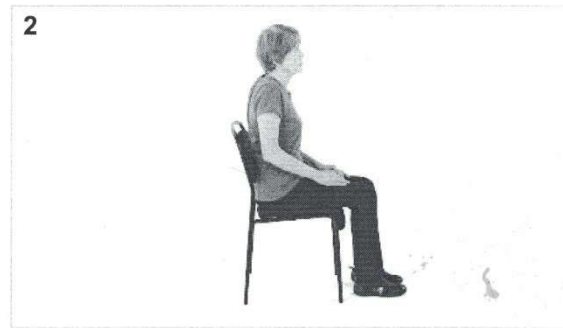


Seated Shoulder Rolls

REPS: 20	SETS: 1	DAILY: 1	WEEKLY: 7
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Setup

Begin sitting upright with your hands resting in your lap.

Movement

Move your shoulders forward, then upward, backward, and down. Repeat, continuing to move your shoulders in a circular motion.

Tip

Make sure to keep your back straight during the exercise.

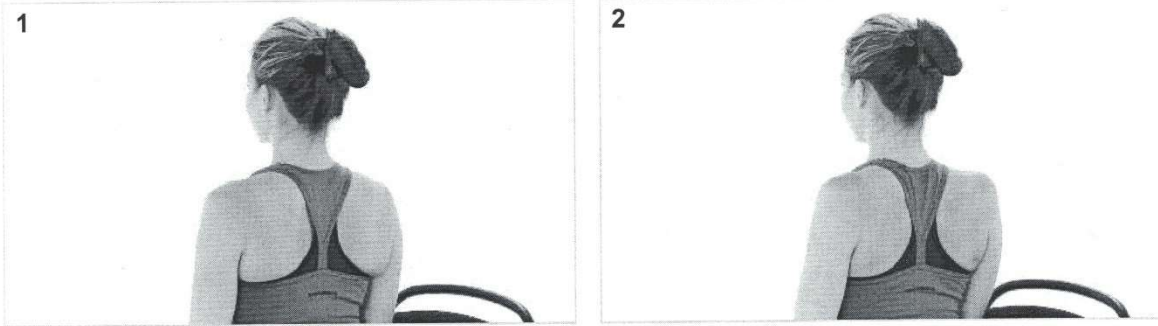
Seated Scapular Retraction

REPS: 20

SETS: 1

DAILY: 1

WEEKLY: 7



Setup

Begin sitting in an upright position.

Movement

Gently squeeze your shoulder blades together, relax, and then repeat.

Tip

Make sure to maintain good posture during the exercise.



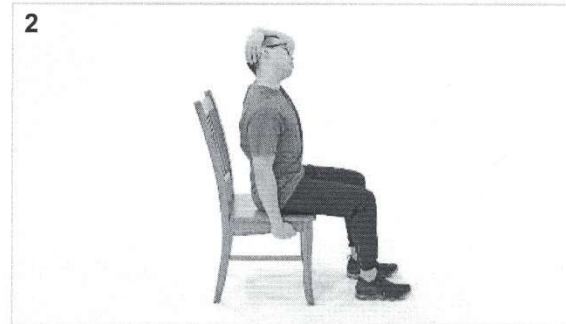
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Seated Upper Trapezius Stretch

REPS: 2	SETS: 1	HOLD: 30SEC	DAILY: 1
WEEKLY: 7			



Setup

Begin sitting upright on a table grasping the edge with one hand.

Movement

Rotate your head up and to the side opposite of your anchored arm and slowly lean it toward your shoulder, applying pressure with your hand until you feel a stretch and hold.

Tip

Make sure to keep your back straight during the exercise.

Seated Pelvic Tilt

REPS: 10

SETS: 1

DAILY: 1

WEEKLY: 7



Setup

Begin sitting upright in a chair with your hands on your hips.

Movement

Gently tilt your pelvis backward, then return to a neutral position, and tilt it forward. Repeat, monitoring the movement with your hands.

Tip

Make sure to keep your upper back relaxed during the exercise, and focus the movement just on your pelvis.



