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Exercise Booklet

Sitting forward



Repeat __ times.

Therapist's aim

To improve the ability to sit unsupported.

Therapist's instructions

Position the patient in sitting with their hips well forward and upper-back resting against the backrest of a chair with a sloping back. Instruct the patient to sit forward and up straight.

Progressions and variations

Less advanced: 1. Position the bottom closer to the back of the chair. More advanced: 1. Position the bottom further away from the back of the chair. 2. Use a chair with a steeper sloping back.

Pushing down through the leg when leaning forwards



Repeat __ times.

Therapist's aim

To improve the ability to weight-bear through the leg.

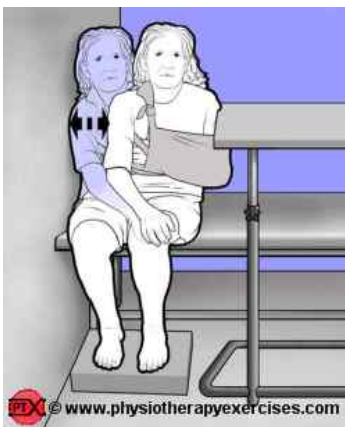
Therapist's instructions

Position the patient in sitting with a set of scales placed underneath their foot. Instruct the patient to push down with their foot and then lean forwards, using the scales as feedback.

Progressions and variations

Less advanced: 1. Push down with less force, e. g down to 5kg on the scales. More advanced: 1. Push down with more force, e. g down to 15kg on the scales.

Sitting back upright



Repeat __ times.

Therapist's aim

To improve the ability to sit unsupported.

Therapist's instructions

Position the patient in sitting on a plinth with their feet flat on the floor, their unaffected side close to a wall and a table at shoulder height on their affected side to use as a cue. Instruct the patient to sit upright by bringing their unaffected shoulder to touch the wall. Ensure that the affected knee remains over a flat foot so that weight is borne through the affected side.

Progressions and variations

More advanced: 1. Decrease the amount of thigh support. 2. Move the table further away.

Leaning to the side in sitting



Repeat __ times.

Therapist's aim

To improve the ability to sit unsupported.

Therapist's instructions

Position the patient in sitting with their thighs supported, both feet flat on the floor, a pillow on their affected side and their affected arm supported. Instruct the patient to move to their affected side, place their affected arm gently on the pillow and then sit upright again.

Progressions and variations

Less advanced: 1. Position two or more pillows on the affected side to decrease the amount of sideways lean. More advanced: 1. Decrease the amount of thigh support ensuring that weight is borne through the leg in the direction of the movement.

Sitting and weight-bearing through the affected leg



Repeat __ times.

Therapist's aim

To improve the ability to sit unsupported.

Therapist's instructions

Position the patient in sitting with their thighs mostly supported, their affected foot on a set of scales and their unaffected foot on a block level with the scales. Position the feet in plantargrade. Instruct the patient to push down through their affected foot to deflect the scales about 10% of bodyweight without moving their trunk. Instruct the patient to then move their trunk to the affected side while still pushing down through the scales. Ensure that there is room to push down through the affected foot without the thigh running into the plinth and both feet point straight ahead.

Progressions and variations

Less advanced: 1. Decrease the weight-bearing target amount on the scales. More advanced: 1. Reach to targets on the affected side with the unaffected hand.

Sitting and reaching behind



Repeat __ times.

Therapist's aim

To improve the ability to sit unsupported.

Therapist's instructions

Position the patient in sitting on a plinth with an object placed behind them. Instruct the patient to reach for the object without using their other hand for support.

Progressions and variations

Less advanced: 1. Decrease reaching distance. 2. Position the object more to the side than to the back. More advanced: 1. Increase reaching distance. 2. Position the object more to the back than to the side.

Reaching while seated



Repeat __ times.

Therapist's aim

To improve the ability to sit unsupported.

Therapist's instructions

Position the patient in short sitting on a plinth with an object placed on a stool obliquely in front of them. Instruct the patient to reach for the object without using their other hand for support.

Progressions and variations

Less advanced: 1. Perform similar activities sitting in wheelchair. 2. Ensure thighs and feet are well supported. 3. Decrease reaching distance. More advanced: 1. Decrease thigh support. 2. Sit on different height stools. 3. Increase reaching distance. 4. Instruct the patient to carry out different tasks. 5. Instruct patient to move objects between their two hands.

Sitting and reaching to the affected side



Repeat __ times.

Therapist's aim

To improve the ability to sit unsupported.

Therapist's instructions

Position the patient in sitting with their feet flat on the floor, some foam between their knees and an object placed on a table on their affected side. Instruct the patient to reach and pick up the object with their unaffected hand without dropping the foam. Ensure that the affected knee remains over a flat foot so that weight is borne through the affected side.

Progressions and variations

Less advanced: 1. Position the table and object in front. 2. Position the object closer. More advanced: 1. Position the object further away. 2. Position the object lower. 3. Use an object that requires accuracy of manipulation.

Sitting and reaching slowly



Repeat __ times.

Therapist's aim

To improve the ability to sit unsupported.

Therapist's instructions

Position the patient in sitting with their feet flat on the floor and a full bowl of water on the floor in front of them. Instruct the patient to reach down and pick up the bowl with their unaffected hand without spilling the water. Ensure that the affected knee remains over a flat foot so that weight is borne through the affected side.

Progressions and variations

Less advanced: 1. Position the bowl higher. 2. Fill the bowl with less water. More advanced: 1. Position the bowl further away.

Sitting and reaching quickly



Repeat __ times.

Therapist's aim

To improve the ability to sit unsupported.

Therapist's instructions

Position the patient in sitting with their feet flat on the floor and an alarm timer on a table that is more than arms-length in front of them. Set the alarm timer to ring. Instruct the patient to reach forward and turn off the alarm as quickly as possible. Ensure that the affected knee remains over a flat foot so that weight is borne through the affected side.

Progressions and variations

Less advanced: 1. Position the alarm closer. More advanced: 1. Position the alarm further away. 2. Increase speed of task.

Picking an object off the floor



Repeat __ times.

Therapist's aim

To improve the ability to sit and reach for an object.

Therapist's instructions

Position the patient in sitting with an object placed on the floor on their affected side. Instruct the patient to reach down and pick up the object with either hand. Ensure that the affected knee remains over a flat foot so that weight is borne through the affected side.

Progressions and variations

Less advanced: 1. Position the object on the unaffected side or in front. 2. Position the object closer. 3. Position the object on a small block so that it is higher. More advanced: 1. Position the object further away. 2. Use an object that requires accuracy of manipulation.

Lifting an object from the floor to the table



Repeat __ times.

Therapist's aim











To improve the ability to sit and reach for an object.



Therapist's instructions

Position the patient in sitting with an object on the floor on their affected side and a table nearby. Instruct the patient to reach down and pick up the object with either hand and place it on the table. Ensure that the affected knee remains over a flat foot so that weight is borne through the affected side.

Progressions and variations

Less advanced: 1. Position the object on the unaffected side or in front. 2. Position the object and table closer. 3. Position the object on a small block so that it is higher. More advanced: 1. Position the object and table further away. 2. Use objects that require accuracy of manipulation.

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