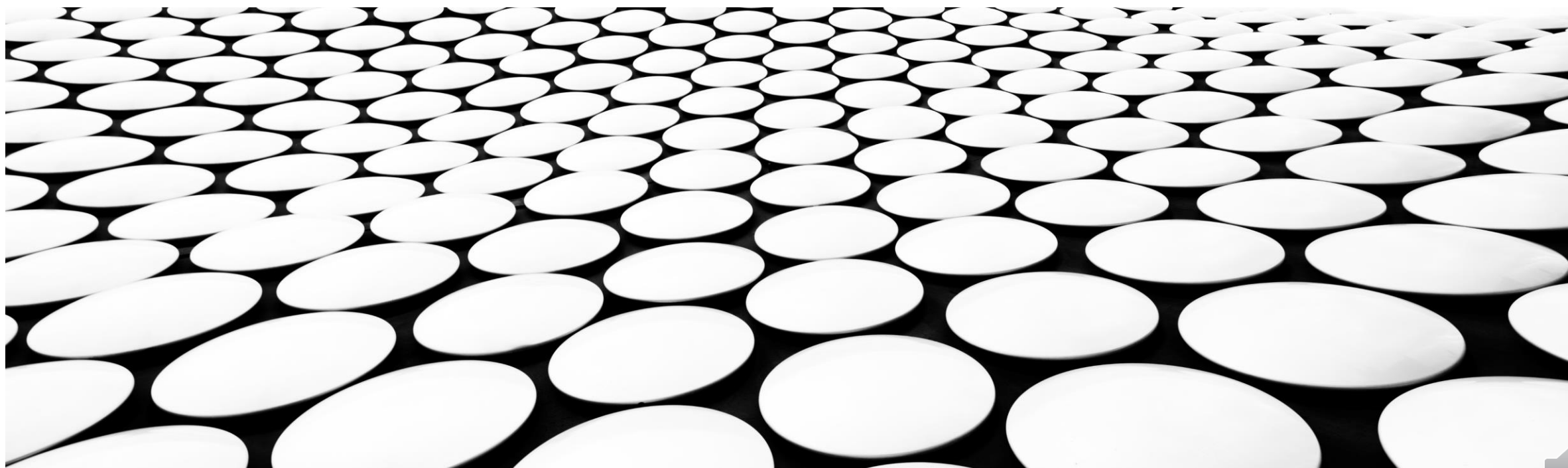

THE CAREGIVING EXERCISE SPECIALIST

WORK-OUT 3: STANDING

FULLY AMBULATORY



THE CAREGIVING EXERCISE SPECIALIST

WORK-OUT 3: STANDING (FULLY AMBULATORY)

- The following is a work-out program that we have used successfully with Fully Ambulatory clients in the past. Fully Ambulatory means in this case that the clients/loved ones are independently able to walk and stand without any substantial risk for falls. 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 3: STANDING (FULLY 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 3: STANDING (FULLY 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 3: STANDING (FULLY 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 3: STANDING (FULLY AMBULATORY)

■ Warm-Up

Promote good postural alignment if possible. Ears over shoulders, shoulders over hips, hips over ankles.

1. Marching
30 seconds
2. Front Step opposing arm swing
30 seconds
3. Cross-Country-Skier
30 seconds



THE CAREGIVING EXERCISE SPECIALIST

WORK-OUT 3: STANDING (FULLY AMBULATORY)

- Warm-Up
Promote good postural alignment if possible. Ears over shoulders, shoulders over hips, hips over ankles.
- 4. High Knees with Cross Touch
30 seconds
- 5. Side Step with Twist and Cross Reach
30 seconds
- 6. High Knees with Twist and Cross Touch
30 seconds



THE CAREGIVING EXERCISE SPECIALIST

WORK-OUT 3: STANDING (FULLY AMBULATORY)

■ Warm-Up

Promote good postural alignment if possible. Ears over shoulders, shoulders over hips, hips over ankles.

7. Arm Circles – Windmills 10 times each direction

8. Hip Circles – Assisted 5 Rotations in each direction with each leg



THE CAREGIVING EXERCISE SPECIALIST

WORK-OUT 3: STANDING (FULLY 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
1-2 sets of 15-30 seconds
2. Reactive Core Stability and Balance Eyes Closed
1-2 sets 15-30 seconds



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WORK-OUT 3: STANDING (FULLY 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 with Slastix – Short Arms
1-2 sets of 15-30 seconds
4. Reactive Core Stability and Balance with Slastix – 50% Arm Extension
1-2 sets of 15-30 seconds
5. Reactive Core Stability and Balance with Slastix – Full Arm Extension
1-2 sets of 15-30 seconds



THE CAREGIVING EXERCISE SPECIALIST

WORK-OUT 3: STANDING (FULLY AMBULATORY)

- **Dynamic Balance Training**
“is defined as the ability to move the body outside of it’s base of support or the act of maintaining postural control while moving...” (ACE Fitness).
- 1. **Closed Stance Small to Tall**
10-12 repetitions
- 2. **Closed Stance Small to Tall with Rotation**
10-12 alternate repetitions each direction
- 3. **Semi-Tandem Stance Small to Tall with Rotation**
10-12 alternate repetitions each direction than switch stance and repeat



THE CAREGIVING EXERCISE SPECIALIST

WORK-OUT 3: STANDING (FULLY AMBULATORY)

■ Dynamic Balance Training

“is defined as the ability to move the body outside of it’s base of support or the act of maintaining postural control while moving...” (ACE Fitness).

