Standardized Exercise Programs **Patient Instructions Resistance Exercises - Lying Down/sitting**

Resistance Exercises - Lying down/Sitting

- To get health benefits from resistance exercises, they need to feel at least somewhat hard to do.
- Progress the weight lifed over time so that it feels like an 8 out of 10 difficulty (where 0=no effort, 10=hardest effort you can give).
- The last repetition of each exercise should be difficult to complete. If it is easy to complete, you need to make the exercise harder by adding more weight or increasing the number of repetitions that you are doing.
- Remember to lift and lower the weight with control.
- Try to do these exercises at least 2x/week.
- Rest 1.5-3 minutes between your exercise sets to allow your muscles to recover.
- These exercises are shown with a band but your physiotherapist may modify them to use weights instead of a band.
- With resistance exercise, you should expect some muscle soreness. Taking a 2 day break between exercise sessions is a good idea.

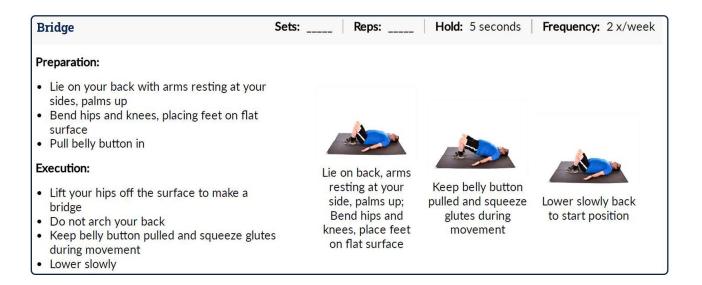


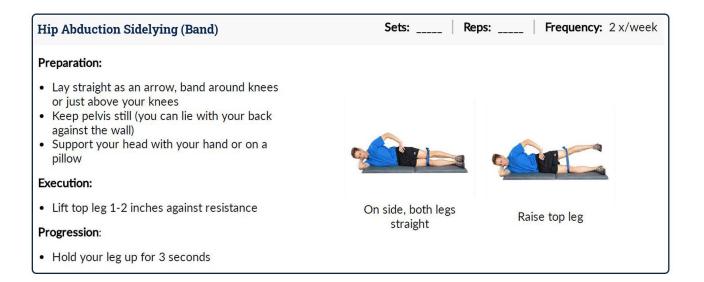
If you have any questions, please contact your physiotherapist.

Images courtesy of SimpleSet™

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Lying Down







Keep core engaged by pulling belly button in

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arm

Lying Down

Preparation:

• Lie on your back, arms straight up to the ceiling, hips and knees at 90 degrees
• Engage core by pulling belly button in

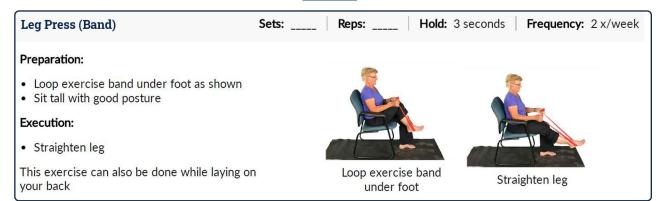
Execution:

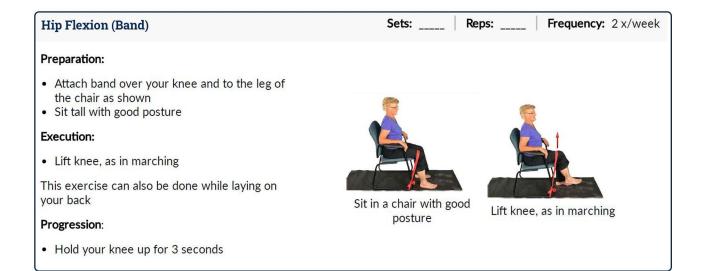
• Slowly lower one heel to the ground
• At the same time reach overhead with opposite arm
• Alternate sides

Frequency: 2 x/week

Sets: ____ Reps: ___ Frequency: 2 x/week

Lower one heel, reach overhead with opposite arm

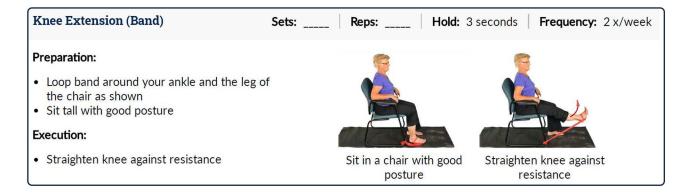




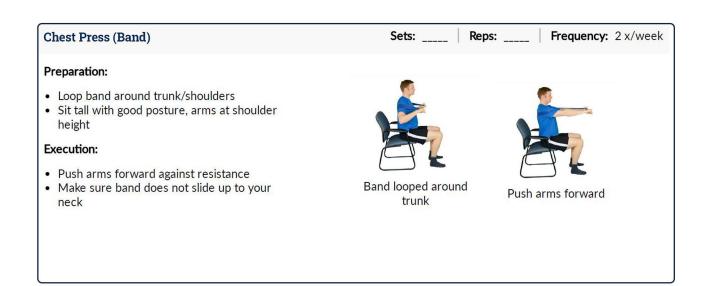


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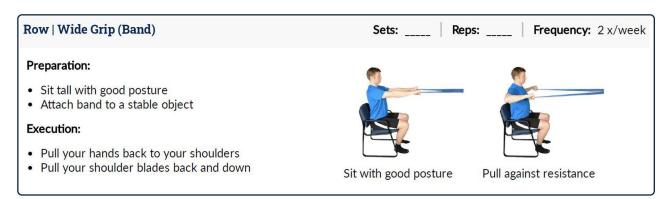




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