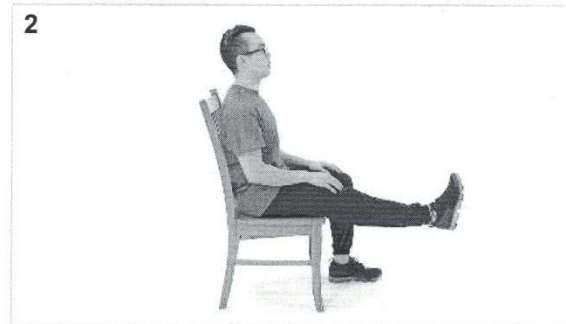
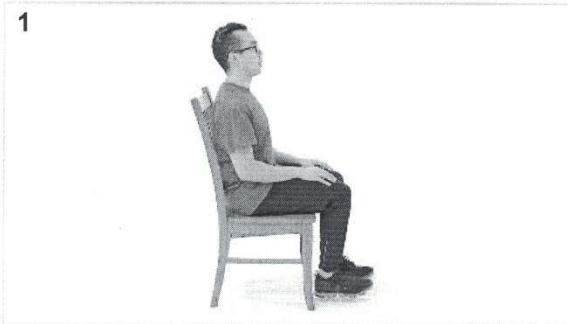
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Seated Long Arc Quad

REPS: 10	SETS: 1	HOLD: 3SEC	DAILY: 1
WEEKLY: 7			



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.

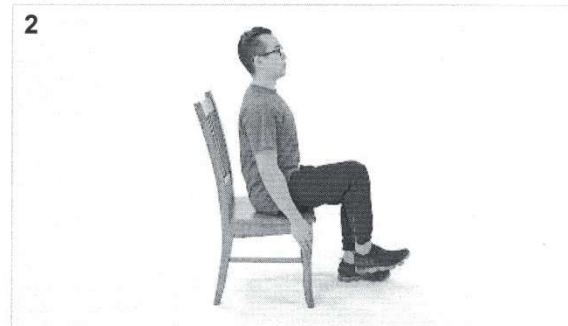
Seated March

REPS: 10

SETS: 2

DAILY: 1

WEEKLY: 7



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.



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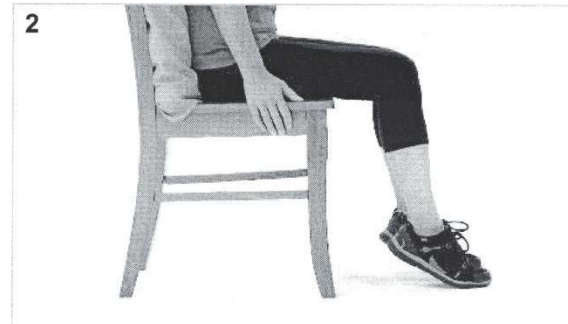
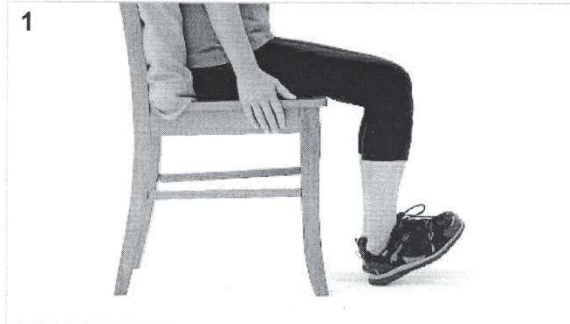
Seated Heel Toe Raises

REPS: 10

SETS: 1

DAILY: 1

WEEKLY: 7



Setup

Begin sitting upright with your feet shoulder width apart.

Movement

Slowly raise your heels off the floor and lower them back down, then raise your toes off the floor and lower them back down. Repeat.

Tip

Make sure to keep the balls of your feet on the floor when you raise your heels, and keep your heels on the floor when you raise your toes.



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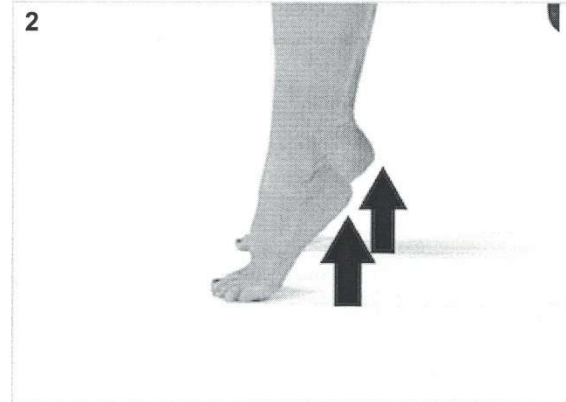
Seated Heel Raise

REPS: 10

SETS: 1

DAILY: 1

WEEKLY: 7



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.