4. Side Step to Single Leg

5-10 steps each side, maintain balance for 2-3 seconds

5. Forward Step to Single Leg

5-10 steps each side. Maintain balance for 2-3 seconds

6. Reverse Step to Single Leg

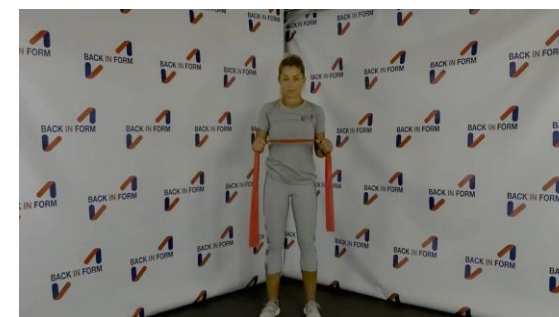
5-10 steps each side. Maintain balance for 2-3 seconds



THE CAREGIVING EXERCISE SPECIALIST

WORK-OUT 3: STANDING (FULLY 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.
 - **Strength Training**
Focus on proper exercise technique to avoid injury
1. **TheraBand Chest Press**
1-2 sets of 8-15 repetitions with greater resistance (red, green or blue) to increase strength
3rd set of 10-12 repetitions with lower resistance and with rapid speed (yellow or red) to improve power.
 2. **TheraBand Lat Pulldown**
1-2 sets of 8-15 repetitions with greater resistance (red, green or blue) to increase strength
3rd set of 10-12 repetitions with lower resistance and with rapid speed (yellow or red) to improve power.
 3. **TheraBand Reverse Fly**
1-2 sets of 8-15 repetitions with greater resistance (red, green or blue) to increase strength
3rd set of 10-12 repetitions with lower resistance and with rapid speed (yellow or red) to improve power



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WORK-OUT 3: STANDING (FULLY AMBULATORY)

- **Power Training/Rapid Movement Training**
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- **Strength Training**
Focus on proper exercise technique to avoid injury
- 4. **TheraBand Biceps Curl (One Leg or Two Legs)**
1-2 sets of 8-15 repetitions with greater resistance (red, green or blue) to increase strength
3rd set of 10-12 repetitions with lower resistance and with rapid speed (yellow or red) to improve power
- 5. **TheraBand Triceps Extension**
1-2 sets of 8-15 repetitions with greater resistance (red, green or blue) to increase strength
3rd set of 10-12 repetitions with lower resistance and with rapid speed (yellow or red) to improve power



THE CAREGIVING EXERCISE SPECIALIST

WORK-OUT 3: STANDING (FULLY AMBULATORY)

- **Strength Training**
Focus on proper exercise technique to avoid injury
- 6. **Dumbbell Squat**
1-2 Sets of 8-15 Repetitions
- 7. **Alternate Reverse Lunge**
1-2 sets of 10-20 Repetitions
- 8. **TheraBand Deadlift**
1-2 sets of 8-15 Repetitions



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WORK-OUT 3: STANDING (FULLY AMBULATORY)

- **Power Training/Rapid Movement Training**
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- **Fake Squat Jump**
1-2 Sets of 5-10 Repetitions
- **Squat Jump**
1-2 Sets of 5-10 Repetitions



THE CAREGIVING EXERCISE SPECIALIST

WORK-OUT 3: STANDING (FULLY AMBULATORY)

■ Core Stability Training

is designed to strengthen the muscles providing the lumbar region and center of the body with stability and proper postural alignment.

1. Prone Plank - Elbow and Knees
3-6 repetitions of 10-30 seconds
2. Side Plank – Elbows and Knees
3-6 repetitions of 10-30 seconds
3. Supine Bridge – Marching
3-6 repetitions of 10-30 seconds



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WORK-OUT 3: STANDING (FULLY AMBULATORY)

- **Stretching & Mobility – 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. Hip Rocking – Child Pose to Cobra
30 seconds
2. Cat and Camel
30 seconds



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WORK-OUT 3: STANDING (FULLY 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.

3. **Supine Hamstring Stretch**
2-3 repetitions each leg for 15-30 seconds each
4. **Supine Piriformis Stretch**
2-3 repetitions each leg for 15-30 seconds each
5. **Side Lying Quadriceps Stretch**
2-3 repetitions each leg for 15-30 seconds each

