

Notes :**1 Seated walking**

Sit down on a chair, hands on the knees and trunk slightly bent forward. Move forward, moving one buttock at the time as if you were walking on your buttocks. Move backward doing the same movement. Repeat.

Reps: 20

2 Side to side

Sit on a chair with your legs wide open, your feet flat on the floor, and your hands on your knees. First, reach out with one arm to one side and up. Second, reach across the body to the opposite side with the hand open-same hand-and the palm facing up. Third, extend the leg fully and push into the floor with the toes. Return to the center and repeat with big movement. Think about making big amplitude movement.

Reps: 10

3 Levator scapulae stretch

Sit on a chair with one hand under the buttocks. Rotate the head to the opposite side and bend the head as to look down until you feel a stretch in the neck. Hold the stretch for the prescribed time. Repeat.

Hold: 15

4 Trapezius stretch

Sit down on a chair, with your back straight and your chin tucked. Hold on to the side of the chair with one arm, lower the shoulder and incline the head on the opposite side (ear to the shoulder). With your free hand, apply a light pressure on the side of the head to increase the stretch. Hold for the recommended time.

Hold: 15

5 Posterior shoulder stretch



Place one hand on the opposite shoulder and gently pull the elbow with the free hand until you feel a comfortable stretch behind the shoulder.

Reps: 10

6 Breathing



Sit down with a straight back. Slowly breathe in with your nose while lifting your arms overhead. Slowly exhale through your mouth as you lower your arms. Repeat.

Reps: 6

7 Upper back stretching



Sit down with hands together and arms extended forward. Turn the trunk to the right and reach forward as you flex the head down to stretch the upper back as much as possible. Hold this position. Repeat on the other side.

Hold: 15

8 Trunk lateral stretch



Sit down straight looking forward. Lift one arm overhead and place the other hand on the hip. Then, bend the trunk to the side of the supported hip and hold the position for a few seconds and come back to the starting position. Repeat to the other side.

Hold: 15

9 Back extension



Sit with your weight evenly distributed on your sit bones. Place the hands on the lower back/hips with the thumbs outside and extend the trunk. Hold for the prescribed time and repeat.

Hold: 15

10 Seated hamstring stretch



Sit on a chair with your back straight. Stretch one leg in front of you without locking your knee. Lean forward from the hips, keeping your spine straight-not rounded. Hold the position for the recommended time until you feel a comfortable stretch behind your thigh.

Reps: 10

11 Glutes stretch



Sit with one leg crossed and the foot resting on the thigh. Push down lightly on the knee with your hand and bend your upper body slightly forward to feel a stretch in the buttock. Hold the stretch for the recommended time. Repeat the recommended times and switch legs.

Hold: 15

12 Ankle stretch



Put a towel-a sheet or a belt-around the forefoot and hold both ends with your hands. Keeping your heel on the ground, pull the towel/belt to lift the forefoot until you feel a comfortable stretch in your calf. Hold the stretch for the recommended time. Repeat as indicated.

Hold: 15

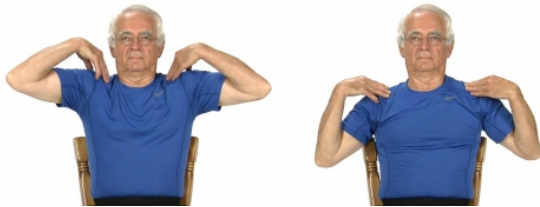
13 Seated shoulder shrug



Sit comfortably on a chair.
Slowly raise your shoulders up to your ears.
Do not bend your head.
Relax.

Reps: 10

14 Shoulder circumduction



Sit comfortably in a chair.
Place your hands at a shoulder level and make large forward circles, leading with your elbows.
Repeat doing backward circles, again leading with your elbows.

Reps: 10

15 Shoulder adduction/abduction



Sit down holding your elbows with both hands-the weakest arm on top. Keeping the torso facing forward, move your arms to each side, as far as possible, as if you were rocking a baby. Repeat.

Reps: 10

16 Shoulder flexion



In a sitting or standing position, bring your hands together and extend the elbows. Lift the arms up as high as possible without arching the lower back. Maintain for the prescribed time and go back to the starting position. Repeat.

Reps: 10

17 Seated shoulder flexion



Sit on a chair.
Raise your arm above your head as high as you can.
Repeat.

Reps: 10

18 Shoulder hor. abduction



Sit in a chair (or wheelchair) and hold a piece of tubing in each hand.
Lift your arms up at shoulder level.
Keep your arms straight and pull the tubing apart by spreading your arms as wide as possible.
Hold for the prescribed time.
Relax and return to the starting position.

Reps: 8 Hold: 8

19 Horizontal abd./add.



Sit on a chair with your hands resting on your hips. Raise your arms to shoulder level with elbows bent. Bring your arms together to touch your hands and elbows. Open your arms by separating them. Return to the starting position.
To progress, repeat the exercise placing your feet closer together.

