

Elastic Band Arm Exercises

Name: _____ Date: _____

Completing the following exercises as part of a daily routine will facilitate maintaining strength gained during therapy.

Key Things to Remember:

- ✓ Work hard but within the limits of your abilities.
- ✓ STOP exercises and consult your doctor or therapist if you experience pain, dizziness or difficulty breathing.
- ✓ Do not hold your breath. Count out loud.
- ✓ Allow adequate resting periods between repetitions and exercise sets.
- ✓ Use good posture while exercising.



For all the following exercises, sit upright in a sturdy chair with feet flat on the floor.



Shoulder Blade Squeeze

- Loop elastic band around each palm. Put your arms in front of your body with elbows straight.
- Pull elastic band outward, across the chest, squeezing shoulder blades together.
- Hold for 3 seconds.
- Slowly return to starting position.

Complete _____ repetitions _____ sets _____ times per day



Shoulder Flexion

- Loop elastic band around each palm. Put your left hand on your right knee.
- While keeping the bottom hand on your knee with elbow straight, pull elastic band up toward ceiling.
- Hold for 3 seconds.
- Slowly return to starting position.
- Repeat for opposite shoulder.

Complete _____ repetitions _____ sets _____ times per day

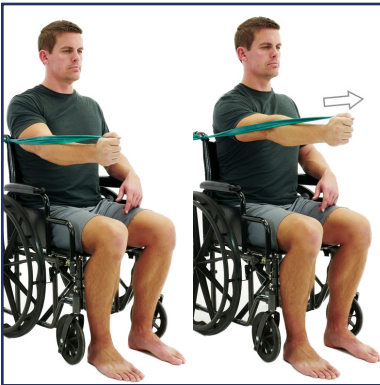
Elastic Band Arm Exercises



Elbow Flexion/Bicep Curl

- Loop one end of elastic band under your right foot and the other in right palm.
- Bending elbow, pull elastic band up toward your chin.
- Hold for 3 seconds.
- Slowly return to starting position.
- Repeat for opposite elbow.

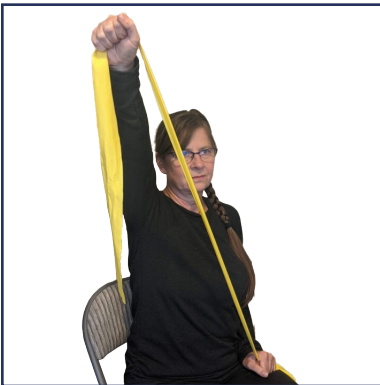
Complete ____ repetitions ____ sets ____ times per day



Chest Press

- Loop one end of elastic band on right side of chair behind shoulder and place the other end in the right palm.
- Push your fist forward.
- Hold for 3 seconds.
- Slowly return to starting position.
- Repeat for opposite elbow.

Complete ____ repetitions ____ sets ____ times per day



Shoulder Diagonals

- Loop elastic band around each palm. Put right hand on your left hip.
- With thumb pointing downward, pull elastic band across the body to the opposite side and upward keeping your elbow straight.
- Hold for 3 seconds.
- Slowly return to starting position.
- Reverse and repeat for opposite shoulder.

Complete ____ repetitions ____ sets ____ times per day



Shoulder External Rotation

- Loop elastic band around each palm with palms facing up and elbows bent at sides.
- Pull elastic band outward keeping elbows bent and tucked into your sides.
- Hold for 3 seconds.
- Slowly return to starting position.

Complete ____ repetitions ____ sets ____ times per day

Discharge equipment list and recommendations reviewed by: _____

Reviewed with: ____ Resident ____ Caregiver ____ Family Member ____ Health Care Proxy who verbalized understanding

Signature: _____

7.2022

Contact clinicalteam@reliant-rehab.com for more information.

Leg Exercises - Standing

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- ✓ Do not hold your breath. Count out loud.
- ✓ Allow adequate resting periods between repetitions and exercise sets.



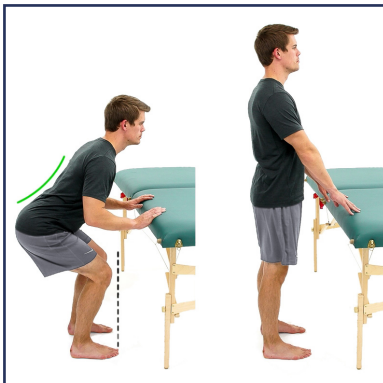
For all the following exercises, stand at a sturdy surface (i.e., kitchen counter) to assist with balance. Do not use a walker to complete unless someone is with you. Place a chair behind you in case a rest break is needed.



Heel to Toe Raises

- Stand at sturdy surface with feet shoulder width apart.
- With your knees straight, slowly alternate between heel and toe raises.

Complete _____ repetitions _____ sets _____ times per day



Mini Squats

- Stand at sturdy surface with feet shoulder width apart.
- Slowly bend at the hips and knees, pushing your buttocks back as if planning to sit in a chair.
- Slowly lower your body about a 1/3 of the way down and then return to a standing position.
- Remember to keep your chest up and back straight.

Complete _____ repetitions _____ sets _____ times per day

Leg Exercises - Standing



Hip Flexion / Marching

- Stand at a sturdy surface with feet shoulder width apart either facing the support surface or standing perpendicular to the support surface.
- Keep your back straight while slowly marching in place.

