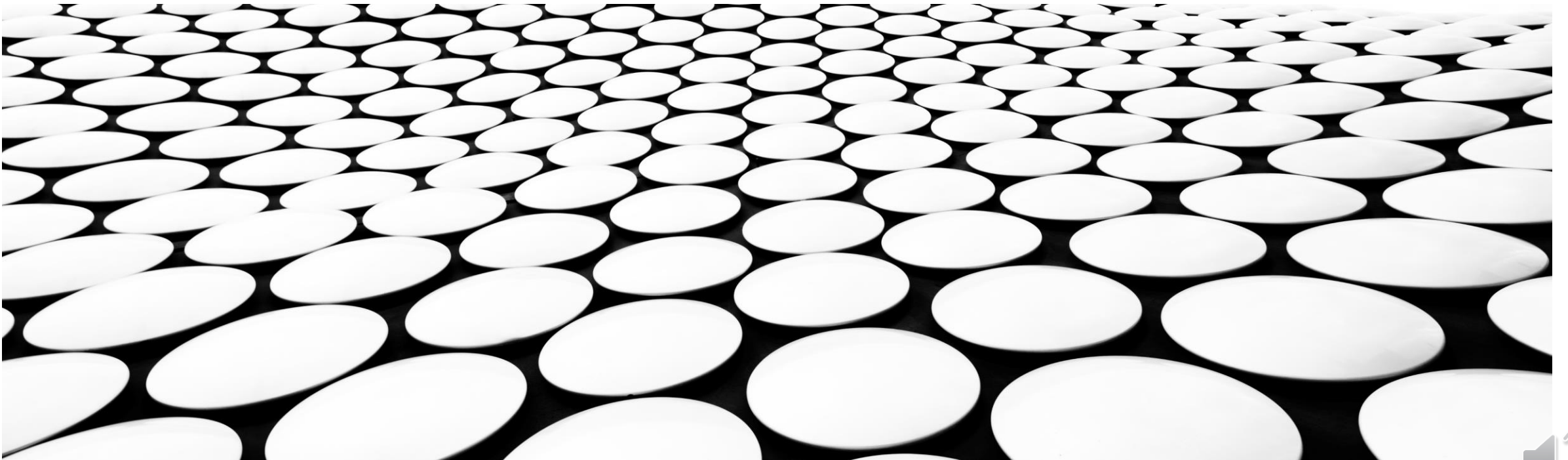

THE CAREGIVING EXERCISE SPECIALIST

WORK-OUT 2: SEATED AND STANDING

PARTIALLY - AMBULATORY



THE CAREGIVING EXERCISE SPECIALIST

WORK-OUT 2: SEATED + STANDING (PARTIALLY AMBULATORY)

- The following is a work-out program that we have used successfully with Partially Ambulatory clients in the past. Partially Ambulatory means in this case clients/loved ones who are still able to walk and stand but requires the help of a caregiver and/or a walking aid such as a Walker or Cane to move safely. Keep in mind that each program has to reflect the clients individual situation, his or her physical abilities, possible health restrictions, as well as previous experience with training, and personal goals.
- The Physical Therapist, Physio-Therapist or Personal Fitness Trainer will discuss the specifics with you prior to asking for your assistance.



THE CAREGIVING EXERCISE SPECIALIST

WORK-OUT 2: SEATED + STANDING (PARTIALLY-AMBULATORY)

- Equipment:

1. **Elastic Resistance Bands: Tubing (Slastix), Theraband, Exercise Loops**
Whenever using elastic resistance ensure that there is at least minimal tension on the band or loop at all times during the exercise! No slack! Elastic Resistance is at it's lowest at the beginning of range of motion and greatest at end range of motion



THE CAREGIVING EXERCISE SPECIALIST

WORK-OUT 2: SEATED + STANDING (PARTIALLY-AMBULATORY)

■ Equipment:

2. 9 inch Pilates Ball

For isometric strength exercises and fast power movements.
Alternatively use small firm couch pillow.

3. Free Weights

For dynamic strength training. Set of 1-5 lbs dumbbells.
Alternatively use soup cans or water bottles



COLOURS MAY VARY





THE CAREGIVING EXERCISE SPECIALIST

WORK-OUT 2: SEATED + STANDING (PARTIALLY-AMBULATORY)

- Equipment:

- 4. Cane (solid)

Used to promote Range of Motion, Flexibility, and Power. Can be used to isometrically engage anterior shoulder and chest (pressing inward) or engage posterior shoulder and upper back (pulling outward) while performing exercise. Alternatively use broom stick or 3-4 foot piece of PVC pipe.

