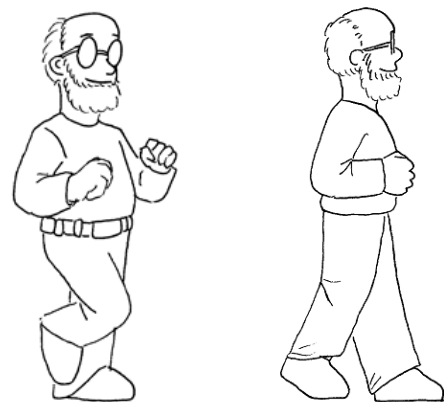


# HOME SUPPORT EXERCISE PROGRAM

## 1. Walking from room to room



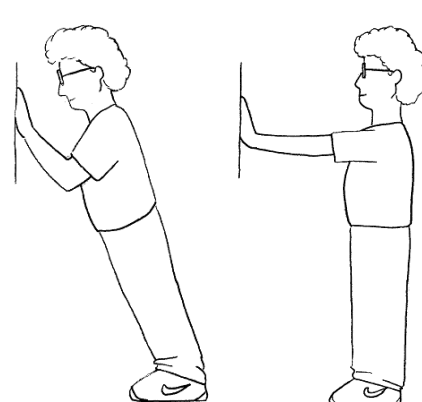
### BEGINNER

Walk on the spot. Begin with 2 min. Increase time up to 5 min. **Then progress.**

### PROGRESSION

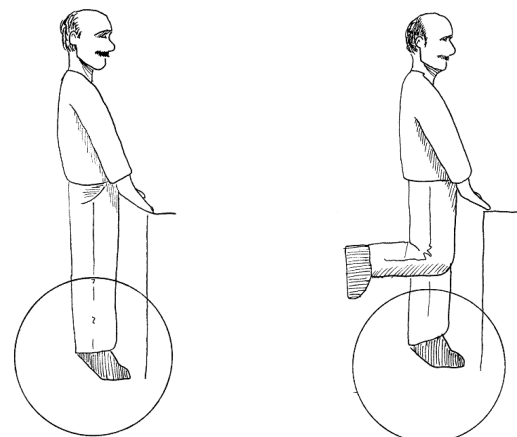
Walk from room to room. Begin with five minutes. Increase time every day.

## 2. Wall push ups



Begin with 5. Add more everyday until you can do 15.

## 3. Rising up on toes



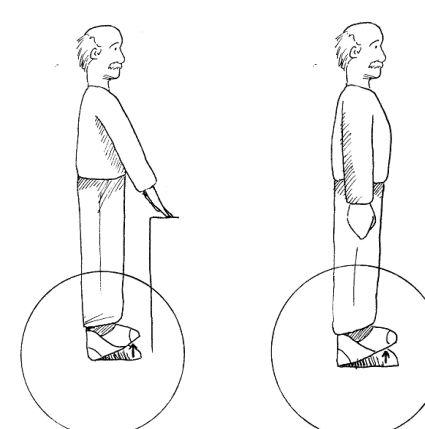
### BEGINNER

Lift up on your toes (standing on both feet). Begin with 5. Add more until you can do 15. Then progress.

### PROGRESSION

Lift up on your toes (standing on one foot). Begin with 5 on each foot. Add more until you can do 15.

## 4. Toe Taps



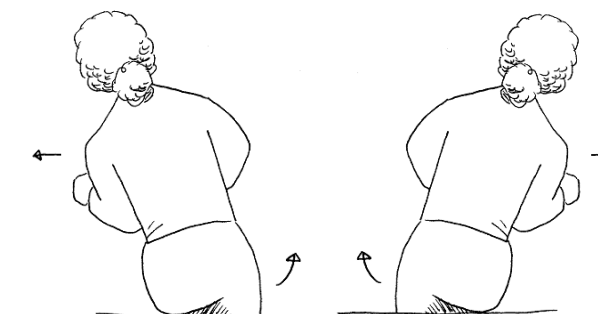
### BEGINNER

Tap your toes alternatively while holding onto a solid object). Begin with 2 min and increase time up to 5min. **Then progress.**