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Sit to Stand

REPS: 10	SETS: 3	DAILY: 1	WEEKLY: 7
1 	2 	3 	

Setup

Begin sitting upright with your feet flat on the ground underneath your knees.

Movement

Move your shoulders and head over your toes, bring your knees forward, and allow your hips to come off the chair, then push down equally into both feet to stand up. Sit back down and repeat.

Tip

Make sure to keep your weight evenly distributed between both legs, and try to keep your back straight throughout the exercise. Do not lock out your knees once you are standing.

Sit to Stand

REPS: 5

SETS: 2

DAILY: 1

WEEKLY: 7



Setup

Begin sitting upright with your feet flat on the ground underneath your knees.

Movement

Move your shoulders and head over your toes, bring your knees forward, and allow your hips to come off the chair, then push down equally into both feet to stand up. Sit back down and repeat.

Tip

Make sure to keep your weight evenly distributed between both legs, and try to keep your back straight throughout the exercise. Do not lock out your knees once you are standing.

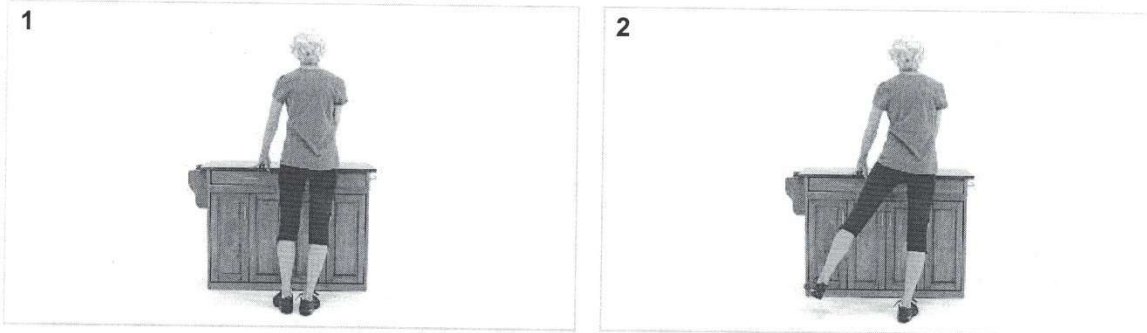
Standing Hip Abduction with Counter Support

REPS: 10

SETS: 1

DAILY: 1

WEEKLY: 7



Setup

Begin in a standing upright position with your hands resting on a counter.

Movement

Lift your leg out to your side, then return to the starting position and repeat.

Tip

Make sure to keep your moving leg straight and do not bend or rotate your trunk during the exercise. Use the counter to help you balance as needed.

Standing March with Counter Support

REPS: 10

SETS: 1

DAILY: 1

WEEKLY: 7



Setup

Begin in a standing upright position with your hands resting on a counter.

Movement

Slowly lift one knee to waist height, then lower it back down and repeat.

Tip

Make sure to maintain an upright posture and use the counter to help you balance as needed.



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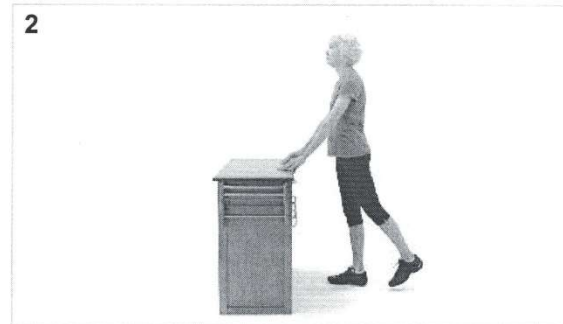
Standing Hip Extension with Counter Support

REPS: 10

SETS: 1

DAILY: 1

WEEKLY: 7



Setup

Begin in a standing upright position with your hands resting on a counter.

Movement

Tighten your buttock muscles and slowly lift your leg backward. Return to the starting position and repeat.

Tip

Make sure to keep your moving leg straight and keep your shoulders and hips facing forward during the exercise. Use the counter to help you balance as needed.



