

# Modified Home Exercises

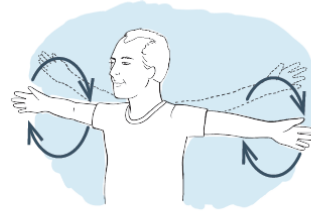
## Chair



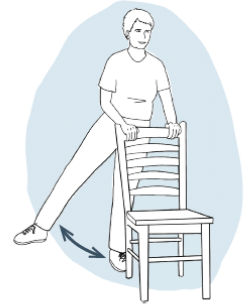
Toe Lifts  
(up on your tippy toes)



Shoulder Rolls  
Backward/Forward

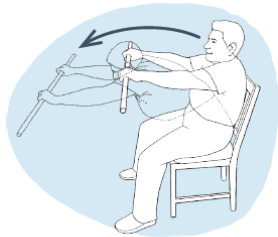


Straight Arm Circles

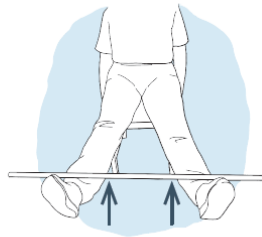


Thigh extension

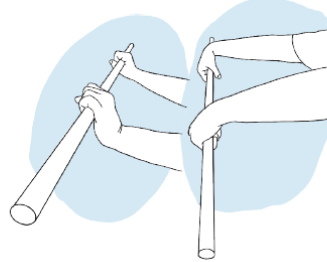
## Stick



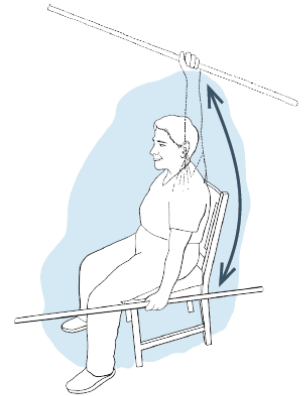
Shoulder blade stretch



Coordinated legs

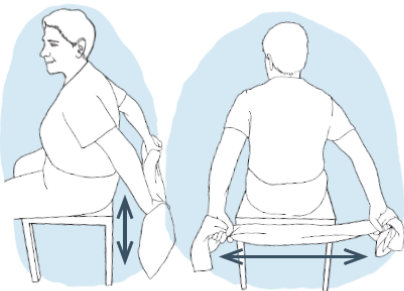


Wrist strengthening

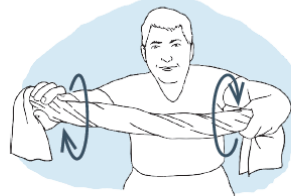


Side arm lifts

## Towel



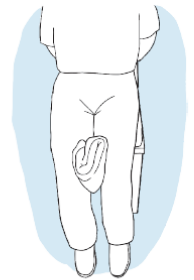
Sliding sideways  
upward and downward



Wringing out the towel

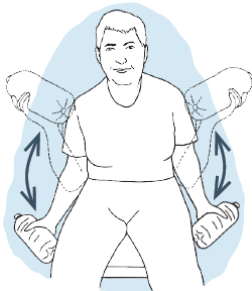


Knee lift



Thigh squeeze

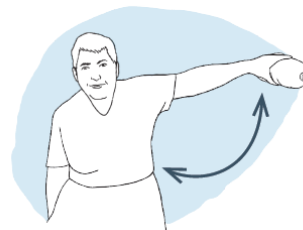
## Water Bottle



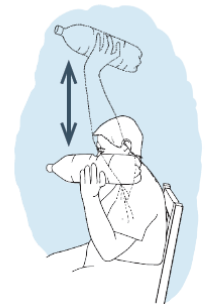
Bicep curls



Forward arm extension





Side arm lifts



Upward arm lifts

## Highlights

- Standing exercise must be with supervision
- Each exercise should be 8-10 repetitions
- Begin with easier exercises and gradually increase (if necessary)
- In the event of medical restriction, do not use the muscle
- Please inform your doctor / therapist and seek medical advice with any changes in your medical condition

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