

EXERCISE TIPS



Avoid lifting heavy weights!

- Lifting weights can damage your muscles which can lead to you becoming weaker faster

Focus on active range of motion without resistance

- Work on safe functional movements, such as sitting down and standing up from a sturdy chair, if you are able

Focus on cardiovascular

- Walking
- Recumbent bike
- Swimming
- Take rest breaks as needed- LISTEN TO YOUR BODY!

- Don't overdo it!

- When your muscles and body are tired, you have a **higher risk for falling!**

- If you exercise during the day but then are too sore or too tired to brush your teeth and get ready for bed at night, that means you did TOO MUCH

- Next time, work out for a shorter amount of time



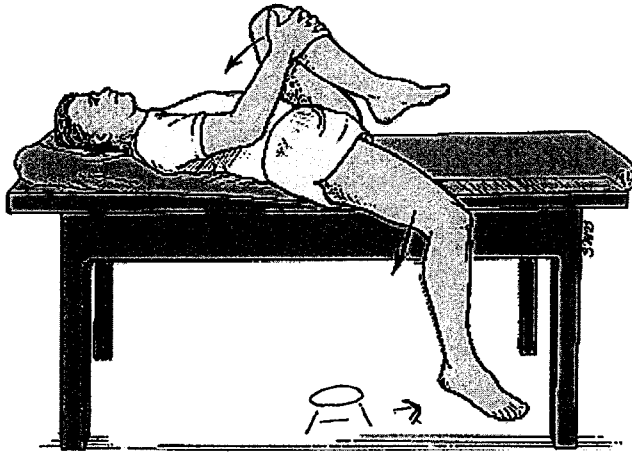
Cardio Guidelines:

- Aim for 15-30 minutes, 2-3 times/week
 - You can divide the time up into shorter intervals
 - i.e. take two 10 minute walks for a total of 20 minutes of walking that day
- Take rest breaks as needed and stay hydrated!

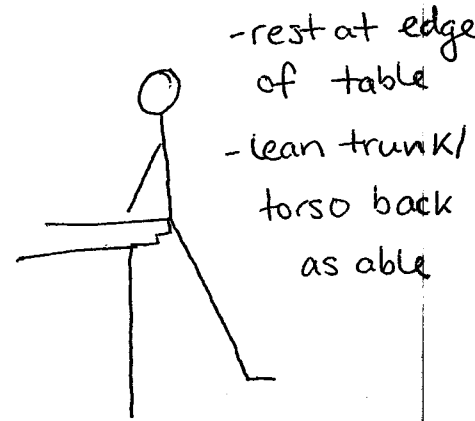
****DON'T FORGET TO STRETCH!****

Hip Flexor Stretch

Lying on back – pull one knee to chest to protect lower back, can also support foot hanging off table with a stool



or



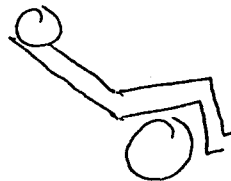
Lie on stomach or side – place pillow under lower abdomen/top of pelvis to prevent arching your back
Do not place pillow under hips



Lie partially on back/partially on side – prop with pillow under back/hips and try to straighten out top leg

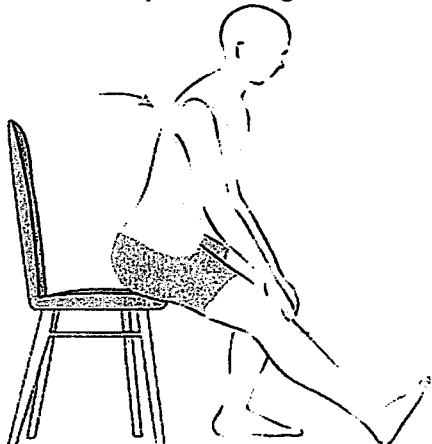
One hip should be elevated slightly with placement of pillow – this is the hip we are attempting to stretch

