



Personal exercise program

Core exercises

Quinte & District Rehabilitation Inc.

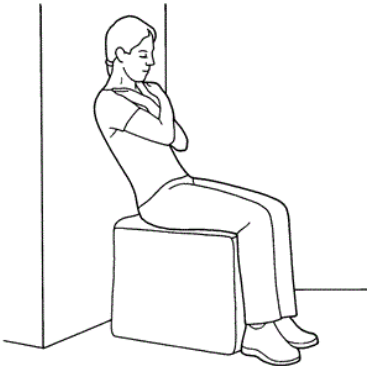
Quinte & District Rehabilitation Inc.

Harboirview Business Centre, 11 Baybridge Rd, Suite 106, K8P
3P6, Belleville, ON, Canada

Provided by Carol Anne Gray

Provided for Cardiac Rehab

Training start date 11/12/2015



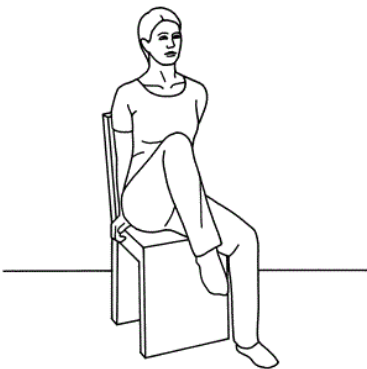
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Sit on a stool with your back close to a wall. Cross your arms and put your hands on your shoulders.

Lean your upper trunk backwards. Return to starting position after your shoulders touch the wall.

Repeat 5 times.

This exercise can be done sitting on the edge of a chair. Lean back slowly while raising knees if you are able.



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Sit. Tighten your pelvic floor muscles and gently draw your lower stomach in.

Lift your knees in turn. Place one hand on your knee and push down while pushing up with knee. Hold 5 sec. Make sure to breath

Repeat 5 times.



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(Sit and lift one arm). Or you can just reach one arm toward the floor, keeping back straight. Repeat on the other side

. Breathe in, then breathe out and return to the starting position.

Repeat 4 times.



Sit on a chair without arm rests, with your arms across your chest.

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Lean forward.

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Put your weight on your feet while leaning forward.

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Stand up by straightening your knees. Sit down again.

Repeat _____ times.

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Stand with your feet slightly apart. Look straight ahead keeping your balance.

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Lift each foot in turn and touch your knee with the opposite hand.

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Try to do the exercise slowly. Keep your hand on your knee for 5 seconds while standing on one leg.

Repeat _____ times.

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