

Seated Exercise Program

Notes:

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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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Prepared by: Physiotherapy

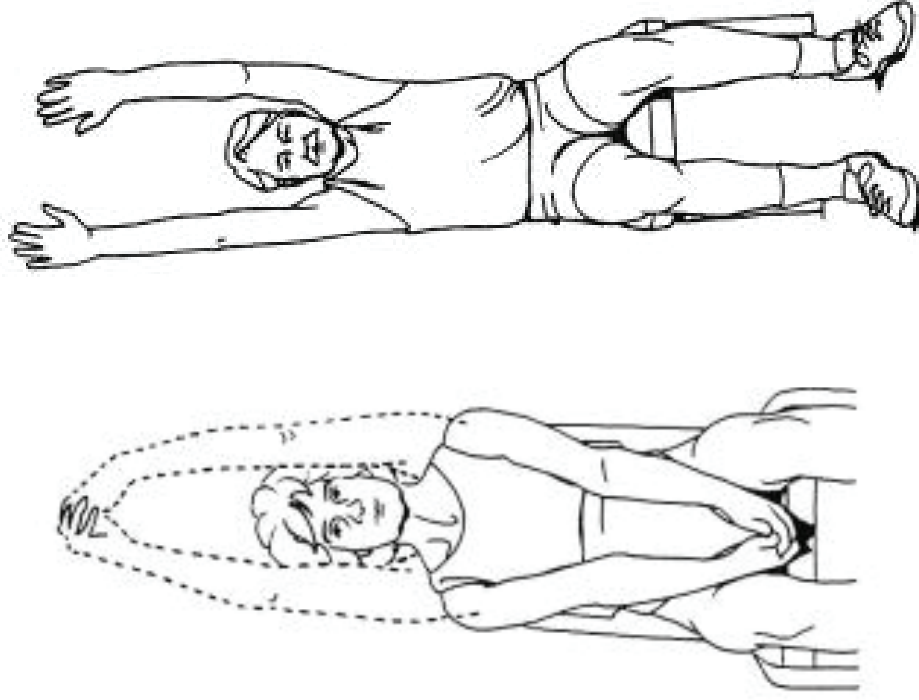
Designed by: Nova Scotia Health Library Services

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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.

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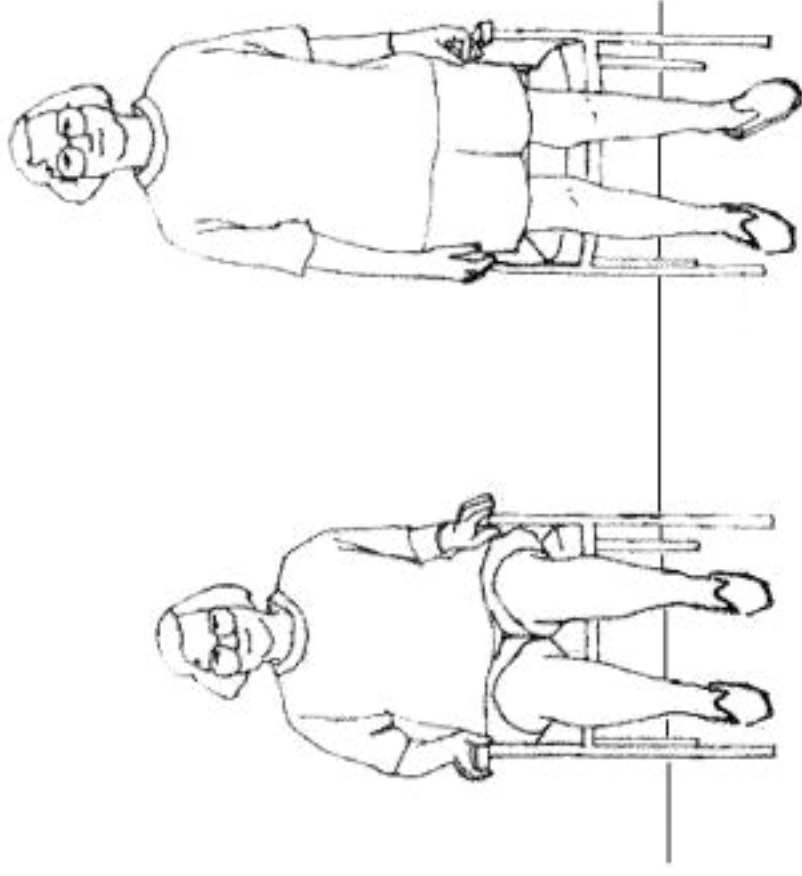
The information in this pamphlet is to be updated every 3 years or as needed.

