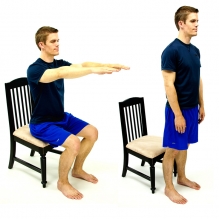
General recommendations: remember to breathe, take breaks if you need to, always try to engage your core muscles while exercising.



Sit<>stand

Description: stand up from a sitting position and then   
sit back down. Try not to let your knees come together.

If you are having difficulty, you can reach out with

your arms or put your “nose over your toes” as you

stand up.

Level 1: place both hands on the arm rests as you stand

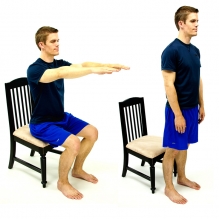
Level 2: place 1 hand on the arm rest

Level 3: place hands across chest

Other progressions:

more reps, use handheld weights, place feet closer together, close eyes, lower seat height

Squats



Description: with a chair behind you, squat down as far   
as you can. If you cannot go far, that’s ok. Keep your   
head and chest pointed forward: if you were looking in   
the mirror, you should be able to see the design on your   
shirt. Try not to let your knees come together as you   
squat: keep them shoulder-width apart.

Level 1: hold support surface with both hands

Level 2: hold support surface with 1 hand

Level 3: no hands on support surface

Other progressions:

use handheld weights, squat down lower



Heel Raises

Description: while standing, raise your heels off the   
ground. Make sure to have a support surface in front of   
you and a chair behind you. Note: you will work more   
on strength during level 1 and work more on balance with   
levels 2 & 3.

Level 1: hold support surface with both hands

Level 2: hold support surface with 1 hand

Level 3: no hands on support surface or just finger touch

Other progressions:

hold weights, walk back and forth on your toes, do single leg heel raises (very advanced)

Toe Raises



Description: while standing, raise your toes off the

ground. Make sure to have a support surface in front of

you and a chair behind you. Note: you will work more

on strength during level 1 and work more on balance with

levels 2 & 3.

Level 1: hold support surface with both hands

Level 2: hold support surface with 1 hand

Level 3: no hands on support surface or just finger touch

Other progressions:

hold weights, walk back and forth on your heels

Side Stepping



Description: standing up, step to the side, hold for 3   
seconds, then bring the other foot to meet the first.   
Remember to stand tall and engage your core muscles.   
You do not have to step as wide as the man in the picture.

Level 1: two hand support

Level 2: one hand support or light touch support

Level 3: no hand support or wider step

Other progressions:

Wrap theraband around your ankles as you step (very advanced)

Walking with small base of support



Level 1

Level 2

Level 3

Description: Turn so that you can hold on   
support surface with one hand. Walk a few   
steps forward and a few steps backwards while   
holding onto your support surface.

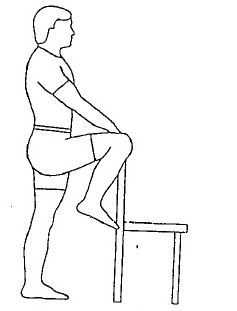
Level 1: small 6-inch base of support

Level 2: walking “train tracks”

Level 3: walking heel to toe

Other progressions: light touch support;   
walking while raising 1 foot at a time.

Marching in place



Description: sit/stand in front of support surface   
and lift 1 knee at a time. Lift as high as you can.   
Level 1 will strengthen the intended muscle; Level

3 incorporates a balance component.

Level 1: seated marching

Level 2: stand with 1 or 2 hand support

Level 3: stand with light touch or no support

Other progressions: ankle weights; march on a   
folded towel

  
 LEVEL 1 LEVEL 3

Forward/Backward Stepping or Lunge

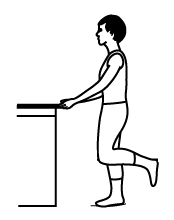
Description: with the support surface to   
your left or your right, take a larger-than-normal   
step forwards or backwards, hold for 3 seconds,   
then bring the other foot to meet the first.

Level 1: small step forward, 1 hand support

Level 2: larger step

Level 3: no hand support, large step/lunge

Other progression: hold hand weights



Standing Knee Extension

Description: Stand next to support surface,

bring one foot towards your buttocks, hold for

3 seconds, and repeat with the other leg. Level

1 focuses on strength; Level 2-3 on balance.

Level 1: two hand support

Level 2: one hand support or light touch support

Level 3: no hand support/or light touch

Other progression: ankle weights; stand on folded towel.



Standing Hip Abduction

Description: kick your leg out to the side, making sure to   
keep your toe pointed inward on the foot that you are   
kicking with. Level 1 focuses on strength, Level 3 more on

balance

Level 1: two hand support

Level 2: one hand support or light touch support

Level 3: no hand support/or light touch

Other progression: ankle weights; stand on folded towel

**Specific Recommendations:**

* Monitor your fatigue and take **rest breaks** as appropriate. If you cannot function the rest of the day, you have done too much at 1 time.
* Consider cooling garments like a **cooling vest** or a **neck cooler**
* Recommended Activity
  + **30 minutes of moderate-intensity aerobic activity 2x/wk**
  + **Strength Training 2-3x/wk** 
    - Recommended 8-12 reps and multiple sets if you can. If you are not fatigued you can do more ☺
    - Work All major muscle groups
  + **Flexibility Exercise 2-3x/wk**
    - Hold stretches for 30 seconds each
    - May need to stretch daily or even multiple times per day
  + **Balance & Coordination Exercises 20-30 min/day**
    - See a physical therapist for specific balance deficits and exercises
* **Definition of Moderate Intensity Activity**
  + On a scale to 1-10, moderate activity is between 4 and 7 (i.e. “somewhat hard”).
  + You can also use your target heart rate range by calculating 50-70% of your maximum heart rate (your max heart rate = 220-age). Estimates can also be found at <http://www.heart.org/HEARTORG/GettingHealthy/PhysicalActivity/FitnessBasics/Target-Heart-Rates_UCM_434341_Article.jsp>.
  + Noticeable increase in breathing