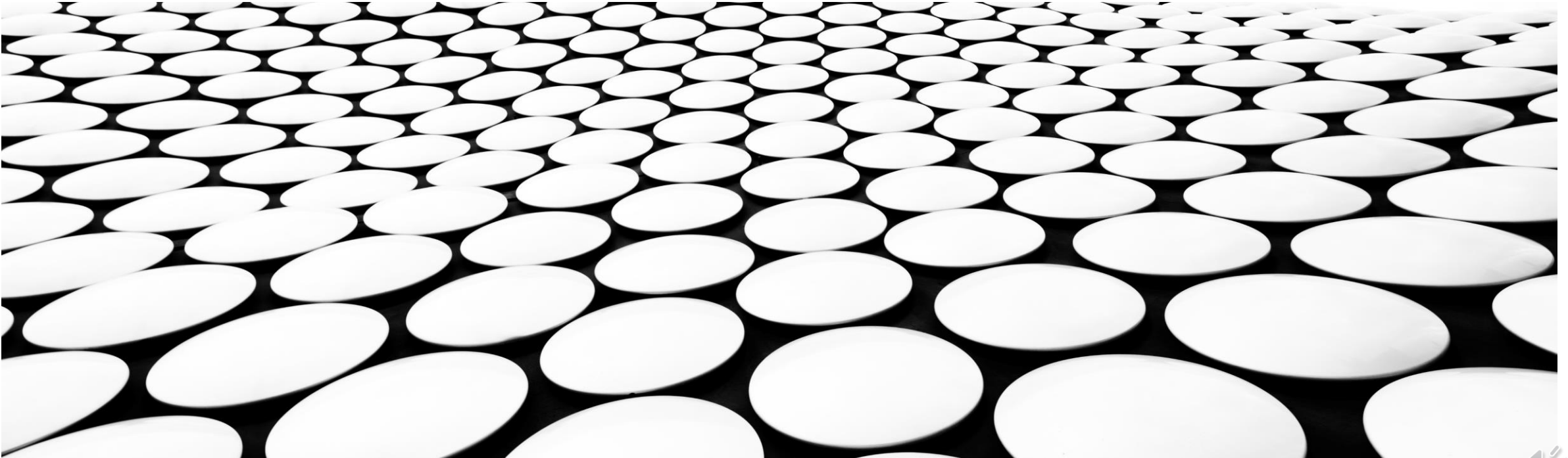

THE CAREGIVING EXERCISE SPECIALIST

WORK-OUT 1: SEATED (NON AMBULATORY)





THE CAREGIVING EXERCISE SPECIALIST

WORK-OUT 1: SEATED (NON-AMBULATORY)

- **The Non-Ambulatory Care Receiver**

We define the Non-Ambulatory Care Receiver as someone who can stand or walk, requires the assistance of a caregiver for transitions and a wheelchair for mobility.

THE CAREGIVING EXERCISE SPECIALIST

WORK-OUT 1: SEATED (NON-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 1: SEATED (NON-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 1-10 lbs dumbbells.
Alternatively use soup cans or water bottles



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WORK-OUT 1: SEATED (NON-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.



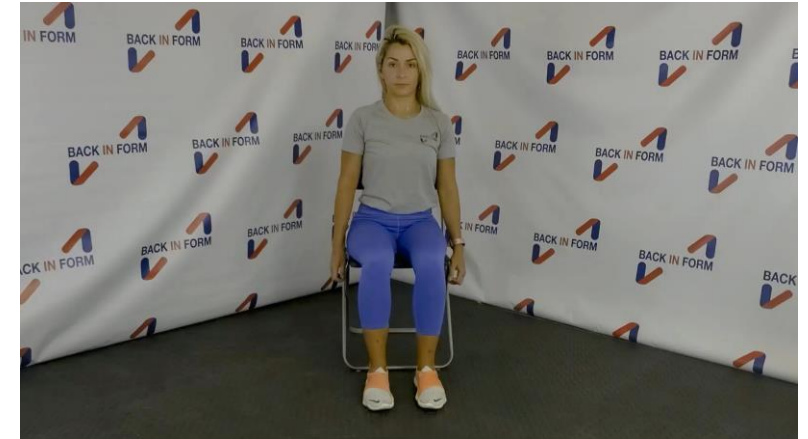
THE CAREGIVING EXERCISE SPECIALIST

WORK-OUT 1: SEATED (NON-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
2. Side Stepping with Torso Twist



THE CAREGIVING EXERCISE SPECIALIST

WORK-OUT 1: SEATED (NON-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

- 4. Hip Hike & Reach

- 5. Arm Circles (Windmills)



THE CAREGIVING EXERCISE SPECIALIST

WORK-OUT 1: SEATED (NON-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 – Plantar Flexion)
2. Ankle Circles



THE CAREGIVING EXERCISE SPECIALIST

WORK-OUT 1: SEATED (NON-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.

- 4. Ankle Windshield Wipers

- 5. Seated Leg Extensions



THE CAREGIVING EXERCISE SPECIALIST

WORK-OUT 1: SEATED (NON-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.

- 6. Seated Hip Marching

- 7. Seated Step-Out and Step-In



THE CAREGIVING EXERCISE SPECIALIST

WORK-OUT 1: SEATED (NON-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 Flexion and Extension)
 9. Seated Side Bend



THE CAREGIVING EXERCISE SPECIALIST

WORK-OUT 1: SEATED (NON-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.

10. Seated Spinal Rotation

11. Shoulder Circles



THE CAREGIVING EXERCISE SPECIALIST

WORK-OUT 1: SEATED (NON-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. Sunrise – Shoulder Abduction

13. Head and Neck Rotation



THE CAREGIVING EXERCISE SPECIALIST

WORK-OUT 1: SEATED (NON-AMBULATORY)

- Strength and Resistance Training
Focus on proper exercise technique to avoid injury
1. Chair - Seated Ball Squeeze – Isometric Hip Adduction
 2. Chair - Seated Resistance Loop Hip Abduction



THE CAREGIVING EXERCISE SPECIALIST

WORK-OUT 1: SEATED (NON-AMBULATORY)

- Strength and Resistance Training
Focus on proper technique to avoid injury

3. Self Resisted Leg Extension

4. Resistance Loop Leg Curl



THE CAREGIVING EXERCISE SPECIALIST

WORK-OUT 1: SEATED (NON-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. Seated Rapid Chest Press
 2. Seated Rapid Overhead Press
 3. Seated Rapid Diagonal Chops



THE CAREGIVING EXERCISE SPECIALIST

WORK-OUT 1: SEATED (NON-AMBULATORY)

- Strength and Resistance Training
Pay attention to proper technique to avoid injury

5. Assisted Tubing Row

6. Assisted Tubing Chest Press



THE CAREGIVING EXERCISE SPECIALIST

WORK-OUT 1: SEATED (NON-AMBULATORY)

- Strength and Resistance Training – Core Stability
Pay attention to proper technique to avoid injury.
- 7. Reactive Balance and Core Stability
- 8. Reactive Balance and Core Stability – Eyes Closed
- 9. Reactive Balance and Core Stability – Long Arms
- 10. Reactive Balance and Core Stability – Long Arms/Eyes Closed



THE CAREGIVING EXERCISE SPECIALIST

WORK-OUT 1: SEATED (NON-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. Hamstring Stretch (static)
2. Single Knee to Chest Stretch
3. Piriformis Stretch



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WORK-OUT 1: SEATED (NON-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. Posterior Shoulder Stretch
5. Anterior Shoulder Stretch
6. Chest Stretch (static)

