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.

☐ 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.

How often to exercise

Do these exercises: ____________________________

Special instructions

______________________________________________________________________________

______________________________________________________________________________

______________________________________________________________________________
Knee raises (hip flexion)
Lift and lower one knee, then the other. Do this _____ times on each leg.

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.

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

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