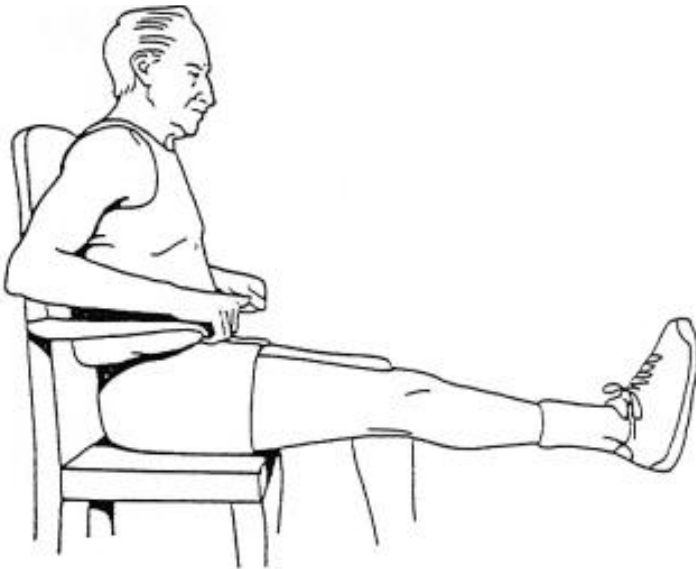


Seated Balance Program

Quad Exercises



- Sit in a chair with your back straight.
- Straighten one leg and tighten (flex) the muscle on the front of your thigh.
- Keep the back of your leg on the chair.
- Hold for _____ seconds.
- Slowly lower your foot to the floor.
- Repeat with your other leg. Repeat _____ times.

Looking for more health information?

Find this pamphlet and all our patient resources here: <https://library.nshealth.ca/PatientEducation>

Contact your local public library for books, videos, magazines, and other resources.

For more information, go to <http://library.novascotia.ca>

Connect with a registered nurse in Nova Scotia any time: call 811 or visit <https://811.novascotia.ca>

Learn about other programs and services in your community: call 211 or visit <http://ns.211.ca>

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Designed by: Nova Scotia Health Library Services

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The information is not intended to be and does not constitute health care or medical advice.
If you have any questions, please ask your health care provider.