week

1. You do not need to perform all exercises one after another
2. You can perform exercises in small bouts
3. Take regular rests when needed

Calf Raise Concentric | Bilateral (Chair)

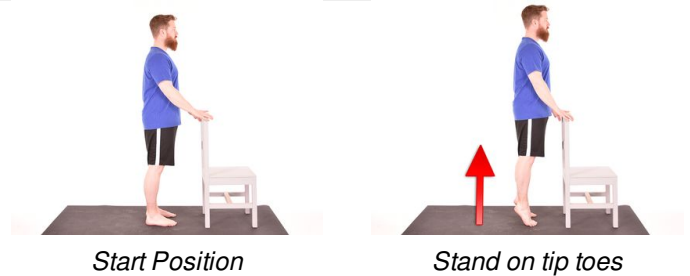
Sets: 2 | Reps: 5-10

Preparation:

- Stand holding a chair as shown

Execution:

- Stand on your tip toes, lifting your heels as high as you can



Knee Flexion AROM

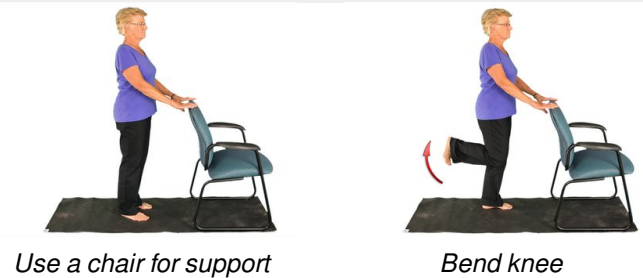
Sets: 2 | Reps: 5-10

Preparation:

- Use a chair for support

Execution:

- Bend knee



Hip Abduction AROM

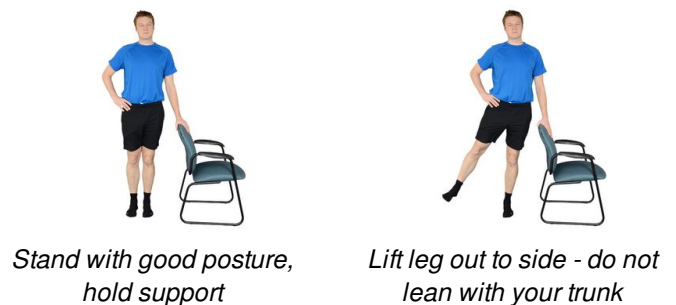
Sets: 2 | Reps: 5-10

Preparation:

- Stand with good posture
- Hold onto a chair or counter for support

Execution:

- Lift one leg out to the side using your side-buttock muscles
- Return to the start position with control



Hip Extension AROM (Chair)

Sets: 2 | Reps: 5-10

Preparation:

- Stand with good posture
- Use chair or counter to stabilize yourself

Execution:

- Lift one straight leg straight behind
- Return to the start position with control



Start Position



Lift leg behind

Balance - MUST READ

1. Only perform exercise that you feel confident performing
2. If you have balance issues make sure you perform exercises near a rail, sturdy chair or kitchen bench
3. Make sure you hold onto the support if you need it.
4. If the exercise is too easy, you can make the exercise more challenging by loosening your grip on the support or not holding on.

Balance | Close-Standing + Support

Sets: 2 | Hold: 10-30 seconds

Preparation:

- Use a chair for support

Execution:

- Stand with feet close together
- Maintain balance



Stand with feet close together

Balance | Partial-Tandem + Support

Sets: 2 | Hold: 10-30 seconds

Preparation:

- Use a chair for support

Execution:

- Stand with one foot in front of the other
- Maintain balance



One foot in front of the other



Balance | Tandem Standing + Support

Sets: 2 | Hold: 10-30 seconds

Preparation:

- Use a chair for support

Execution:

- Stand with one foot directly in front of the other
- Maintain balance
- Imagine you are standing on a tight-rope



