

Seated Exercises

Physical Therapy Home Program

Name _____ Date _____

Therapist _____ Phone number _____

Instructions

- Sit up straight in a firm chair with back supported and feet flat on the floor.
- To make exercises harder, slowly increase the number of repetitions.
- Work hard, but stay within your level of comfort.
- Exercises should not cause sharp pain. If you have pain, ease up on the movement. If you still have pain, stop.
- Do not hold your breath as you exercise. Breathe out as you move and breathe in when you're in the resting (starting) position.

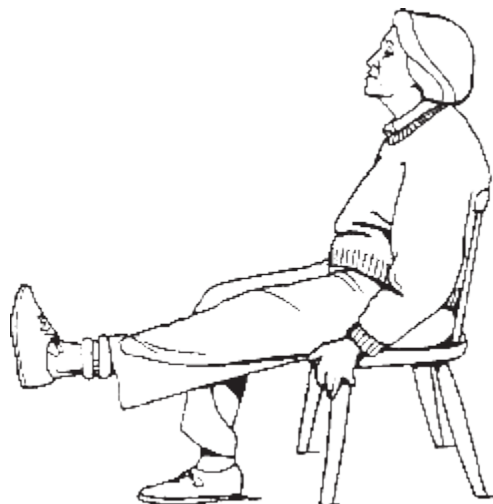
How often to exercise

Do these exercises: _____

Special instructions

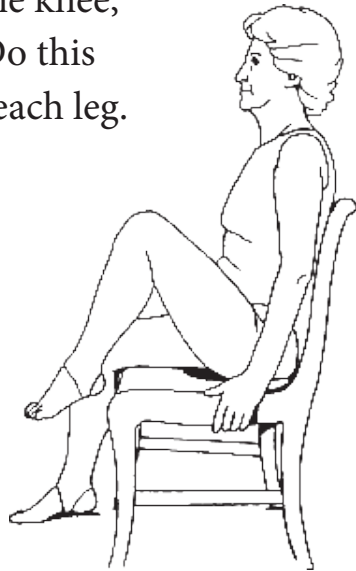
Sitting kicks (long arc quads)

Straighten the knee of one leg as much as you can. Hold your leg up for _____ seconds. Do this _____ times. Repeat with other leg.



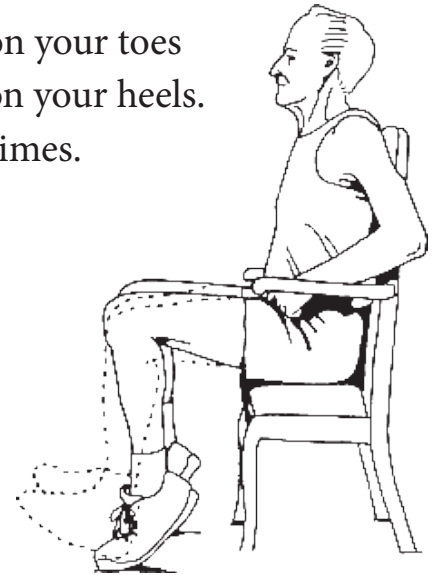
Knee raises (hip flexion)

Lift and lower one knee, then the other. Do this _____ times on each leg.



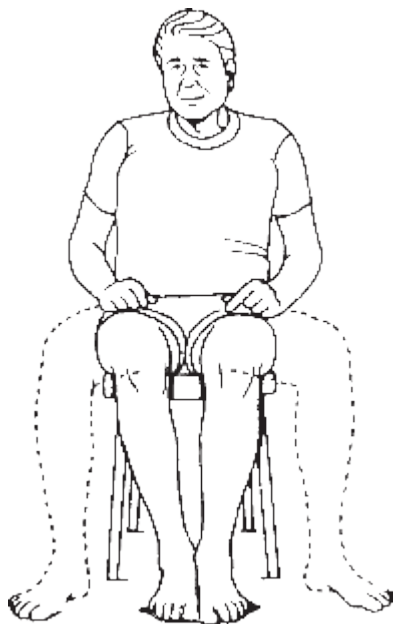
Toe raises

Gently rise up on your toes and rock back on your heels. Do this _____ times.



Legs apart (hip abduction)

Move your legs wide apart and then together again. Do this _____ times. You may do one leg at a time, or both legs together.



Chair push-up

Lift your buttocks off the seat of the chair by pushing down and straightening your arms. Do this _____ times.