### PROGRESSION

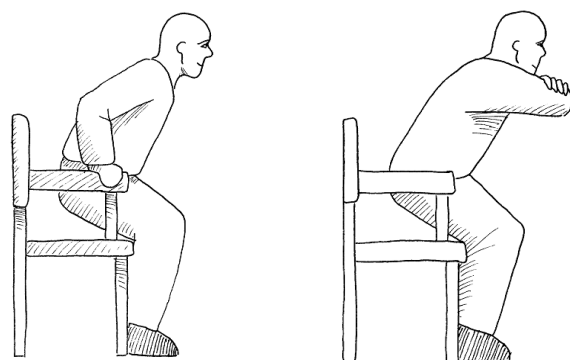
Tap your toes alternatively without holding on.

## 5. Seat Walks



Lift your hip and shift your weight over. Begin with 2 min and increase time up to 5 min.

## 6. Getting up from chair



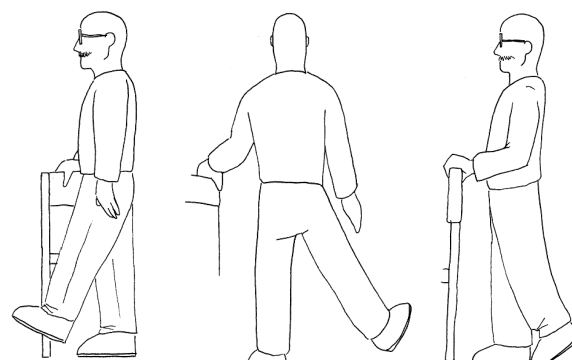
### BEGINNER

Get up from a chair using your arms. Begin with 5. Add more every day until you can do 15. **Then progress.**

### PROGRESSION

Get up from a chair without using your arms. Begin with 5. Add more every day until you can do 15.

## 7. Leg Lifts



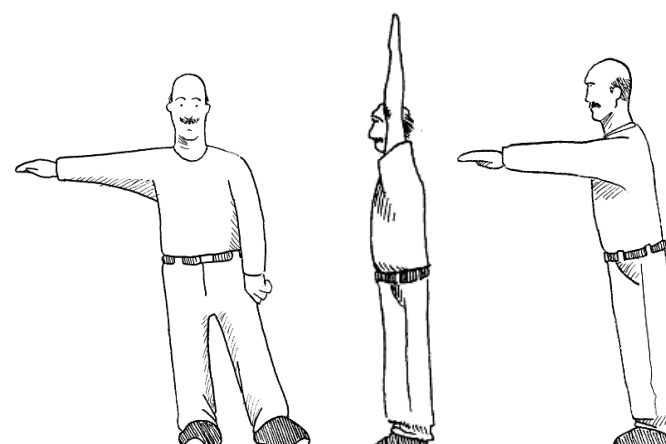
Front

Side

Back

Lift your leg (front, side, and back). Begin with 5 repetitions on each leg. Increase as you become stronger until you can do 15 on each leg.

## 8. Reaching



Side

Up

Front

Out to the side, up, and front as far as you can. Begin with 5 repetitions in each direction. Add more until you can do 15.

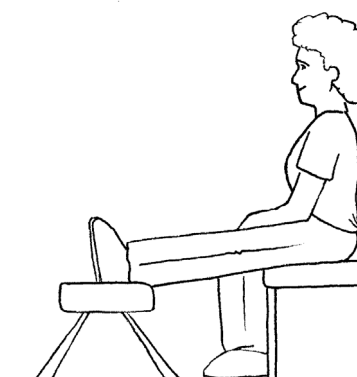
## 9. Standing Stretch



### Lower leg stretch

Hold this position for 10 sec. Relax and repeat. Stretch the other leg increase to 30 sec.

## 10. Seated Stretch



### Back of leg stretch

Hold this position for 10 sec. Relax and repeat. Stretch the other leg increase to 30 sec.

Please consult with your healthcare professional to determine if this program is suitable for you.