



Patient & Family Guide
2026

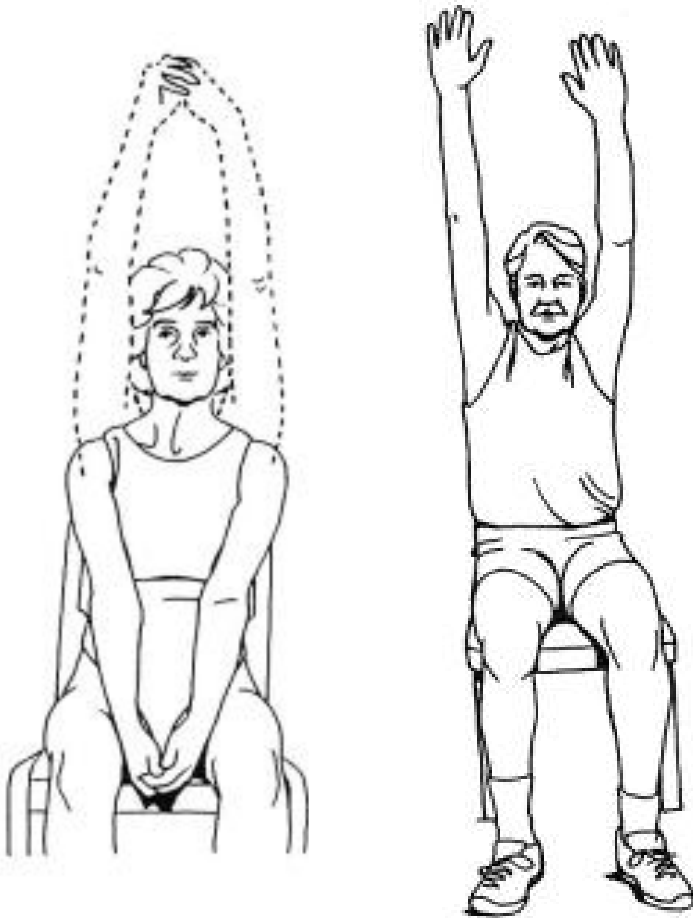
Seated Exercise Program

Aussi disponible en français :
FF85-1900



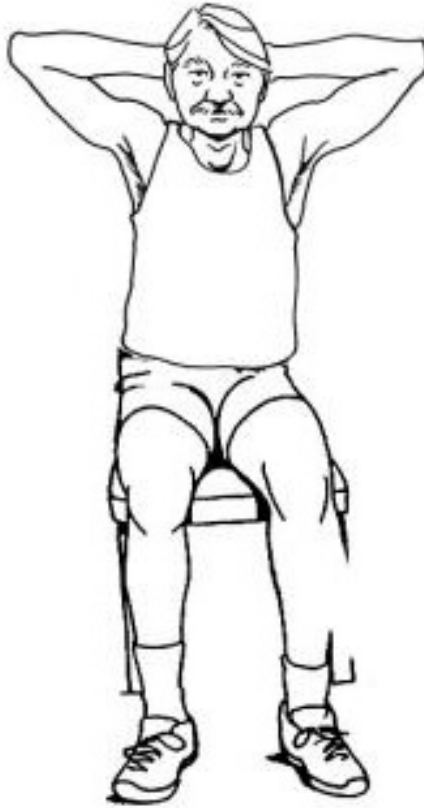
www.nshealth.ca

Arms Above Head



- Sit in a chair with your back straight.
- Reach your arms up in the air as far as you can.
- Try to keep your shoulders down.
- Hold for _____ seconds.
- Repeat _____ times.

