



BRIDGE - BRIDGING



While lying on your back with knees bent, tighten your lower abdominal muscles, squeeze your buttocks and then raise your buttocks off the floor/bed as creating a "Bridge" with your body. Hold and then lower yourself and repeat.



Repeat 15 Times
Complete 3 Sets

Hold 1 Second
Perform 3 Times a Week

SIDE LYING REVERSE CLAM SHELL - REVERSE CLAMSHELL



While lying on your side with your knees bent, raise your top foot towards the ceiling while keeping contact of your knees together. Then, lower back down to original position.

Do not let your pelvis roll forward during the lifting movement.



Repeat 15 Times
Complete 3 Sets

Hold 1 Second
Perform 3 Times a Week

LATERAL MONSTER WALK - ELASTIC BAND AT ANKLES SIDE STEPS



Place a looped elastic band around both ankles.

Next, bend your knees and step to the side while keeping tension on the band the entire time. After taking sidesteps to the side in one direction, reverse the direction taking sidesteps until you return to the starting position. Repeat.

Repeat 20 Times
Complete 3 Sets

Hold 1 Second
Perform 3 Times a Week



SINGLE LEG STANCE - SLS

Stand on one leg and maintain your balance.

Repeat 3 Times

Complete 1 Set

Hold 30 Seconds

Perform 1 Times a Day



GERIATRIC - SIT TO STAND

Sit near the front edge of a chair.

Next, reach forward with your arms and lean forward at your waist as you press down with your legs and rise up to a standing position. As you rise to standing, lower your arms by your side. Stand tall.

Then, return to sitting on the chair by leaning forward as you raise up your arms. Repeat.

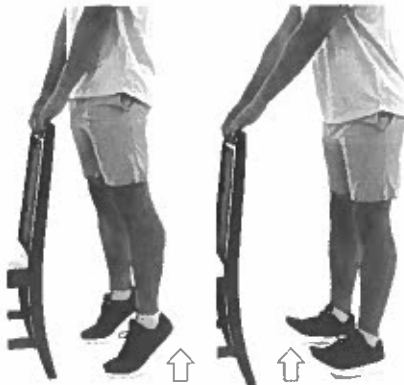
NOTE: If you are unable to stand, try pushing on your thighs with your arms or use a chair that has arm rests to press down on or hold a bathroom or kitchen sink to assist in pulling yourself up.

Repeat 10 Times

Complete 3 Sets

Hold 1 Second

Perform 3 Times a Week



HEEL AND TOE RAISES - STANDING

While standing, raise up on your toes as you lift your heels off the ground, lower back down and then raise up your toes and forefoot. Lower back down and repeat.

Repeat 15 Times

Complete 3 Sets

Hold 1 Second

Perform 3 Times a Week