Arms Above Head



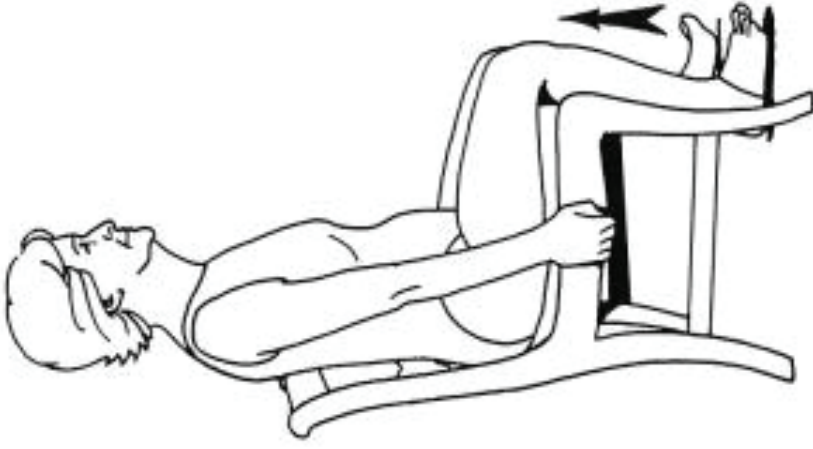
- Sit in a chair with your back straight.
- Reach your arms up in the air as far as possible.
- Try to keep your shoulders down.
- Hold for _____ seconds.
- Repeat _____ times.

Sit to Stand



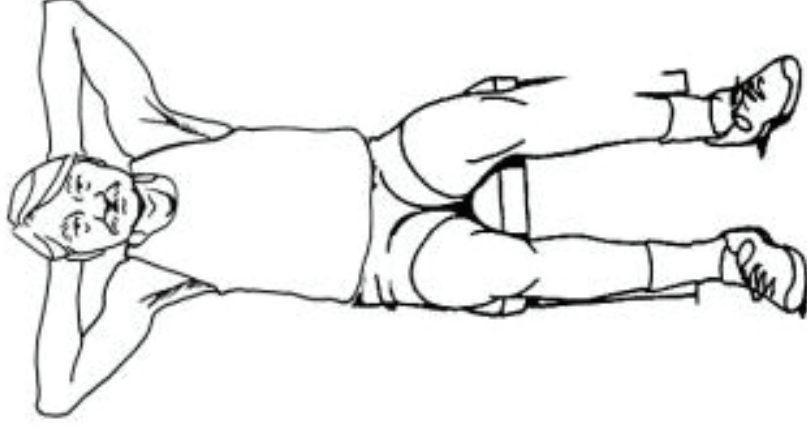
- Move to the front of your chair.
- Put both of your hands on the arms of your chair.
- Lean forward, look up, and then stand.
- Stand for _____ seconds.
- Reach back for the arms of your chair and sit down.
- Repeat _____ times.

Toe Raises



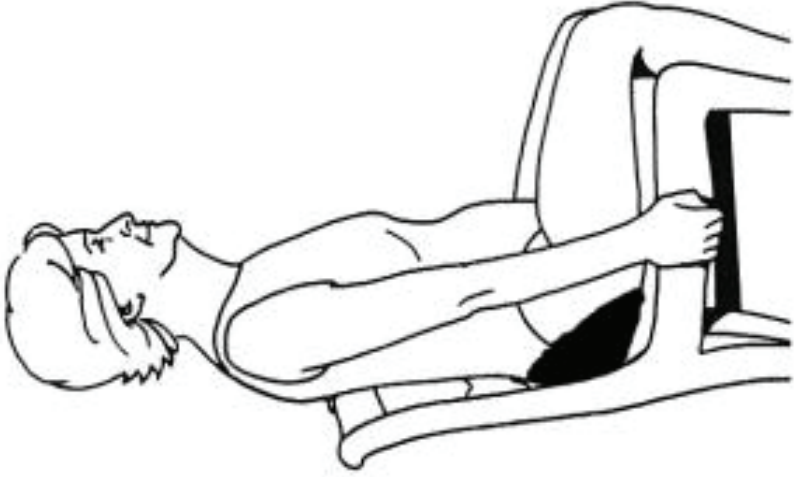
- Sit in a chair with your back straight.
- Move your heels back as far as possible.
- Bend your ankles by lifting your toes off the floor.
- Hold for _____ seconds. Relax your feet.
- Repeat _____ times.