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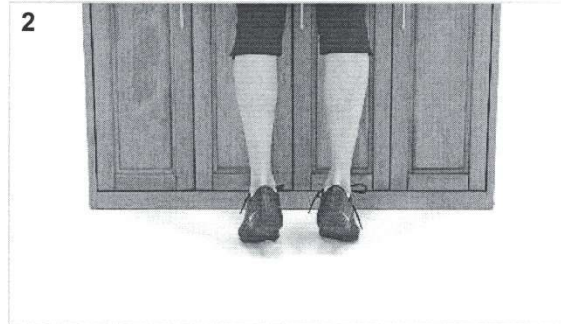
Heel Raises with Counter Support

REPS: 10

SETS: 2

DAILY: 1

WEEKLY: 7



Setup

Begin in a standing upright position with your hands resting on a counter in front of you.

Movement

Slowly raise your heels off the ground, hold briefly, then lower them back down and repeat.

Tip

Make sure to maintain an upright posture and use the counter to help you balance as needed. Do not let your ankles rotate inward or outward.



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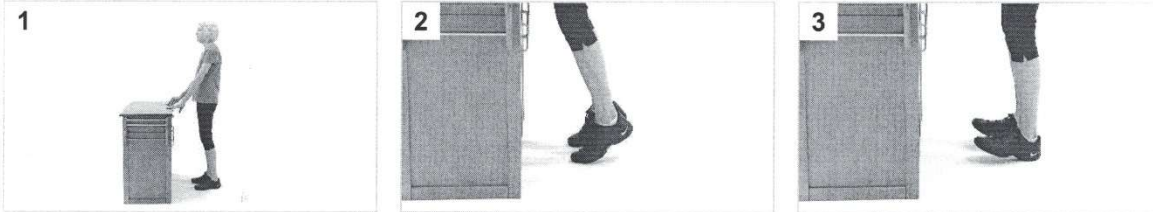
Heel Toe Raises with Counter Support

REPS: 10

SETS: 2

DAILY: 1

WEEKLY: 7



Setup

Begin in a standing upright position with your hands resting on a counter in front of you.

Movement

Rise up onto your toes, hold briefly, then lower back down and lift the balls of your feet off the ground. Repeat.

Tip

Make sure to maintain an upright posture and use the counter to balance as needed.



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Alternating Step Forward with Support

REPS: 10

SETS: 2

DAILY: 1

WEEKLY: 7



Setup

Begin in a standing upright position holding onto a stable object for support on your unaffected side.

Movement

Step forward with your unaffected foot, and shift your weight onto that foot. Return to the starting position and repeat with your affected leg.

Tip

Use the stable object at your side to maintain your balance.



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Standing Partial Lunge

REPS: 10

SETS: 2

DAILY: 1

WEEKLY: 7



Setup

Begin in a standing upright position.

Movement

Step forward with one foot and lower your body down into a mini lunge position. Straighten your leg back to standing and repeat.

Tip

Make sure to maintain your balance and do not let your front knee move forward past your toes.



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Standing Tandem Balance with Counter Support

SETS: 2

HOLD: 30SEC

DAILY: 1

WEEKLY: 7



Setup

Begin in a standing upright position with your hands resting on a counter.

Movement

Place one foot directly behind the other, so that you are in a heel-to-toe position. Maintain your balance in this position.

Tip

Make sure to maintain an upright posture and use the counter to help you balance as needed.

Standing Single Leg Stance with Counter Support

SETS: 2

HOLD: 30SEC

DAILY: 1

WEEKLY: 7



Setup

Begin in a standing upright position with your hands resting on a counter.

Movement

Lift one foot off the ground and maintain your balance in this position.

Tip

Make sure to maintain an upright posture and use the counter to help you balance as needed.



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Seated Trunk Rotation - Arms Crossed

REPS: 10

SETS: 1

DAILY: 1

WEEKLY: 7



Setup

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

Movement

Slowly rotate your trunk to one side, then return and repeat the rotation on your other side.

Tip

Make sure to stay upright throughout the exercise and do not bend forward or backward.



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Seated Hip External Rotation Stretch

SETS: 2

HOLD: 30SEC

DAILY: 1

WEEKLY: 7



Setup

Begin sitting upright in a chair. Cross one leg over the other so that your ankle is resting on top of your opposite thigh.

Movement

Gently press downward on your bent knee. You should feel a stretch through the back of your hip and buttocks of your bent leg.

Tip

Try to not to arch your back or lean to one side as you stretch.



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