

# LIFT FOR YOUR DAILY LIFE

## Exercise 1: Wide Leg Squat

- Getting in and out of chairs
- Getting in and out of bed
- Picking up or lifting objects from ground
- Improves mobility for gardening
- Reaching for objects stores in low areas
- Toileting
- Improving mobility to leave house quickly in case of emergency (fire, etc.)
- Playing with grandkids
- Placing food in oven or dishwasher



## Exercise 2: Standing Leg Curl

- Walking up and down stairs
- Stabilizes knee to prevent injuries
- Toileting
- Walking dog
- Improving mobility to leave house quickly in case of emergency (fire, etc.)
- Playing with grandkids
- Putting on pants



## Exercise 3: Knee Extension

- Walking up and down stairs
- Driving (moving between accelerator and break)
- Putting on pants
- Walking dog
- Improving mobility to leave house quickly in case of emergency (fire, etc.)
- Playing with grandkids



## Exercise 4: Side Hip Raises

- Getting out of care
- Sliding sideways on bench
- Side stepping around objects or through the kitchen
- Mowing lawn
- Climbing stairs
- Vacuuming
- Walking dog
- Improving mobility to leave house quickly in case of emergency (fire, etc.)
- Playing with grandkids



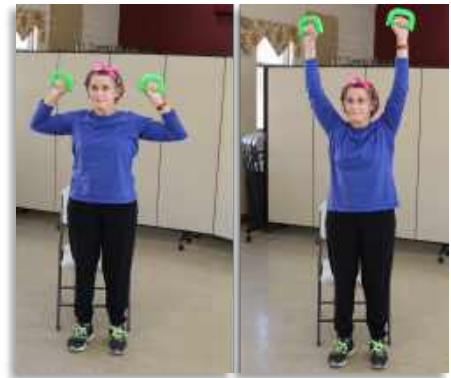
## Exercise 5: Biceps Curls

- Carrying grocery bags
- Turning doorknobs
- Opening jar lids or other items
- Turning on shower
- Planting flowers and moving limbs
- Raking leaves
- Maneuvering wheelchair
- Vacuuming
- Cleaning counters
- Brushing teeth
- Combing hair
- Cooking
- Washing dishes
- Picking up and holding grandkids
- Eating
- Carrying laundry from washer to dryer



## Exercise 6: Overhead Press

- Reaching for and placing items in cupboards
- Washing hair or body in shower
- Cleaning gutters
- Mowing lawn
- Maneuvering wheelchair
- Brushing hair
- Putting on pants
- Cooking
- Picking up and holding or playing with grandkids
- Placing laundry in washer/dryer
- Reaching for light switches or thermometers
- Changing lightbulbs
- Hanging clothes on a clothesline



## Exercise 7: Seated Row

- Placing items in cupboards
- Getting up using shower or toilet bar
- Raking leaves
- Maneuvering wheelchair
- Vacuuming and sweeping floors
- Cleaning counters
- Picking up grocery bags
- Picking up and holding grandkids
- Picking up laundry



## Exercise 8: Toe Stand

- Walking up and down stairs
- Mowing the lawn
- Driving (pressing accelerator and break)
- Vacuuming and sweeping floors
- Showering
- Walking dog
- Improving mobility to leave house quickly in case of emergency (fire, etc.)
- Playing with grandkids



## Stretch One: Hamstring Stretch

- Bending over to...
  - Pick things up
  - Pick up laundry basket and place laundry in washer or dryer
  - Place food in oven
- Grab grocery bags from cart
- Putting on pants, socks, shoes
- Bending over to tie shoelaces



## Stretch Two: Upper Back Stretch

- Reaching for items across counters, in cupboards, etc.
- Cleaning counters, windows, mirrors
- Driving a car (reaching and holding steering wheel)
- Release of tension in back and neck



## Stretch Three: Chest Stretch

- Showering and bathing
- Putting on a jacket, button down shirts, etc.
- Reaching for and placing items next to you (i.e. on nightstand when in bed)
- Reaching for seatbelt
- Reaching to shut car door
- Toileting
- Brushing and styling hair