Hands Behind Head



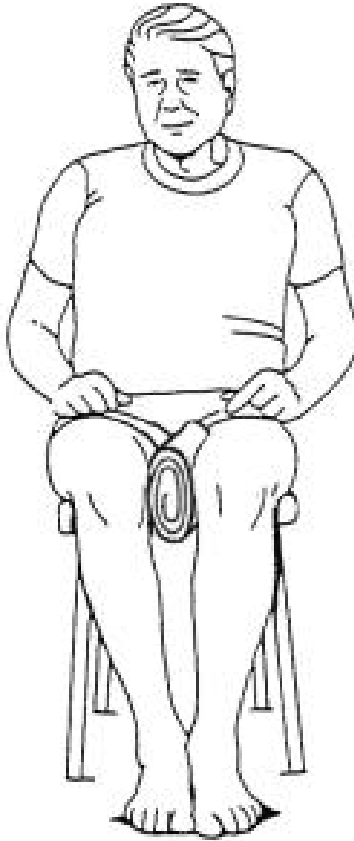
- Sit in a chair with your back straight.
- Put your hands behind your head.
- Gently pull your elbows back.
- Hold for _____ seconds.
- Bring your elbows forward.
- Repeat _____ times.

Buttock Squeezes



- Sit in a chair with your back straight.
- Squeeze your buttocks (bum) 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



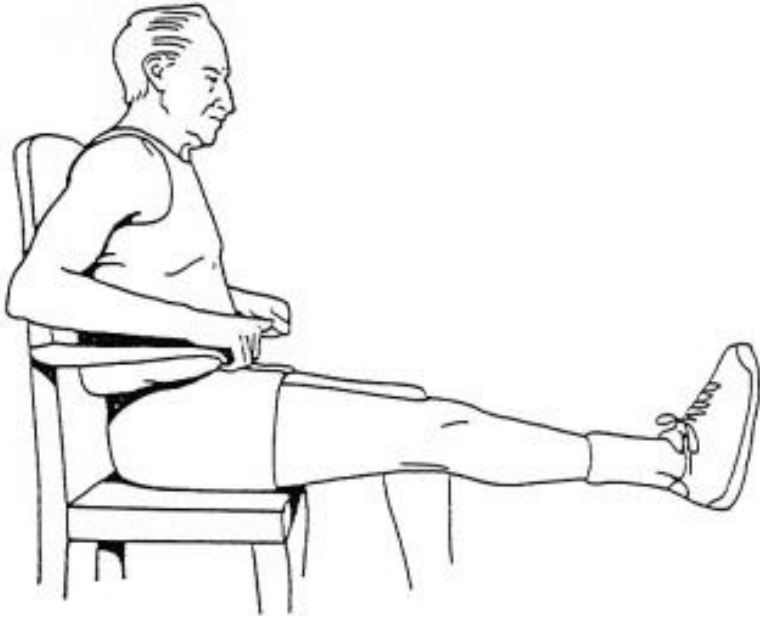
- Sit in a chair with your back straight and your feet flat on the floor.
- Lift 1 knee.
- Hold for _____ seconds.
- Lower your knee.
- Repeat with your other leg.
- Repeat _____ times.

Legs Apart



- Sit in a chair with your back straight and your feet flat on the floor.
- Move your legs as far apart as you can.
- Bring your legs together.
- Repeat _____ times.

Quad Exercises

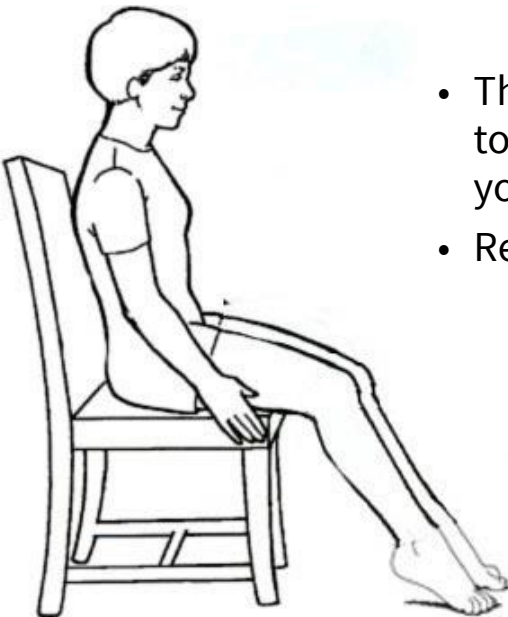


- Sit in a chair with your back straight.
- Straighten 1 leg and tighten the muscle on the front of your thigh.
- Keep the back of your leg on the chair.
- Hold for _____ seconds.
- Slowly lower your foot to the floor.
- Repeat _____ times.
- Repeat with your other leg.

