Seated Exercise Program
Arms Above Head

- Sit in a chair with your back straight.
- Reach your arms up in the air as far as possible.
- Try to keep your shoulders down.
- Hold for ______ seconds.
- Repeat ______ times.
Hands Behind Head

- Sit in a chair with your back straight.
- Put your hands behind your head.
- Gently bring your elbows back.
- Hold for ____ seconds.
- Bring your elbows forward.
- Repeat ______ times.
Buttock Squeezes

- Sit in a chair with your back straight.
- Squeeze your buttocks together.
- Hold for _____ seconds.
- Repeat ______ times.
Hip Adduction

- Sit in a chair with your back straight.
- Put a rolled towel between your knees.
- Squeeze your knees together.
- Hold for _____ seconds.
- Repeat _____ times.
Knee Raises

- Sit in a chair with your back straight.
- Lift your knee.
- Hold for ______ seconds.
- Then lower your knee.
- Repeat with your other leg.
- Repeat ______ times.
Legs Apart

- Sit in a chair with your back straight.
- Move your legs far apart.
- Then bring them together.
- Repeat ______ times.
Quad Exercises

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

- Sit in a chair with your back straight.
- Raise your toes up, keeping your heels on the floor.

- Next, press your toes to the floor, raising your heels.
- Repeat ______ times.
Toe Raises

- Sit in a chair with your back straight.
- Move your heels back as far as possible.
- Bend your ankles by lifting your toes off the floor.
- Hold for ______ seconds. Relax your feet.
- Repeat ______ times.
Sit to Stand

• Move to the front of your chair.
• Put both of your hands on the arms of your chair.
• Lean forward, look up, and then stand.
• Stand for ______ seconds.
• Reach back for the arms of your chair and sit down.
• 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!
www.nshealth.ca

Prepared by: Physiotherapy
Illustrations 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.

WB85-1563 © May 2018 Nova Scotia Health Authority
The information in this pamphlet is to be updated every 3 years or as needed.