

BASIC HEP

Modify exercises as needed

Doing something is better than nothing!

Start low and build up as exercises become easier

Upper body perform 3x per week

1

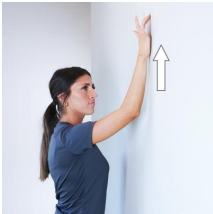


Arm Circles

Bring arms out to side. Do one set going clockwise and one set going counter clockwise.

Complete 1 set Repeat 10 times

2



WALL Walk/Slides

Place your affected hand on the wall with the palm facing the wall. Next, walk your fingers up the wall towards overhead. Lastly, slide your hand back down the wall to the starting position.

Complete 1 set Repeat 10 times

3



OVERHEAD PRESS - ALTERNATING

Extend your arm upward overhead as shown. As you lower back down, begin moving the opposite arm upwards. Use controlled smooth movements.

Complete 1 set Repeat 10 times

4



Wall pushup

Stand adjacent to a wall. Lean against the wall, with arms extended, so that your body is at a slight angle. Bend arms until your nose is about 2 inches away from the wall, then press out into full extension until shoulders are rounded.

Complete 1 set Repeat 10 times

5

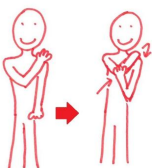


Scapular Squeeze (Shoulder Blade Squeeze)

Sit or stand with good posture. Squeeze your shoulder blades back and down.

Complete 1 set Repeat 10 times

6



Shoulder Stretch Reaching Hand Over Opposite Shoulder OFHC

Place your hand on the opposite shoulder.

Place your other hand on the elbow.

Pushing on your elbow to move your the hand over the shoulder and down your back to get a gentle stretch.

Complete 1 set Repeat 10 times

Lower body 3x per week

1 SQUAT



-If needed, place a chair behind you for safety-
While standing with feet shoulder width apart and in front of a stable support for balance assist if needed, bend your knees and lower your body towards the floor. Your body weight should mostly be directed through the heels of your feet. Return to a standing position. Knees should bend in line with the 2nd toe and not pass the front of the foot.

Complete 1 set Repeat 10 times

2 Single Leg Raise



Laying on your back with a straight leg, raise it slowly up from the mat and slowly lower it back down. Do not just let your leg drop.

Complete 1 set Repeat 10 times

3 HIP ABDUCTION - SIDE LYING



While lying on your side, slowly raise up your top leg to the side. Keep your knee straight and maintain your toes pointed forward the entire time. Keep your leg in-line with your body.

The bottom leg can be bent to stabilize your body.

Complete 1 set Repeat 10 times

4 HIP ADDUCTION - SIDE LYING



While lying on your side, slowly raise up your bottom leg towards the ceiling. Keep your knee straight the entire time.

Your top leg should be bent at the knee and your foot planted on the ground supporting your body.

Complete 1 set Repeat 10 times

5 PRONE HIP EXTENSION



While lying face down with your knee straight, slowly raise up leg off the ground. Maintain a straight knee the entire time.

Complete 1 set Repeat 10 times

6 SIDE LYING CLAMSHELL



-Perform on each side-

While lying on your side with your knees bent, draw up the top knee while keeping contact of your feet together.

Do not let your pelvis roll back during the lifting movement.

Modification:

Advance: add band around thighs

Complete 1 set Repeat 10 times

7



SEATED HAMSTRING STRETCH

While seated, rest your heel on the floor with your knee straight and gently lean forward until a stretch is felt behind your knee/thigh.

Maintain a straight spine the entire time. Bend through your hips.

Complete 1 set Repeat 10 times

8



STANDING CALF STRETCH

Start by standing in front of a wall or other sturdy object. Step forward with one foot and maintain your toes on both feet to be pointed straight forward. Keep the leg behind you with a straight knee during the stretch.

Lean forward towards the wall and support yourself with your arms as you allow your front knee to bend until a gentle stretch is felt along the back of your leg that is most behind you.

Move closer or further away from the wall to control the stretch of the back leg. Also you can adjust the bend of the front knee to control the stretch as well.

Complete 2 set Hold 15 Secs

Core Strengthening 3x per week

1



BRIDGE - BRIDGING

While lying on your back with knees bent, tighten your lower abdominals, squeeze your buttocks and then raise your buttocks off the floor/bed as creating a "Bridge" with your body. Hold and then lower yourself and repeat.

Complete 1 set Repeat 5 times

3



Abdominal Series - Marching Only

- Find neutral pelvis- alternately push lower back then tailbone into mat and find mid point where hip bones and pubic bone are at same level, parallel to the ceiling, let ribs sink down toward pelvis

- March: slowly raise one foot off ground into tabletop position and lower

Complete 1 set Repeat 10 times

4



Isometric "core" exercise, shoulder extension

Push light weights or soup cans into the bed, that is all.

Complete 1 set Repeat 5 times
Hold 5 seconds

5



SUPINE BRACE - DOUBLE OR SINGLE LEG LIFT

While lying on your back, place your hands under your buttocks. Tilt your pelvis so that your lower back moves towards the floor and hold this position.

Next, raise your legs up in the air one/both at a time Maintain your lower spine held towards the floor the entire time.

Modification:
Easier: Single leg lift

Complete 1 set Repeat 5 times