- 5. Towel (36-48 inches)

Used to promote Range of Motion and Flexibility. Can be used to isometrically engage posterior shoulder and upper back by pulling on each end tightly while exercising.

THE CAREGIVING EXERCISE SPECIALIST

WORK-OUT 2: SEATED + STANDING (PARTIALLY-AMBULATORY)

■ Warm-Up

Promote good postural alignment if possible. Ears over shoulders, shoulders over hips. If possible encourage to have trainee sit without using back support of chair.

1. Chair Marching
30 seconds
2. Side Stepping with Arm Abduction
30 seconds



THE CAREGIVING EXERCISE SPECIALIST

WORK-OUT 2: SEATED + STANDING (PARTIALLY-AMBULATORY)

■ Warm-Up

Promote good postural alignment if possible. Ears over shoulders, shoulders over hips. If possible encourage to have trainee sit without using back support of chair.

3. Step & Reach 30 seconds

4. Hip Hike & Reach 30 seconds



THE CAREGIVING EXERCISE SPECIALIST

WORK-OUT 2: SEATED + STANDING (PARTIALLY-AMBULATORY)

■ Warm-Up

Promote good postural alignment if possible. Ears over shoulders, shoulders over hips. If possible encourage to have trainee sit without using back support of chair.

5. Cross Step – Front & Rear 30 seconds

6. Arm Circles Windmills (seated) 30 seconds



THE CAREGIVING EXERCISE SPECIALIST

WORK-OUT 2: SEATED + STANDING (PARTIALLY-AMBULATORY)

- **Range of Motion Work**

Promote good postural alignment if possible. Ears over shoulders, shoulders over hips. If possible encourage to have trainee sit without using back support of chair.

1. **Ankle Rocking (Dorsi and Plantar Flexion)**

Ankle Mobility
10-12 repetitions

2. **Ankle Circles**

Ankle mobility
10 repetitions each ankle and direction

3. **Ankle Windshield Wipers**

Ankle Mobility
10-12 repetitions



THE CAREGIVING EXERCISE SPECIALIST

WORK-OUT 2: SEATED + STANDING (PARTIALLY-AMBULATORY)

- **Range of Motion Work**
Promote good postural alignment if possible. Ears over shoulders, shoulders over hips. If possible encourage to have trainee sit without using back support of chair.
- 5. **Seated Leg Extension**
Knee Mobility – Flexion and Extension
10-12 repetitions alternating legs
- 6. **Seated Hip Marching**
Hip Mobility - Flexion
10-12 repetitions alternating legs
- 7. **Seated Step-Out and Step-In**
Hip Mobility – Abduction and Adduction
10-12 repetitions alternating legs



THE CAREGIVING EXERCISE SPECIALIST

WORK-OUT 2: SEATED + STANDING (PARTIALLY-AMBULATORY)

- **Range of Motion Work**

Promote good postural alignment if possible. Ears over shoulders, shoulders over hips. If possible encourage to have trainee sit without using back support of chair.

- 8. **Small to Tall**

Spinal Mobility - Spinal Flexion and Extension
5 repetitions

- 9. **Seated Side Bend**

Spinal Mobility – Lateral Flexion
10-12 repetitions alternating sides

- 10. **Seated Spinal Rotation**

Spinal Mobility - Rotation
10-12 repetitions alternating direction



THE CAREGIVING EXERCISE SPECIALIST

WORK-OUT 2: SEATED + STANDING (PARTIALLY-AMBULATORY)

- **Range of Motion Work**

Promote good postural alignment if possible. Ears over shoulders, shoulders over hips. If possible encourage to have trainee sit without using back support of chair.

