Clearwater Valley Health

GENERALIZED EXERCISES

Brought to you by the Physical Therapy Team at Clearwater Valley Health

STANDING BAR push-up



Standing Bar Push-Ups

- Stand sideways next to a wall, with your right shoulder close to the surface.
- Extend your right arm straight out to the side at shoulder height.
- Place your palm on the bar with your thumb pointing down.
- Keep your arm straight and gently twist your torso away from the bar until you feel a comfortable stretch in the front of your arm and shoulder.
- Keep your shoulder relaxed and avoid forcing the stretch.
- Hold the position for 20 to 30 seconds, then switch sides; Repeat 2x both sides

SUPPORTED squats



Supported Squats

- Stand facing the parallel bars with your feet about hip-width apart.
- Hold onto the bars with both hands for support.
- Keep your chest lifted and your feet flat on the ground.

SUPPORTED squats



Supported Squats

- Slowly bend your knees and lower your hips as if you're sitting back into a chair.
- Keep your knees comfortably aligned with your feet, lowering only as far as feels comfortable.
- Push through your feet and gently straighten your legs to return to standing.
- 10-15 reps x2

Brought to you by the Physical Therapy Team at Clearwater Valley Health

GENERALIZED EXERCISES

Clearwater Valley Health

SUPPORTED FORWARD step over



Supported Forward Step Over

- Stand beside the small bar and hold onto a chest high bar with one hand for support if needed.
- Step one foot over the small bar, placing your foot down on the other side. Take your time and make sure your feet clear the bar.
- Bring your other foot over the bar to join it.
- Safely turn around and perform again going in the opposite direction. Go slow so you don't get dizzy.
- 10-15 reps x2

SUPPORTED SIDEWAYS step over



Supported Sideways Step Over

- Stand beside the small bar and hold onto a chest high bar with one hand for support if needed.
- Step sideways over the small bar with the foot closest to it.
- Bring your other foot over the bar to join it.
- Perform again facing the same direction but going back to where you started.
- 10-15 reps x2

Clearwater Valley Health

GENERALIZED EXERCISES

Brought to you by the Physical Therapy Team at Clearwater Valley Health

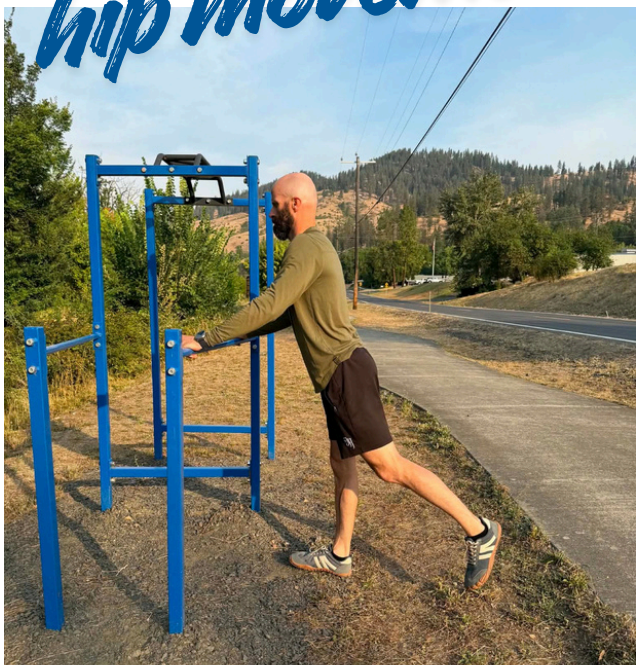
SUPPORTED 3-WAY hip movement



Supported 3-Way Hip Movement

- Stand tall facing the parallel bar and hold on with both hands for support.
- Stand tall with your feet hip-width apart and keep your core gently engaged.
- Shift your weight onto one leg while keeping your standing leg steady.
- Keeping offloaded leg straight, slowly move it forward (front of you), then return to the starting position.

SUPPORTED 3-WAY hip movement



Supported 3-Way Hip Movement

- Keeping offloaded leg straight, move the same leg backward (behind you) while squeezing your glute while not arching your back, then return to the starting position.
- Keeping offloaded leg straight, move the same leg out to the side, then bring it back in.
- Keep your hips level and your upper body upright throughout the movement. Avoid leaning, twisting, hiking your hip, or swinging the leg to create extra movement.
- 10-15 reps x2

Brought to you by the Physical Therapy Team at Clearwater Valley Health

GENERALIZED EXERCISES

Clearwater Valley Health

SUPPORTED HEEL RAISES on ground



Supported Heel Raises on Ground

- Stand facing the parallel bar with your feet about hip-width apart.
- Hold onto the bar with both hands for balance and support if needed.
- Keep your body upright with your weight evenly distributed between both feet.
- Slowly rise up onto the balls of both feet, lifting your heels as high as comfortably possible.
- Pause briefly at the top, then slowly lower your heels back to the ground.
- 15-20 reps x2

AUSTRALIAN pull-to



Austrailian Pull-Up (Pull To)

- Stand facing the parallel bar and grip it with both hands, about shoulder-width apart.
- Step your feet forward and lean back slightly so your arms are straight and your body stays in a straight line. The more you step forward the harder the exercise will be. Make sure you have good traction so your feet do not slip forward.
- Keep your chest lifted and your core gently engaged.
- Pull your chest toward the bar by bending your elbows and squeezing your shoulder blades together.
- Keep your hips and legs steady without letting your body sag or twist.
- Slowly straighten your arms to return to the starting position.
- Use a more upright position to make the exercise easier or step farther back to increase the challenge.