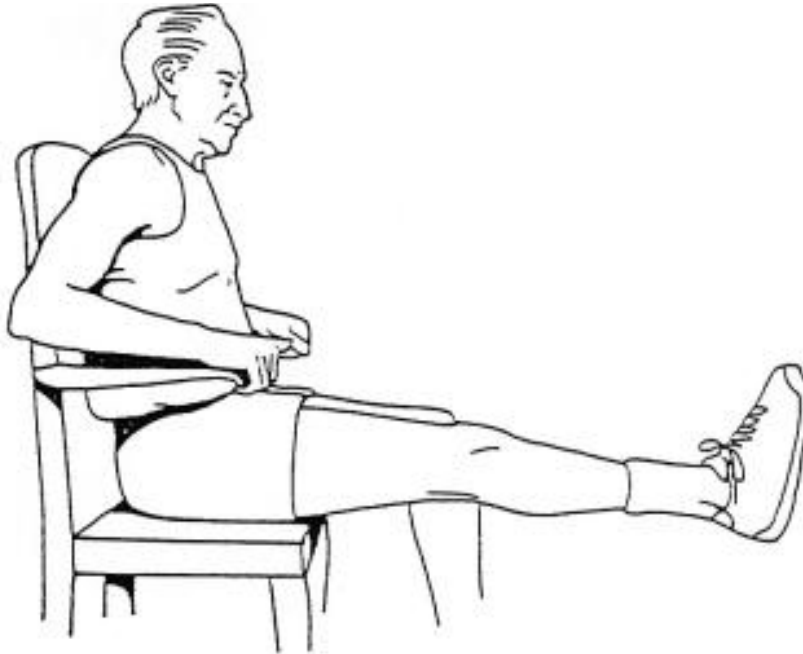


Seated Balance Program

Quad Exercises



- Sit in a chair with your back straight.
- Straighten your 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 _____ times.

Looking for more health information?

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

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>

Nova Scotia Health Authority promotes a smoke-free, vape-free, and scent-free environment. Please do not use perfumed products. Thank you!

Nova Scotia Health Authority www.nshealth.ca

Prepared by: Physiotherapy ©

Illustration by: Staff

Designed by: NSHA Library Services

The information in this brochure is for informational and educational purposes only.
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.