- 12. **Shoulder Circles**

Shoulder Mobility

10-12 repetitions each direction

- 13. **Sunrise – Shoulder Abduction**

Shoulder Mobility - Abduction and Adduction

10-12 repetitions

- 14. **Head and Neck Rotation**

Neck Mobility - Rotation

10-12 repetitions alternating direction



THE CAREGIVING EXERCISE SPECIALIST

WORK-OUT 2: SEATED + STANDING (PARTIALLY-AMBULATORY)

- **Reactive Core Stability and Balance:**

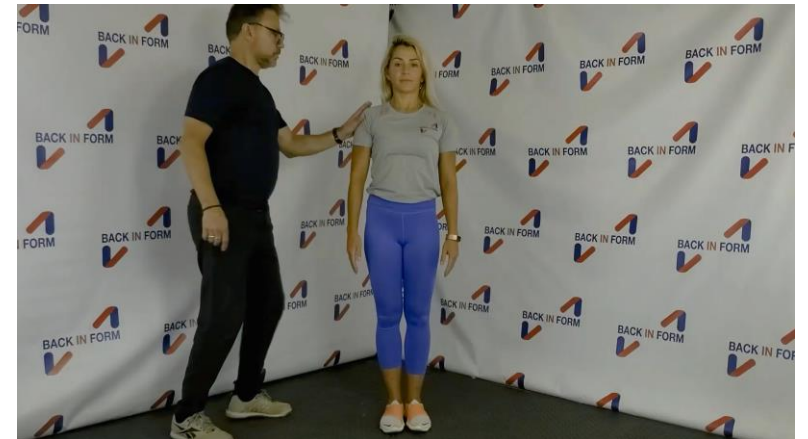
This exercise requires enough core stability to be able to sit in the chair without requiring the back support for balance. Please ensure proper upright postural alignment as much as possible. Ears over shoulders, shoulders over hips, hips over ankles.

1. **Reactive Core Stability and Balance**

2-3 repetitions each direction applying pressure for 5 seconds

2. **Reactive Core Stability and Balance Eyes Closed**

2-3 repetitions each direction applying pressure for 5 seconds



THE CAREGIVING EXERCISE SPECIALIST

WORK-OUT 2: SEATED + STANDING (PARTIALLY-AMBULATORY)

- **Reactive Core Stability and Balance:**

This exercise requires enough core stability to be able to sit in the chair without requiring the back support for balance. Please ensure proper upright postural alignment as much as possible. Ears over shoulders, shoulders over hips, hips over ankles.

- 3. **Reactive Core Stability and Balance Long Arms**

2-3 repetitions each direction applying pressure for 5 seconds

- 4. **Reactive Core Stability and Balance Long Arms + Eyes Closed**

2-3 repetitions each direction applying pressure for 5 seconds



THE CAREGIVING EXERCISE SPECIALIST

WORK-OUT 2: SEATED + STANDING (PARTIALLY-AMBULATORY)

- **Power Training/Rapid Movement Training**

Using smaller loads or resistance while increasing the speed of movement to promote power. More speed carries higher risk of injury and might not be suited for every patient/client.

1. **Arm Sprinters**
10-15 seconds
2. **Leg Sprinters**
10-15 seconds
3. **Arm and Leg Sprinters**
10-15 seconds



THE CAREGIVING EXERCISE SPECIALIST

WORK-OUT 2: SEATED + STANDING (PARTIALLY-AMBULATORY)

- Strength Training

Focus on proper exercise technique to avoid injury.

1. Hip Adduction - Ball Squeeze
10-15 repetitions (3 second squeeze each)
2. Hip Abduction - Exercise Loop
10-15 repetitions (3 second press each)



THE CAREGIVING EXERCISE SPECIALIST

WORK-OUT 2: SEATED + STANDING (PARTIALLY-AMBULATORY)

■ Strength Training

Focus on proper exercise technique to avoid injury. Rest for 30 seconds in between sets

3. Chair – Stand-Up Exercise (feet parallel)

Strengthen Glutes and Thighs
1-2 sets of 5-15 repetitions

4. Chair – Stand-Up Exercise (feet staggered)

Strengthen Glutes and Thighs
1-2 sets of 5-15 repetitions each side



THE CAREGIVING EXERCISE SPECIALIST

WORK-OUT 2: SEATED + STANDING (PARTIALLY-AMBULATORY)

- **Strength Training**

Focus on proper exercise technique to avoid injury. Rest for 30 seconds in between sets

- 5. **Exercise Loop Leg Extension – Self Resisted**

Strengthen Quadriceps

1-2 sets of 10-15 repetitions each leg

- 6. **Exercise Loop Leg Curl – Self Resisted**

Strengthen Hamstrings

5-6 repetitions each leg (hold each curl 5-10 seconds)