Ankle Bends



- Sit in a chair with your back straight and your feet slightly away from you.
- Raise your toes up, keeping your heels on the floor.



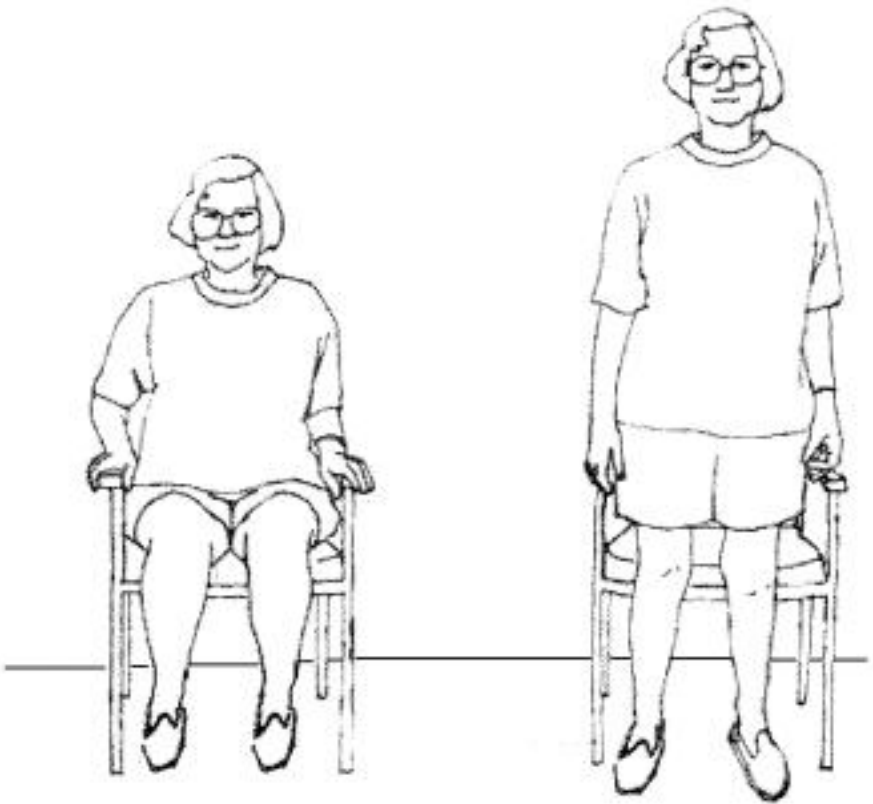
- Then, press your toes to the floor, raising your heels.
- Repeat _____ times.

Toe Raises



- Sit in a chair with your back straight and your feet flat on the floor.
- Move your heels back as far as you can.
- Bend your ankles by lifting your toes off the floor.
- Hold for _____ seconds. Then relax your feet.
- Repeat _____ times.

Sit to Stand



- Sit in a chair with your feet flat on the floor. Move your buttocks to the front of the chair.
- Put both of your hands on the arms of the chair.
- Lean forward, look up, and then stand.
- Stand for _____ seconds.
- Reach back and put your hands on the arms of your chair, then sit down.
- Repeat _____ times.

Notes:

This pamphlet is for educational purposes only. It is not intended to replace the advice or professional judgment of a health care provider. The information may not apply to all situations. If you have any questions, please ask your health care provider.

Find all patient education resources here:
www.nshealth.ca/patient-education-resources

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

Prepared by: Physiotherapy
Designed and Managed by: Library Services

WB85-1563 © August 2026 Nova Scotia Health Authority
To be reviewed August 2029 or sooner, if needed.
Learn more:
<https://library.nshealth.ca/patient-education-resources>