Reps: 8

20 Elbow flexion



Sit with a small weight in your hand, then flex and extend the elbow completely, keeping the thumb up. Repeat.

Reps: 10

21 Seated wrist flexion



In a seated position, rest your forearm on a table in front of you, with the palm facing up. Lift your hand up as high as possible bending your wrist. Then relax.

Reps: 10

22 Seated trunk rotation



Sit on a chair with your hands resting on your hips. Then, raise your arms to shoulder level, keep the elbows straight (form of a cross) and rotate your trunk by looking over the left shoulder and then over the right shoulder. Finally, return to the starting position.

Reps: 10

23 Trunk flexion



Sit down with the feet on the ground, and the neck and shoulder muscles relaxed. Flex the head and the trunk forward, and touch the ground with your hands. Come back slowly to the initial upright position, starting by unbending the lower back and finishing with the head. Repeat.

Hold: 15

24 Trunk lateral flexion



Sit down straight with your hands behind your head. Bend the trunk to one side, hold the position for a few seconds and come back to the starting position. Repeat to the other side.

Reps: 8

25 Seated lateral weight transfer



Sit on a chair with your weight evenly distributed on your sit-bones, your feet on the ground and your back straight. Raise your arms at shoulder level and bring the right hand as far as possible to the right by shifting your weight on your right sit bone. Repeat on the left side. You can do this exercise alternating left and right side in a continuous motion.

Reps: 8

26 Lateral weight shift



Sit down on a chair and hold on to the side with your hands. Lift the right buttock off the chair as you shift your weight to the left one. Return to the seated position and repeat on the other side.

Reps: 10

27 Hip+knee auto-assisted flexion



Start in a seated position and surround one knee with your hands. With the help of your hands, bring your knee towards your chest. Hold for the prescribed time. Repeat with the other leg.

Hold: 15

28 Seated hip flexion



In a seated position, lift your thigh from the chair while lifting your knee as high as possible, and relax.

Reps: 10 Hold: 10

29 Seated hip abduction



Sit on a chair with your back straight and your feet flat on the ground. Spread your thighs each side of the chair and bring them back to the center.

Reps: 10

30 Hips ext. rot. + abd.



Sit in a chair (or wheelchair) with a piece of tubing around your thighs. Pull your knees apart as far as you can by pushing against the tubing and without moving your feet. Hold for the prescribed time. Relax and return to the starting position.

Reps: 10 Hold: 10

31 Sitting knee extension



Sit up straight in a chair with your feet flat on the floor. Straighten your knee.

Reps: 10 Hold: 10

32 Active ankle mobility



Sit on a chair with your back straight and your feet flat on the floor. Keeping the heels on the ground, lift the front of your feet as high as possible. Hold the position for a count of 2. Repeat.

Reps: 10

33 Ankle plantiflexion w/ band



Sit down on a chair and place a band around the sole of the foot and hold both ends in your hands. Press down the foot against the band and hold the position for a few seconds. Slowly come back to the starting position and repeat.

Reps: 10

34 Alternate arms/legs movement



Sit down on a chair. Touch the left knee with the right elbow and the right knee with the left elbow, alternately.

Reps: 8

35 Clap your hands



Sit down on a stool with your back straight and your hands on your thighs. Clap your hands overhead and then behind your back, alternately. To progress, increase the speed.

Reps: 10

36 Upp./low. extremity coord.



Start in a seated position. Lift your left arm forward and at the same time lift up your right knee. Lower your arm and your knee. Repeat with your left arm and your right leg. Alternate the movement on both sides, keeping the same rhythm. If possible, progressively increase the speed.

Reps: 20

37 Floor to ceiling



Sit on a chair with your legs wide open and your feet flat on the floor. First, reach forward, with your wrist extended. Second, reach toward the floor as far as possible. Third, reach upward. Fourth, reach sideways, with both hands at shoulder level and thumbs up. And finally, bring the arms on the thighs and repeat the sequence. Think about making big amplitude movement.

Reps: 6

38 Seated twist (hand clap)



Sit upright on a chair with feet wide open. First, reach both arms out to the sides, then twist and reach your left hand to clap your right hand. Return to the starting position and repeat on the other side.

Reps: 10

39 Diagonal abd. elastic



Sit in a chair (or wheelchair) and hold a piece of tubing in each hand.
Lift your arms up to shoulder level.
Keep your arms straight and pull the tubing apart by pulling one arm towards the ceiling and one arm towards the floor.
Hold for the prescribed time.
Relax and return to the starting position.
Repeat the other way.

Reps: 8 Hold: 8

40 Shoulder ext. rot. w/ elastic



Bend your elbows at 90 degrees and keep them glued to your sides. Wrap an elastic band around your wrists. Stretch the elastic to either side by spreading your hands while keeping your elbows glued to your sides.

Reps: 8 Hold: 8

41 Abdominal breathing



Sit down with your back against the backrest of a chair and one hand on the belly. Inhale through the nose, bringing the air in the belly under your hand. Exhale slowly with your mouth, contracting the muscles under your hand.

Reps: 6