



# Circuit Neuro Home Exercise Program

## Standing Balance Activity: Quick Sit-to-Stand With Arm Extension



**Setup:** Begin sitting upright on a firm surface where your hips are higher than your knees such as the arm rest of a couch, a higher chair, or a chair with a firm cushion on it. Have a chair with a back in front of you.

**Movement:** Reach forward and place one hand on the back of the chair. In one swift motion, stand up, then lift your opposite arm next to your ear at the same time you are going up on your toes. Then, relax your arm and come down on your feet. Slowly sit down. Repeat.

**Tip:** Do not do this activity if you feel light-headed or dizzy. Make sure to move in an explosive manner as safely as possible.

## Forward Step Up



**Setup:** Begin in a standing upright position, with a step in front of you, holding onto a stable surface for support.

**Movement:** Step forward onto the step with one foot, then step up with your other foot. Step back down to the ground in the reverse order.

**Tip:** Try to make sure to start the movement by bending your knee first then lifting your foot up to the step. Maintain your balance during the exercise.

## Lower Extremity Strengthening With Upper Extremities in Closed Chain



**Setup:** Begin sitting upright in a chair with feet shoulder-width apart and heels pulled back slightly behind your knees. Place another chair in front of you.

**Movement:** Lean forward and grab the seat of the chair in front of you. Lift your buttocks off the chair and hold this position for 3-4 seconds. Then, slowly lower your buttocks toward the chair and bring your hands to your lap. Relax and repeat.

**Tip:** Do not do this activity if you feel light-headed or dizzy. Make sure to push through your hands as you lift your buttocks.



## Sit to Stand: Increased Speed



**Setup:** Begin sitting upright with your feet flat on the ground underneath your knees.

**Movement:** Move your shoulders and head over your toes, bring your knees forward, and allow your hips to come off the chair, then push down equally into both feet to stand up. Sit back down and repeat. Do these movements as fast as you are able to perform safely.

**Tip:** Make sure to keep your weight evenly distributed between both legs, and try to keep your back straight throughout the exercise. Do not lock your knees once you are standing.

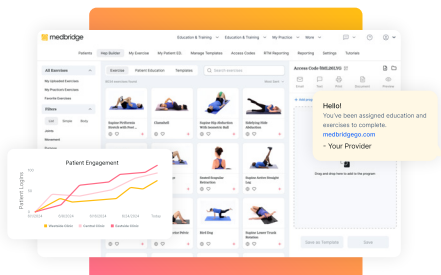
## Modified Push-Up on Table



**Setup:** Begin standing upright facing a table. For safety, ensure that the table is against a wall or otherwise won't shift against your weight. You can also perform the exercise using a counter. Place both hands on the table and take a few steps back with your feet. Get into a standing plank position with your hands under your shoulders. Make a straight line with your body and adjust as needed.

**Movement:** Bend your elbows, pressing your chest toward the table. Then straighten your elbows, pressing your chest away from the table. Hold for 3-4 seconds. Repeat.

**Tip:** Do not do this activity if you feel light-headed or dizzy. Make sure to keep your head and neck in a neutral position. Keep your shoulders relaxed and down throughout the exercise. Engage your core muscles. Do not arch your back.



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