

Strength Exercises

- Grab your 1 or 2-pound dumbbells or 2 soup cans, or water bottles, and a straight-back chair.
- Rest your arms at your sides while holding the weights. Bend at the elbows (bicep curls) and repeat up to 10 times.
- Bring your weights up to your shoulders and press overhead. Do one at a time, alternate, or both at the same time (shoulder press). Repeat up to 10 times.
- Rest your weights on your lap. Lift, with your arms straight in front, one at a time to shoulder height (anterior deltoid lifts). Repeat 10 on each side.
- Rest one weight down. You may need to slide closer to the edge or side of the chair. With one weight starting at your chest/shoulder, straighten your elbow, moving straight down the side of your body (tricep extensions). Repeat 10 on each side.
- Set weights aside and practice the sit-to-stand exercise: Sitting in a chair of a height appropriate for your body (lower is harder, higher seat is easier). Rise to stand (without using your arms - if you can). Repeat 5-10 times.
- Stand next to a wall (or use the back of the chair if secure, steady, and won't slide). Step both feet away from the wall. Lift heels up and down at a slow, steady pace 10 times. If you have steps and a secure rail or wall to support you, try these heel lifts there (you'll get a lot more stretch when lowering - so don't overdo it or you're likely to get quite sore at first).
- Turn so your back is facing the wall or secure chair support (the wall is safer for this one). Move feet away from the wall and alternate toe lifts. You won't get too far - the movement is slight but effective to strengthen the fronts of your lower legs.
- That's it! Now take a moment to do some ankle circles (in both directions). Either sitting or standing is fine.