Complete ____ repetitions ____ sets ____ times per day



Side Kicks / Hip Abduction

- Stand at a sturdy surface with feet shoulder width apart.
- Keeping your toes pointed forward and knee straight, slowly kick one leg out to side.
- Keep your back straight, don't lean to the side.

Complete ____ repetitions ____ sets ____ times per day



Backwards Kicks / Hip Extension

- Stand at sturdy surface with feet shoulder width apart.
- Keeping your toes pointed forward and knee straight, slowly kick one leg back.
- Remember to keep your chest up and back straight. Do not lean forward.

Complete ____ repetitions ____ sets ____ times per day



Hamstring Curls

- Stand at sturdy surface with feet shoulder width apart.
- One leg at a time, bend your knee, bringing heel up towards your buttocks.
- Remember to keep your chest up and back straight.

Complete ____ repetitions ____ sets ____ times per day

Discharge equipment list and recommendations reviewed by: _____

Reviewed with: ____ Resident ____ Caregiver ____ Family Member ____ Health Care Proxy who verbalized understanding

Signature: _____

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Leg Exercises - Seated

Name: _____ Date: _____

Completing the following exercises as part of a daily routine will facilitate maintaining strength gained during therapy.

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- ✓ STOP exercises and consult your doctor or therapist if you experience pain, dizziness or difficulty breathing.
- ✓ Do not hold your breath. Count out loud.
- ✓ Allow adequate resting periods between repetitions and exercise sets.
- ✓ Use good posture while exercising.



For all the following exercises, sit upright in a sturdy chair with feet flat on the floor.



Seated Leg Kicks

- Knees should be bent and feet flat on the floor.
- Kick one foot out straightening your knee and bringing toes to sky.
- Try to hold straight for 1-2 seconds.

Complete _____ repetitions _____ sets _____ times per day



Ball/Pillow Squeeze

- Knees should be bent and feet flat on the floor.
- Place a ball or pillow between knees.
- Squeeze knees together holding for 3 seconds then release.

Complete _____ repetitions _____ sets _____ times per day



Seated Hip Abduction

- Knees should be bent and feet flat on the floor.
- Place the elastic band around lower thigh above the knee tying securely.
- Alternative to elastic band – place hands on the outside of the knees and apply resistance manually.
- Push knees apart holding for 3 seconds then release.

Complete _____ repetitions _____ sets _____ times per day

Leg Exercises - Seated



Seated March

- Knees should be bent and feet flat on the floor.
- Raise foot off the ground bringing knee up, then lower back to starting position and repeat on opposite leg. Continue to alternate marching movement while sitting.

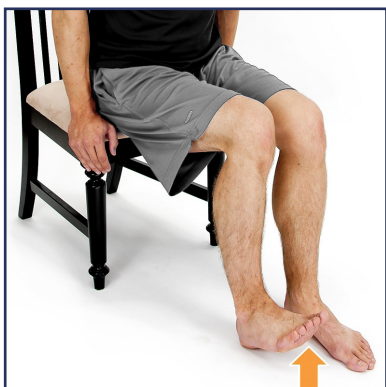
Complete ____ repetitions ____ sets ____ times per day



Seated Heel Slide

- Knees should be bent and feet flat on the floor.
- Place a washcloth under one foot.
- Keeping foot on the ground slide your foot out forward as far as you can then back as far as you can.
- You can also slide your foot to side to side as another exercise option.
- Repeat on opposite leg.

Complete ____ repetitions ____ sets ____ times per day



Seated Toe Raises

- Knees should be bent and feet flat on the floor.
- Raise toes of one foot up towards the sky while keeping your heel on the floor. Repeat on opposite foot.
- Continue alternating toe raises, keeping heels on the floor throughout exercise.

Complete ____ repetitions ____ sets ____ times per day



Seated Heel Raises

- Knees should be bent and feet flat on the floor.
- Raise your heels together keeping your toes on the floor.
- Hold for 3 seconds, then return heels back down to the floor

Complete ____ repetitions ____ sets ____ times per day

Discharge equipment list and recommendations reviewed by: _____

Reviewed with: ____ Resident ____ Caregiver ____ Family Member ____ Health Care Proxy who verbalized understanding

Signature: _____

7.2022

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Discharge Equipment List & Recommendations

Name: _____ Date: _____



Wheelchair _____



Straight Cane _____



Quad Cane _____



Hemi-Walker _____



Standard Walker _____



Rolling Wlaker _____



Rollator Walker _____



Shower Chair _____



Tub Transfer Bench _____



Bedside 3-in-1 Commode _____

Other _____



Discharge Equipment List & Recommendations

Name: _____ Date: _____

The following exercise sheets were reviewed with resident and encouraged to complete daily:

- _____ Elastic Band Arm Exercises
- _____ Standing Leg Exercises
- _____ Seated Leg Exercises
- _____ Other Exercises

Home Safety Tips:

- ✓ Remove all throw rugs or secure with double sided tape.
- ✓ Remove any electrical cords that cross walkways or are near traffic areas.
- ✓ Ensure handrails are securely in place.
- ✓ Establish a current medication list and properly dispose of unneeded medications.
- ✓ Place commonly used items in easily reachable locations.

The following patient-specific recommendations are encouraged to maximize success and safety in the home:

1. _____

2. _____

3. _____

4. _____

Discharge equipment list and recommendations reviewed by: _____

Reviewed with: _____ Resident _____ Caregiver _____ Family Member _____ Health Care Proxy who verbalized understanding

Signature: _____