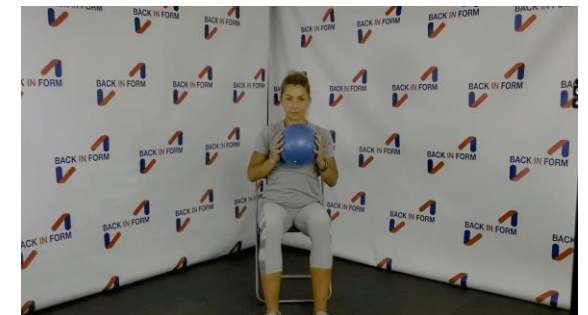
THE CAREGIVING EXERCISE SPECIALIST

WORK-OUT 2: SEATED + STANDING (PARTIALLY-AMBULATORY)

- **Power Training/Rapid Movement Training**

Using smaller loads or resistance while increasing the speed of movement to promote power. More speed carries higher risk of injury and might not be suited for every patient/client. Rest to full recovery after each exercise.

1. **Rapid Ball Chest Press – 9 inch Pilates Ball**
10-12 repetitions
2. **Rapid Diagonal Ball Chops – 9 inch Pilates Ball**
10-12 repetitions each direction
3. **Rapid Ball Overhead Press – 9 inch Pilates Ball**
10-12 repetitions



THE CAREGIVING EXERCISE SPECIALIST

WORK-OUT 2: SEATED + STANDING (PARTIALLY-AMBULATORY)

- **Strength Training**

Focus on proper exercise technique to avoid injury. Rest for 30 seconds in between sets

- 7. **TheraBand Chest Press**

Strengthen Chest

1-2 sets of 10-15 repetitions

- 8. **TheraBand Lat Row**

Strengthen Upper Back and Back of Shoulders

1-2 sets of 10-15 repetitions

- 9. **TheraBand Reverse Fly**

Strengthen Back of Shoulders

1-2 sets of 10-15 repetitions



THE CAREGIVING EXERCISE SPECIALIST

WORK-OUT 2: SEATED + STANDING (PARTIALLY-AMBULATORY)

- **Strength Training**

Focus on proper exercise technique to avoid injury. Rest for 30 seconds in between sets

10. Triceps Kick Back

1-2 sets of 8-15 reps each side

11. Biceps Curl

1-2 sets of 8-15 reps



THE CAREGIVING EXERCISE SPECIALIST

WORK-OUT 2: SEATED + STANDING (PARTIALLY-AMBULATORY)

- **Strength Training**

Focus on proper exercise technique to avoid injury. Rest for 30 seconds in between sets

12. Hip Extension

Strengthen Hip Extensors - Glutes
1-2 sets of 8-15 reps each leg

13. Hip Flexion

Strengthen Hip Flexors
1-2 sets of 8-15 reps each leg



THE CAREGIVING EXERCISE SPECIALIST

WORK-OUT 2: SEATED + STANDING (PARTIALLY-AMBULATORY)

- **Strength Training**

Focus on proper exercise technique to avoid injury. Rest for 30 seconds in between sets

14. Hip Abduction

Strengthen Hip Abductors

1-2 sets of 8-15 repetitions each leg

15. Standing Ankle Rocking (Plantar and Dorsi Flexion)

Strengthen Plantar and Dorsi Flexors

1-2 sets of 8-15 repetitions



THE CAREGIVING EXERCISE SPECIALIST

WORK-OUT 2: SEATED + STANDING (PARTIALLY-AMBULATORY)

■ Stretching – Cool Down

At the end of each work-out we are trying to settle back into regular activity mode. Stretching Exercises help cool down the body's physiological activity and help muscles return to their functional length ensuring better Joint Range of Motion.

1. **Single Knee to Chest Stretch**
Repeat Stretch for 15-30 seconds twice each side
2. **Piriformis Stretch**
Repeat Stretch for 15-30 seconds twice each side
3. **Dynamic Hamstring Stretch**
Repeat each side slowly 10 times



THE CAREGIVING EXERCISE SPECIALIST

WORK-OUT 2: SEATED + STANDING (PARTIALLY-AMBULATORY)

■ Stretching – Cool Down

At the end of each work-out we are trying to settle back into regular activity mode. Stretching Exercises help cool down the body's physiological activity and help muscles return to their functional length ensuring better Joint Range of Motion.

4. Anterior Shoulder and Chest Stretch

Repeat Stretch for 15-30 seconds twice

5. Posterior Shoulder Stretch

Repeat Stretch for 15-30 seconds twice each side

6. Mid Back Stretch

Take a deep breath into back of ribcage. Hold breath for 2-3 seconds, slowly and fully exhale. Repeat for 3-5 breathing cycles

