

“Beat the Virus” Program

Tandem

“Touch counter, stand in a heel-toe position, stand tall, count to 30, switch feet”

HARDER: more of tandem position

EASIER: less of a tandem position

AVOID: slouching



Squat

“Touch counter, feet shoulder width & straight ahead, squat down with hips back, stop when needed, place more weight on heels, hold 3 seconds, repeat 10 times”

HARDER: squat to 50° of knee bend

EASIER: squat less than 50° knee bend

AVOID: knees going forward and/or inward



Push-Up/Plank

“Place hands on counter edge wider than shoulders, up on toes, walk back to moderate position of difficulty, bend elbows up to 90° of elbow bend with straight body, repeat 15 times”

HARDER: walk feet back farther

EASIER: walk feet back less

AVOID: shrugging, slouching, dropping hips



Shoulder Stretch

“Place fists on counter as shown, walk back and bend at hips with straight arms to a moderate stretch, hold 60 seconds”

HARDER: bend at hips more

EASIER: bend elbows slightly, bend over less

AVOID: palms down



Calf Raise

“Hands on counter, stand tall, hips back slightly, feet straight, push up on toes while keeping hips back/knees straight, repeat 20 times”

HARDER: do 1 foot at a time

EASIER: don't push up as far

AVOID: toes out, slouching



Calf Stretch

“Both hands on counter, walk both feet back, bring 1 foot forward, bring heel down of back foot while straightening knee, hold 60 seconds”

HARDER: walk back farther

EASIER: don't walk back as far

AVOID: toeing out, slouching



March

“Both hands on counter in wide position, march in place lifting knees as high as possible until you feel tired.”

HARDER: march faster

EASIER: march slower, don't lift knees as high

AVOID: slouching



Other Stuff

- For at least the 1st session, we strongly recommend completing with a mentor
- Participant should be cleared for standing activity by their physician
- This program should be done *at least* twice/day in supportive footwear
- If participant believes something is wrong, a brief rest break should be taken (have chair nearby)
- This program can help slow decline in balance and overall health; to reverse trends, more aggressive standing balance strengthening and stretching are needed
- Normal breathing is crucial during activity
- Questions? Email Dr. Hoobler at colin@s3balance.com