



Patient & Family Guide  
2021

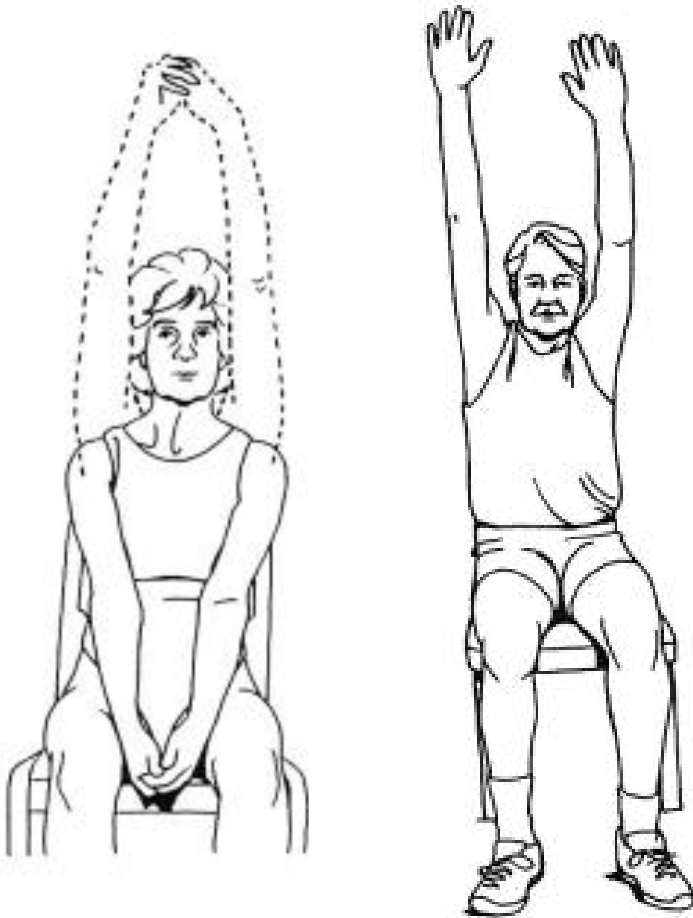
# Seated Exercise Program

Aussi disponible en français : *Programme  
d'exercices en position assise* (FF85-1900)



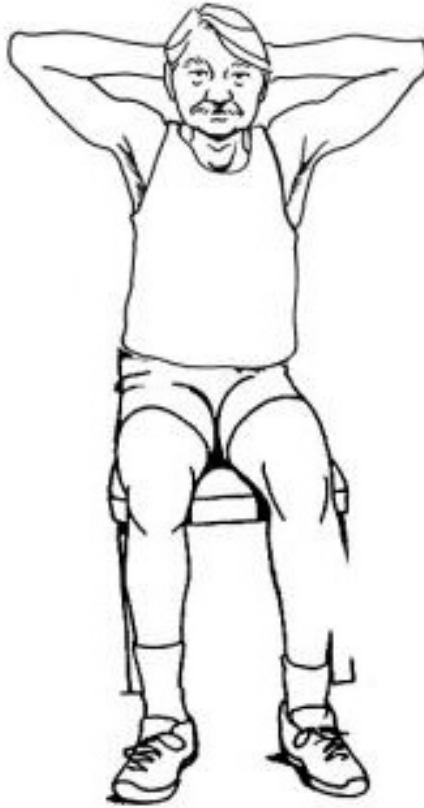
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# Arms Above Head



- 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 (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



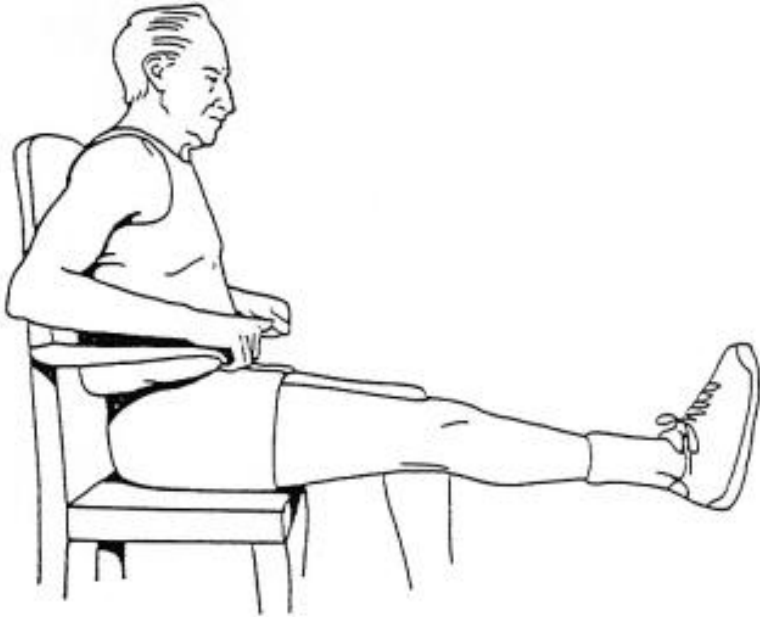
- Sit in a chair with your back straight.
- Lift your knee.
- Hold for \_\_\_\_\_ seconds.
- Then lower your knee.
- Repeat with your other leg.
- Repeat \_\_\_\_\_ times.

