

## Bridge

"Scoot to chair edge, sit tall, lean back close to backrest, lift hips high, hold 7 seconds, repeat"

**HARDER:** lift higher

**EASIER:** lean back less, lift lower

**AVOID:** arching back, moving knees apart



## Seated Squat

"Scoot to chair edge, sit tall, feet out front to 50° knee angle, push through heels for 7 seconds"

**HARDER:** push hard enough to move body

**EASIER:** push less hard

**AVOID:** collapsing knees inward



## Hamstring Stretch

"Scoot to chair edge, sit tall, place right leg in front, toe up, lean at hips, hold 60 seconds"

**HARDER:** lean forward more

**EASIER:** lean forward less

**AVOID:** slouching, moving toe out



## Posture Stretch

"Scoot to chair edge, place each hand on arm rests as shown, sit tall, pull shoulders back to get a moderate stretch, hold 60 seconds"

**HARDER:** sit taller, move hands back further

**EASIER:** move hands forward

**AVOID:** slouching, looking down



## Calf Stretch

“Scoot to chair edge, slide feet as far back as possible, sit tall, keep heels down 60 seconds”

**HARDER:** place book under forefeet

**EASIER:** slide feet back less

**AVOID:** slouching, allowing heels to rise



## Torso Turn

“Scoot to chair edge, sit tall, place both hands on right arm rest, slide back to moderate stretch, hold 60 seconds”

**HARDER:** turn more

**EASIER:** turn less

**AVOID:** slouching, moving lower body



## Shoulder Squeeze + Neck Turns

“Scoot to chair edge, sit tall, squeeze shoulder blades, turn head up, down, right, left 10 times.”

**HARDER:** lift elbows up higher, turn head more

**EASIER:** elbows lower, turn head less

**AVOID:** shrugging, arching



## Other Stuff

- For the 1<sup>st</sup> session, we recommend completing with a mentor
- Participant should be cleared for basic sitting 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
- This program can help prevent joint contracture and pain; for best results, more aggressive standing balance, strengthening and stretching are needed
- Normal breathing is crucial during activity
- Questions? Email Dr. Hoobler at [colin@s3balance.com](mailto:colin@s3balance.com)