Can also recline back of wheelchair to open up space in front of hips

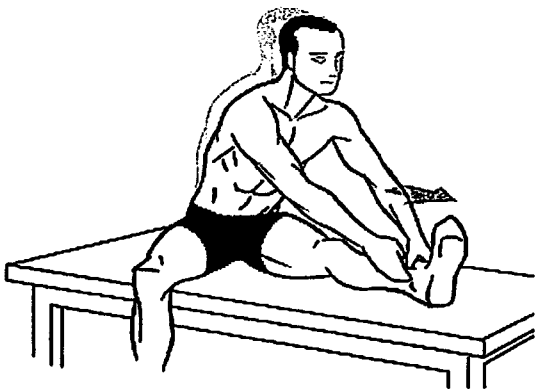


3 x 30 s each side – 2 x a day

**Hamstring Stretch
Seated - keep back straight**

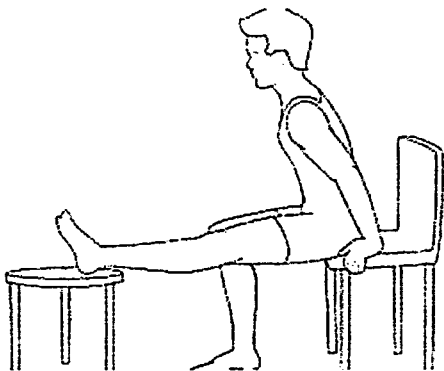


Sit on couch – lean forward but try to avoid slouching/rounding your back



Use two chairs or a chair and a stool – keep good posture

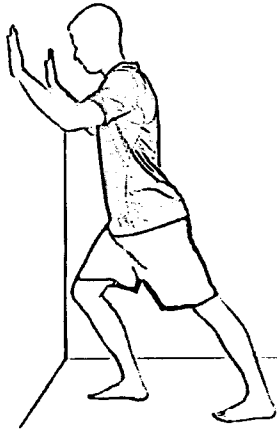
**Can be done in wheelchair or elevate
footrest on wheel chair**



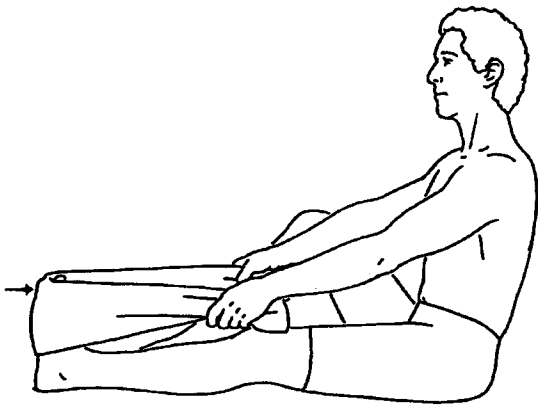
3 x 30s each leg – 2 x a day

Calf Stretch

Standing – keep toes pointed straight forward



Seated – pull foot toward you with towel, towel situated along ball of foot



Have a family member/caregiver assist



3 x 30s each side – 2 x a day

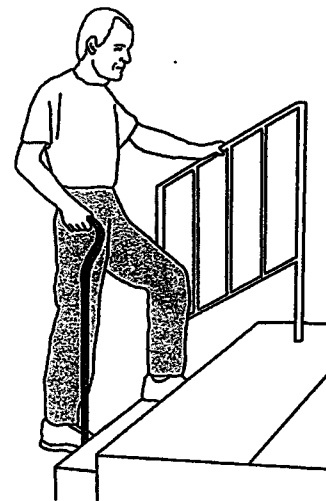
Physical Therapy TOOLKIT

Up Steps With a Rail Using a Cane

Do not rush. Make sure you have your balance before using the stairs.



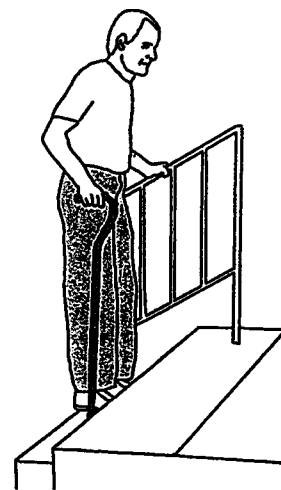
1. Hold on to the rail. Hold the cane in your other hand. This may be your weaker side or your stronger side.



2. Step up with your stronger leg to the first step.



3. Step up with the cane and your weaker leg to the same step. Balance yourself.



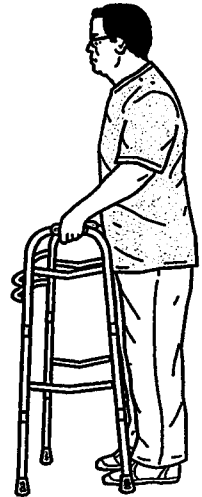
4. Repeat: stronger leg, weaker leg with cane, one step at a time.

Up with the "good" and down with the "bad". This is an easy way to recall which leg to use first.

