

Basic Home Workout

Warm Up -(use a wall or back of chair as needed for balance)

Step Forward, Center, Step Back

X10 on each leg






Step side, center, step other side x 10



As you get use to the movement and try it with your favorite kind of music!
Once it becomes easy and you have your balance, start incorporating some arm movement
Make it a little dance if you want ☺

Exercise Rules:

- ❖ Do the exercises ONLY if pain free. Note which exercises are painful and specific movement the pain occurs.
- ❖ ALWAYS start with a good base of support (Both feet flat on floor, shoulder width apart; standing tall with good posture.)
- ❖ Keep trunk STILL with each exercise.

<p style="text-align: center;">Wall Push Up</p> 	<p>Place forearms on wall as shown. Allow shoulder blades to lower down your back (arms will move down wall). Place feet away from wall where ten repetitions of this exercise is a challenge.</p> <p>Slowly bend and straighten elbows. <i>Alternate position for wrist comfort: hands at the edge of a counter or window sill.</i></p>	<p style="text-align: center;">Mountain Climbers</p> 	<p>Place hands on wall slightly above shoulder height. With trunk still and navel pulled in toward spine, slowly bring one knee up no higher than pictured. <u>Slowly</u> lower.</p> <p>Perform ten repetitions on one leg or alternate legs, assuring that trunk does not move during exercise.</p>
<p style="text-align: center;">Wall Plank</p>	<p>Place forearms on wall as shown. Allow shoulder blades to lower down your back (arms will move down wall). Place feet away from wall where you can maintain a straight line from your ears to ankles. Hold for 5 to 20 secs. Focus on drawing your navel up and in toward spine while breathing. 3 to 5 reps. <i>Sense the front thigh muscles working</i></p>	<p style="text-align: center;">Leg Abduction</p> 	<p>Without lifting your hip and keeping your toe pointed forward, lift your leg out to the side as shown in the picture.</p> <p><i>Sense the side of the buttocks working</i></p>

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❖ Keep trunk STILL with each exercise.

Hip Extension



Start with both feet together. Lift one leg backwards, keeping toe pointed forward.

Should be small movement! Anything more will arch the lower back and may cause pain.

Can use a small step or block so the foot does not drag on the ground.

Sense the buttocks working

Chair Squat



Use arms for balance only.

Start with a shallow squat as shown in the picture. Notice knees don't pass your toes!

As this squat becomes easier you may deepen your squat as long as it REMAINS PAIN FREE. Limit squat to 90 degree bend or chair touch.

Sense the thighs working

Single Arm Bent Row



To support your back and properly position yourself:
With the arm + leg on the same side, kneel + hold onto a chair.
Bend at the hip so you lift weight vertically.

Alternative position: Place foot on step or chair and lean arm on the same side on thigh. Position trunk squarely over legs in mini-squat pose. Lift and lower weight while retracting shoulder blades.

Sense the muscles between shoulder blades and muscles on the back of the arms working