

ALS Exercise Guide

Positioning and Breathing

- Pressure Relief: unload your bottom every 30 minutes for 2 minutes using **Tilt, Recline** or **Tilt + Recline** features on your power chair
- Diaphragmatic Breathing
- Inspiratory Muscle Training

Stretching

- Shoulder flexion
- Shoulder abduction
- Elbow extension
- Wrist extension
- Finger extension
- Hip flexion or extension
- Knee extension
- Ankle dorsiflexion
- Chest stretch
- 1x - 2x / day
- 30 - 60 second hold x 3 repetitions