Using a Walker

Walking with a walker

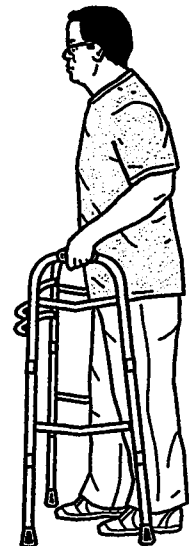
1. Lift the walker and place it at a comfortable distance in front of you with all four of its legs on the floor. This distance is often equal to an arm's length.



2. Move your injured or weak leg toward the walker first. If you have had surgery on both legs, use either leg to begin walking.



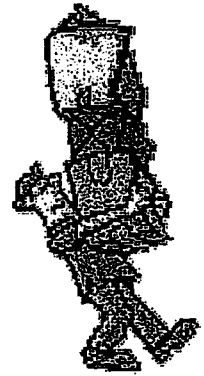
3. Then take a step with your good leg, bringing it ahead of the injured or weak leg.



4. Repeat steps 1 to 3.

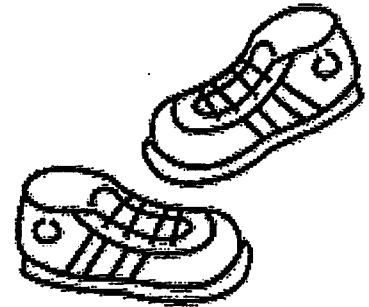
Protecting Yourself from Falls

- Never carry objects that are too heavy or large, making balance difficult.
- When carrying objects, do not allow your vision to be blocked.
- Make more trips with smaller loads.
- Never rush to do your tasks, slow down and take your time.



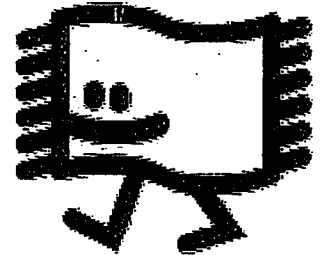
Proper Shoes

- Shoes should have low heels and a good tread.
- Avoid smooth leather soles or tennis shoes with a smooth bottom.
- Keep shoelaces tied or Velcro firmly fastened.
- Slippers should have rubber soles. Do not wear slippers outside.
- Stocking feet are very slippery and should be avoided.



Fall-Proofing Your Home

- Area Rugs and runners should have rubberized non-slip backing
- Patterned rugs can affect depth perception. Solid colored rugs are less confusing.
- Do not place cords or wires under rugs or runners. Uneven surfaces can cause tripping.
- Use non-slip rubber adhesives under furniture legs to prevent sliding.
- Shelves that are too high can result in a fall from overreaching, or using a chair or ladder.
- Do not use hallways or stairways for storage – keep them free of clutter.
- Tape torn carpet and/or tack down loose edges.



Bedroom Safety

- The bed should be a comfortable height, stable, and firm enough to get in and out of easily.
- Place a telephone and lamp on the bedside table. Must be reachable from bed.
- Keep a flashlight on the bedside table for emergencies.
- Eyeglasses, canes, and walkers should be kept within reach.
- Sit when dressing or undressing especially if you are unstable when standing.

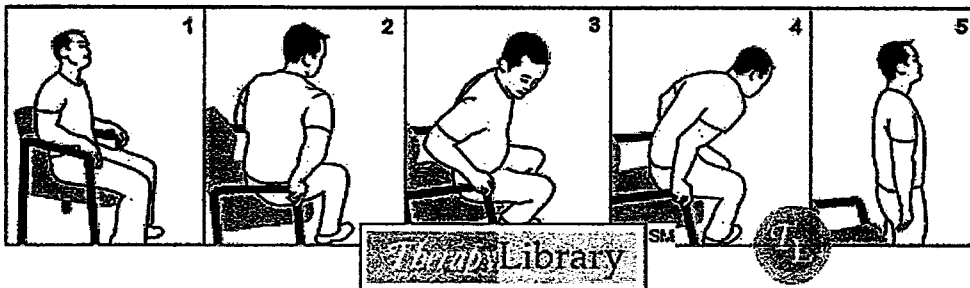


MOBILITY TIPS

Tips for standing from a chair:

- Before standing up, make sure you scoot to the edge of your seat
- Push up with your arms on the chair, if you are able to
- If you use a walker or cane, make sure you push with your hands on the chair; DO NOT pull up on your walker or cane

Sit to Stand



Tips for measuring the height of your device:

- Make sure your cane or walker is set at the right height for you
- To do so, stand with tall posture with your arms relaxed at your side
- Have someone hold the walker/cane next to your side
- The height of the walker/cane should be level with the crease of your wrist

