

Clinician Notes

All exercises should be completed based on your comfort and endurance level. All exercises are designed to help keep you strong and steady.

Seated Long Arc Quad



Setup

Begin sitting upright in a chair.

Movement

Slowly straighten one knee so that your leg is straight out in front of you. Hold, and then return to starting position and repeat.

Tip

Make sure to keep your back straight during the exercise.

Seated Hamstring Stretch



Setup

Begin sitting upright with one leg straight forward and your heel resting on the ground.

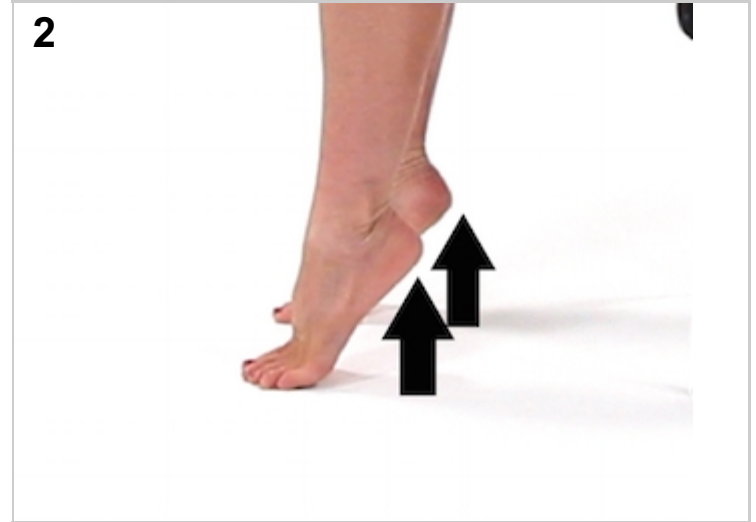
Movement

Bend your trunk forward, hinging at your hips until you feel a stretch in the back of your leg. Hold this position.

Tip

Make sure to keep your knee straight during the stretch and do not let your back arch or slump.

Seated Heel Raise



Setup

Begin by sitting upright in a chair with your feet positioned shoulder width apart.

Movement

Slowly raise both heels off the ground at the same time, then lower them down to the floor.

Tip

Make sure to keep the balls of your feet in contact with the floor.

Seated March



Setup

Begin sitting upright in a chair with your feet flat on the floor.

Movement

Keeping your knee bent, lift one leg then lower it back to the ground and repeat with your other leg. Continue this movement, alternating between each leg.

Tip

Make sure to keep your back straight and do not let it arch as you lift your legs.

Seated Thoracic Lumbar Extension



Setup

Begin in a sitting upright position with your arms crossed over your chest.

Movement

Slowly arch your trunk backwards and hold, then return to an upright position and repeat.

Tip

Keep your movements slow and controlled. Do not move through pain.

Seated Cervical Rotation AROM



Setup

Begin sitting in an upright position.

Movement

Turn your head to look over one shoulder, then return to the starting position and repeat to the other side.

Tip

Make sure keep your back straight and do not bend your head forward, backward, or sideways.

Seated Toe Raise



Setup

Begin sitting upright on a chair with your feet flat on the floor.

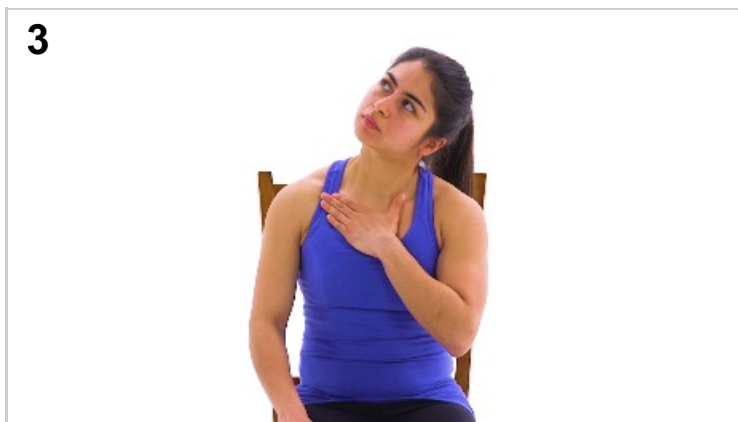
Movement

Raise your toes up off the floor.

Tip

Make sure to keep your heels on the floor.

Sternocleidomastoid Stretch



Setup

Begin sitting upright with one hand placed flat on your collarbone.

Movement

Slowly tilt your head to the side away from your hand, then turn your head to look up towards the ceiling until you feel a gentle stretch in the side of your neck. Hold this position, then relax and repeat.

Tip

Make sure to keep your neck and shoulders relaxed during the stretch.

Seated Passive Cervical Retraction



Setup

Begin sitting in an upright position.

Movement

Place two fingers on your chin and gently push your chin directly backward, then repeat.

Tip

Make sure to maintain good posture during the exercise.

Seated Hamstring Stretch



Setup

Begin sitting upright with your hands on your hips and one leg straight in front of you on the floor.

Movement

Slowly bend your trunk forward until you feel a stretch in the back of your thigh and hold.

Tip

Make sure to keep your back straight during the exercise.

Seated Upper Trapezius Stretch



Setup

Begin sitting upright in a chair.

Movement

Reach your hand toward the floor, then slowly sidebend your head to the opposite side and hold.

Tip

Make sure to keep gently reaching your hand toward the floor during the stretch.

Seated Transversus Abdominis Bracing



Setup

Begin sitting in an upright position with your hands on your lower abdominals.

Movement

Slowly draw your navel in toward your spine, bracing your deep abdominal muscles. Hold, then relax and repeat.

Tip

Make sure to sit tall throughout the exercise. Avoid bending your trunk forward and do not hold your breath.