# Legs Apart



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

# Quad Exercises



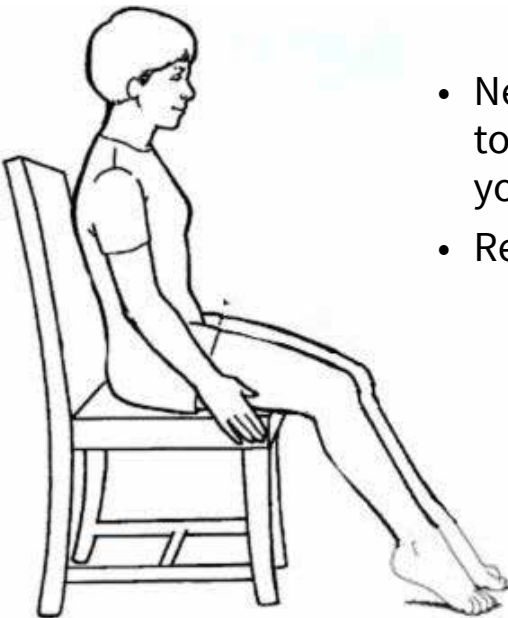
- Sit in a chair with your back straight.
- Straighten your leg and tighten (flex) the muscle on the front of the thigh.
- Keep the back of your leg on the chair.
- Hold for \_\_\_\_\_ seconds.
- Slowly lower your foot to the floor.
- Repeat \_\_\_\_\_ times.
- Repeat with the other leg.



# Ankle Bends



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



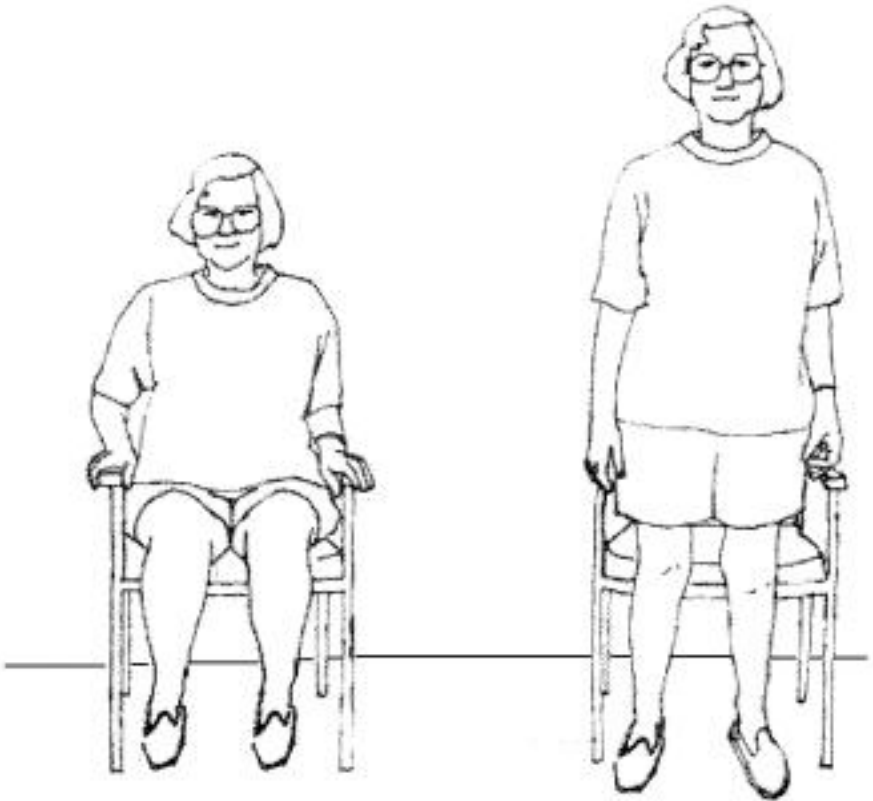
- Next, press your toes to the floor, raising your heels.
- Repeat \_\_\_\_\_ times.

# 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.

# Notes:

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## Looking for more health information?

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

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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*Please do not use perfumed products. Thank you!*

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*Prepared by: Physiotherapy*

*Designed by: Nova Scotia Health Library Services*

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