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Exercise Booklet

Standing up and sitting down with a harness



Repeat __ times.

Therapist`s aim

To improve the ability to stand up or sit down.

Therapist`s instructions

Position the patient in sitting with a harness attached for body-weight support and their feet underneath their knees. Instruct the patient to stand up and then sit down again. Ensure that the shoulders and knees move forward while moving between sitting and standing, and weight is borne equally through both legs.

Progressions and variations

Less advanced: 1. Increase the height of the chair. 2. Increase the amount of body-weight support. More advanced: 1. Decrease the height of the chair 2. Decrease the amount of body-weight support.

Standing up and sitting down using a lateral knee cue



Repeat __ times.

Therapist`s aim

To improve the ability to stand up or sit down.

Therapist`s instructions

Position the patient in sitting with an object placed laterally to their affected knee. Instruct the patient to stand up and then sit down again. Ensure that the affected knee does not touch the object, the shoulders move forward while moving between sitting and standing, and weight is borne equally through both legs.

Progressions and variations

Less advanced: 1. Increase the height of the plinth. More advanced: 1. Decrease the height of the plinth.

Standing up and sitting down with arm support



Repeat __ times.

Therapist`s aim

To improve the ability to stand up or sit down.

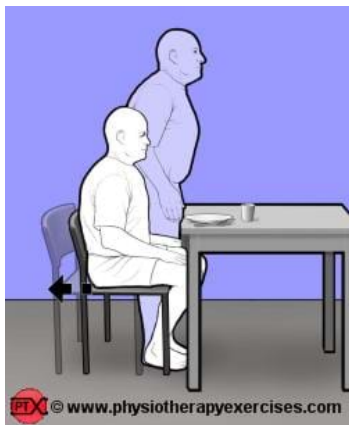
Therapist`s instructions

Position the patient in sitting with their forearms resting on a high table in front of them. Instruct the patient to stand up and then sit down again. Ensure that the hands slide forward on the table while standing up (so that the shoulders and knees can move forward) and weight is borne equally through both legs.

Progressions and variations

Less advanced: 1. Increase the height of the seat. More advanced: 1. Decrease the height of the seat. 2. Stand up without using arm support.

Standing up and sitting down from a dining table



Repeat __ times.

Therapist's aim

To improve the ability to stand up or sit down from a table.

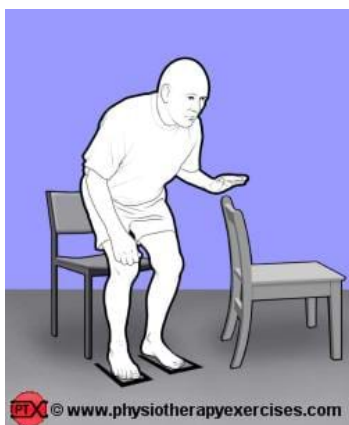
Therapist's instructions

Position the patient in sitting on a light-weight chair at a dining table. Instruct the patient to stand up and then sit down and tuck the chair in to the table. Ensure that the chair moves backwards when standing up, the shoulders and knees move forward while moving between sitting and standing and weight is borne equally through both legs.

Progressions and variations

Less advanced: 1. Increase the height of the chair. 2. Remove the table. More advanced: 1. Decrease the height of the chair.

Standing up and sitting down with hand support nearby



Repeat __ times.

Therapist's aim

To improve the ability to stand up or sit down.

Therapist's instructions

Position the patient in sitting with a table nearby for support and both feet on the floor. Instruct the patient to stand up and sit down. Ensure that the shoulders move forward while moving between sitting and standing, weight is borne equally through both legs and the hand support is used only if necessary.

Progressions and variations

Less advanced: 1. Increase the height of the chair. More advanced: 1. Decrease the height of the chair.

Standing up and sitting down from a low stool



Repeat __ times.

Therapist's aim

To improve the ability to stand up or sit down.

Therapist's instructions

Position the patient in sitting on a low stool with both feet on the floor. Instruct the patient to stand up and then sit down again. Ensure that the shoulders move forward while moving between sitting and standing, and weight is borne equally through both legs.

Progressions and variations

Less advanced: 1. Increase the height of the stool. 2. Provide hand support for balance. More advanced: 1. Decrease the height of the stool. 2. Position the unaffected leg forward. 3. Use a stool with wheels.

Standing up and sitting down while holding onto an object



Therapist's aim

To improve the ability to stand up or sit down.








Therapist's instructions

Position the patient in sitting while holding onto an object. Instruct the patient to stand up and then sit down again without dropping the object. Ensure that the shoulders and knees move forward while moving between sitting and standing, and weight is borne equally through both legs.

Progressions and variations

Less advanced: 1. Increase the height of the chair. More advanced: 1. Decrease the height of the chair. 2. Place a cup of water on the tray.

Repeat __ times.

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