Stand with one foot directly in front of the other



Imagine you are standing on a tight rope

Single Leg Stance | Supported (Chair)

Sets: 2 | Hold: 10-30 seconds

Preparation:

- Use a chair for support

Execution:

- Stand on one leg



Balance on one leg

Tandem Walk (Wall) - use four wheel walker or walking stick if needed

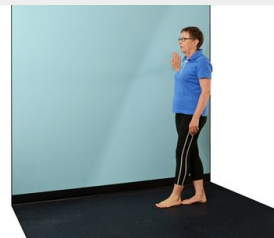
Sets: 2-3 laps

Preparation:

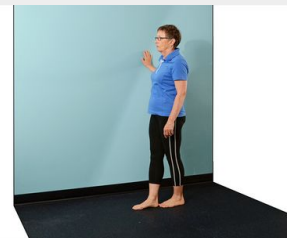
- Stand with the fingertips of one, or both, hands resting on a wall

Execution:

- Place the feet 'heel to toe' with the left foot forward
- Steady yourself in this position
- Step forward with the right foot, placing the heel directly in front of, and touching, the toes of the left foot
- Step forward with the left foot, placing the heel directly in front of, and touching, the toes of the right foot
- Repeat this sequence, moving forward down the hallway
- Reverse direction, moving backward down the hallway



Stand with feet inline



Walk along a tight-rope

Side Stepping (Countertop)

Sets: 2-3 laps

Preparation:

- Standing in front of a countertop as shown

Execution:

- Step to side while holding onto the counter
- Hold onto bench top for balance



Hands on the counter for support Prepare to step sideways



Lift leg to step to side



Step weight onto leading leg



Continue stepping to side

Stretches

Thoracic Rotation (Chair)

Reps: 10 each

Preparation:

- Sit in a chair with good posture, arms across chest
- Legs spread wide and feet flat on the floor

Execution:

- Twist your upper back to one side



Sit up straight



Rotate to one side

Hamstring Stretch

Sets: 2 | Hold: 20 seconds

Preparation:

- Sit on the edge of a chair

Execution:

- Put one leg out front
- Keep your knee locked
- Lean forward from the hips
- You should feel a stretch in the back of your leg



*Eyes and head forward,
hands resting on thigh,
toes toward the ceiling*



*Hinge at hips to feel
stretch in the back of the
thigh*

Knee to Chest | Single Leg

Sets: 2 | Hold: 20 seconds

Preparation:

- Sit tall

Execution:

- Bring your knee towards your chest



Sit tall



Bring knee to chest

Pectoralis Stretch (Wall)

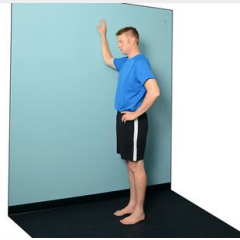
Sets: 2 | Hold: 20 seconds

Preparation:

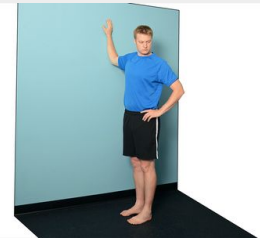
- Place your forearm against the wall with arm at shoulder height

Execution:

- Twist away from the wall
- You should feel a stretch across your shoulder and chest



*Forearm against the wall,
stand tall*



Twist away from wall

Upper Trapezius Stretch

Sets: 2 | Hold: 20 seconds

Preparation:

- Hand of the side being stretched tucked behind body

Execution:

- Bring your ear to the opposite shoulder and your chin towards your chest
- Now look slightly over the shoulder being stretched



Ear to armpit

Gastrocs Stretch (Wall)

Sets: 2 | Hold: 20 seconds

Preparation:

- Stand in front of a wall with one leg forward and one leg back

Execution:

- Keeping your back leg straight and heel on the ground, lean forwards, bending your front knee



*Lean forward, back knee
locked, heel on ground*