Hands Behind Head



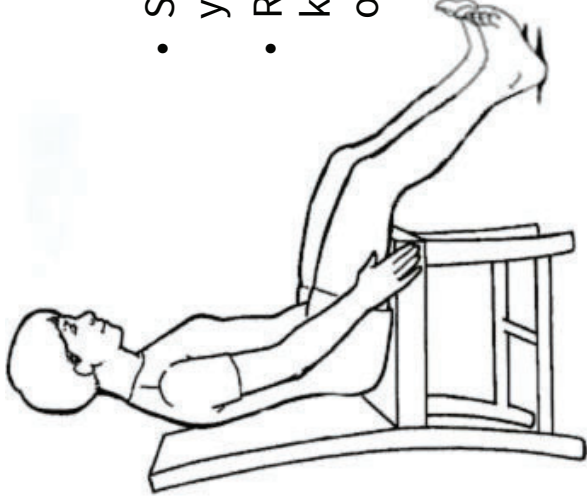
- Sit in a chair with your back straight.
- Put your hands behind your head.
- Gently bring your elbows back.
- Hold for _____ seconds.
- Bring your elbows forward.
- Repeat _____ times.

Buttock Squeezes

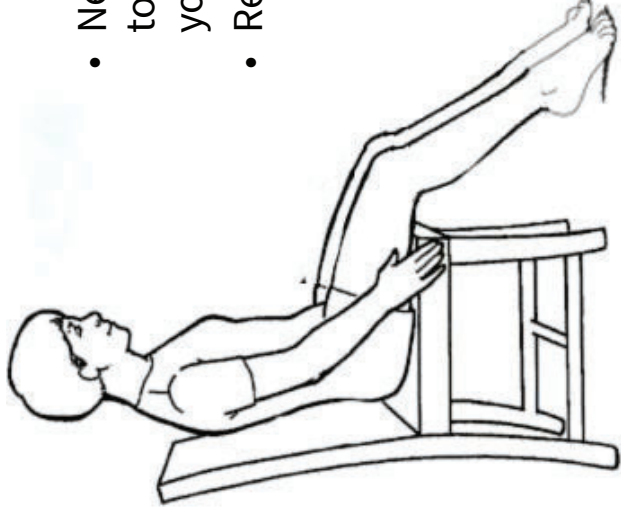


- Sit in a chair with your back straight.
- Squeeze your buttocks (bum) together.
- Hold for _____ seconds.
- Repeat _____ times.

Ankle Bends



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



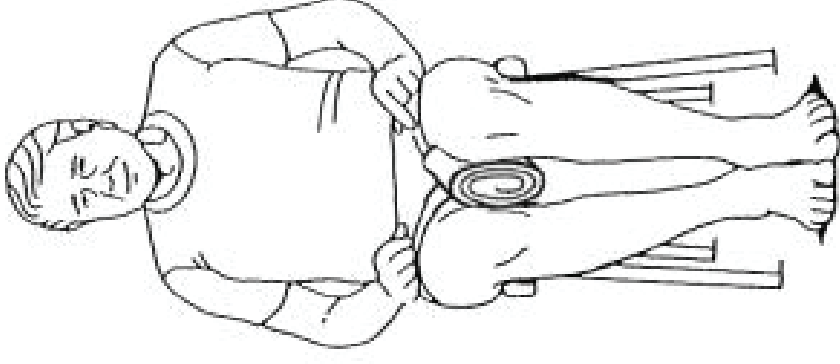
- Next, press your toes to the floor, raising your heels.
- Repeat _____ times.

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.

Hip Adduction



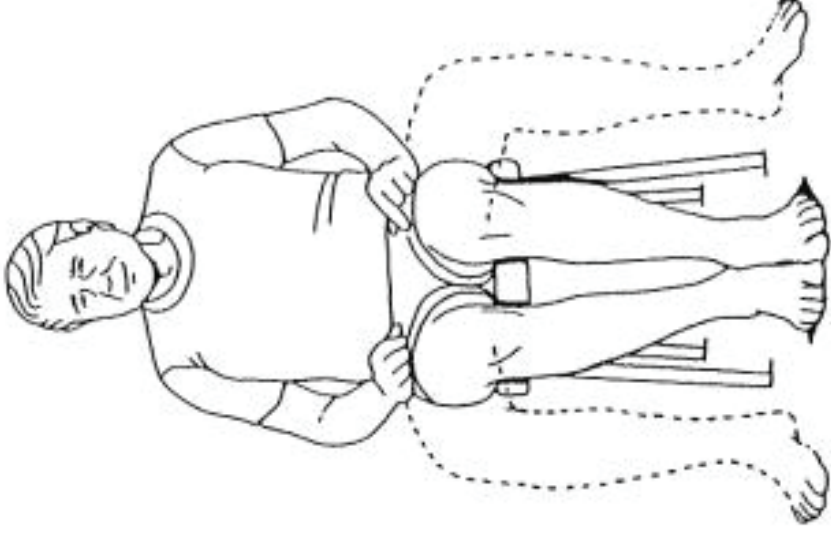
- Sit in a chair with your back straight.
- Put a rolled towel between your knees.
- Squeeze your knees together.
- Hold for _____ seconds.
- Repeat _____ times.

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.