

Seated Strengthening Exercises

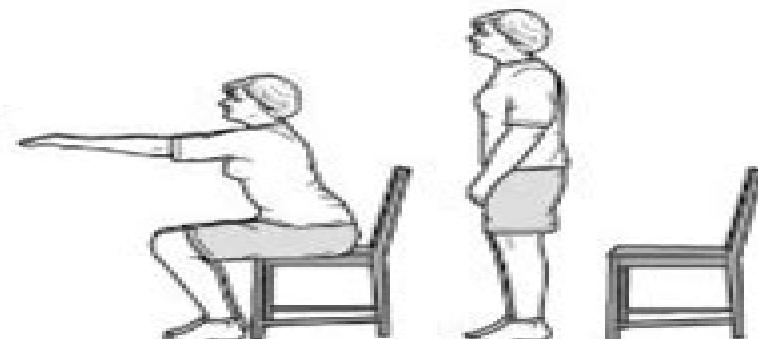
These exercises are designed to increase your muscle mass and calories burned at work, home or any other location where you have been seated for a while.

To start, do each exercise 5 to 10 times, repeating 1 or 2 times per week. Slowly add repetitions until you are completing 20 to 30, every other day, or even daily.

1. Squats:

This exercise strengthens the front of the thigh.

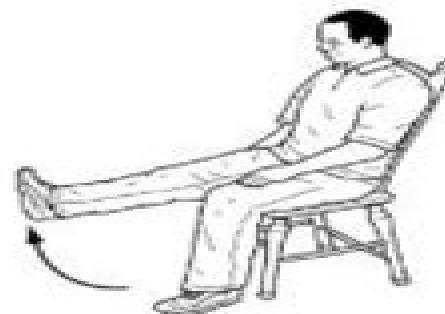
- Stand up and sit down. You can use your arms on the sides of your chair until you build your strength enough to complete as shown.



2. Leg Extensions:

This exercise strengthens the front of the thigh and hip.

- Start with your right leg. Extend it until it's straight. Then complete with your left leg.
- As you progress, you can lift your thigh off the chair as high as you can comfortably.



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Carole Bernstein Lewis

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National Library of Medicine Audiovisuals Catalog National Library of Medicine (U.S.),

Agricultural Library Notes, 1940

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of Patient Care - E-Book Sheryl L. Fairchild, 2012-05-01 NEW Video clips and skills activities on companion Evolve site illustrate the techniques and procedures described in the text NEW Content based on the ICF model the model currently endorsed by the APTA and AOTA reflects the current theories and practice guidelines of physical and occupational therapy NEW Information on professionalism teaches about the guidelines that currently exist and how to apply those guidelines to patient interactions

Current Catalog National Library of Medicine (U.S.), First multi year cumulation covers six years

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Therapeutic Exercise Carolyn Kisner, Lynn Allen Colby, 1990 Focuses on all

basic therapeutic exercises used for the treatment of musculoskeletal and cardiopulmonary disorders Coverage of isokinetics soft tissue injury repair surgical procedures exercise rehabilitation postoperative management and posture Expanded coverage of functionally related exercises including closed chain exercises plyometric and stabilization training Functional

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Secretarial Notes National Association of Student Personnel Administrators (U.S.), 1949

Vital Notes on Medical Periodicals, 1959

Improving Mobility in Older Persons Carole Bernstein

Lewis, 1989 This is a concise comprehensive guidebook for all allied health professionals who help older patients improve their mobility skills Filled with illustrations and diagrams this easy to use manual offers treatment techniques for a wide range of mobility issues from total dependence to community independence

Ohio Documents, 2001

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Therapy Review ,1956 **Journal of the American Veterinary Medical Association** ,2000 **Hospitals** ,1955-07

Includes Hospital news of the month *Handbook* Educational Press Association of America,1950 1966 date include

Canadian publications **Proceedings of the Institute of Radio Engineers** Institute of Radio Engineers,1939

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