



# Lower Body Dressing Preparation

## Seated Marching with Weight Shift

STEP 1



STEP 2



**Setup:** Begin sitting upright with both feet flat on the floor.

**Movement:** Shift your weight to your unaffected side and lift your affected leg off the ground, keeping your knee bent. Repeat on your other side. Continue marching in place, alternating these movements.

**Tip:** Make sure to keep your weight shift controlled and do not lose your balance as you march.

## Seated Windmill Trunk Rotation Stretch

STEP 1



STEP 2



**Setup:** Begin sitting upright at the edge of a chair with arms spread wide.

**Movement:** Lean forward and reach one arm across your body to the outside of the opposite foot as the other arm reaches to the sky. Use this arm to gently increase trunk rotation as tolerated. Sit up again and switch sides.

**Tip:** Make sure to keep breathing throughout the exercise. Focus on opening up your chest rather than your upper shoulder.

## Seated Single Arm Reach Down with Trunk Rotation

STEP 1



STEP 2



**Setup:** Begin sitting upright in a chair.

**Movement:** Reach one arm down to touch the floor next to your opposite foot, allowing your trunk to rotate with the movement. Return to the starting position and repeat with your opposite arm. Continue alternating arms.

**Tip:** Make sure to engage your core and keep your movements controlled.

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## Shifting Weight with Kick Out While Sitting

STEP 1



STEP 2



STEP 3



STEP 4



STEP 5



**Setup:** Begin sitting at the front of your chair with a beach ball out in front of you.

**Movement:** Hold the ball with a very light touch, just enough so that you will not drop the ball. Feel your feet touching the ground.

Keeping your knees bent, shift all of your weight over to the right foot. Feeling the weight on your right foot, now shift your weight back to the left foot.

Sense all of the parts of the foot touching the floor as you shift back and forth. Be aware of how your right buttock and hip are also pushing down onto the seat. Conversely, when your weight is on the left foot, be aware of how your left buttock and hip are also pushing down onto the seat.

Push up off the right foot so that the heel of the left foot comes off the floor. Continue pushing down on your right foot as you shift your weight onto the left foot. Now, push up off the left foot so that the heel of the right foot comes off the floor. Notice the feeling of the weight shifting as you shift from one foot to the other. Also remain aware of how the pressure shifts on your buttocks and hips.

As you push up on each foot, you should also note that you will be pushing up on each buttock also. Shift all of the weight over to the right foot. Feel all the parts of your foot touching the floor. Push up off the right foot so that the left foot comes off the floor slightly and you are balancing your weight completely on your right foot.

Sink your weight down again on your right foot and shift your weight onto the left foot. Push up off the left foot so that the right foot comes off the floor slightly and you are balancing your weight completely on the left foot. Shift all of your weight over to the right foot. Feel all of the parts of your foot touching the floor.

Now, push up off the right foot, so that your left foot comes forward for a low kick in front of you. Push your right foot lower and shift the weight onto the left foot. Push up off the left foot so that the right foot comes forward for a low kick straight out in front of you and you are balancing your weight completely on the left foot.

**Tip:** The purpose of this exercise is to learn how to consciously shift your weight while maintaining your balance.



# Lower Body Dressing Preparation

## Seated Active Figure 4 Hip Flexion and External Rotation

STEP 1



STEP 2



**Setup:** Begin sitting upright with your feet flat on the floor.

**Movement:** Lift one foot and place it on your opposite knee. Briefly rest your leg in this position, then lower it back down and repeat with your other leg.

**Tip:** Make sure to keep your back straight during the exercise.

## Seated Toe Taps

STEP 1



STEP 2



**Setup:** Begin sitting in an upright position with your feet shoulder width apart.

**Movement:** Alternate tapping your toes.

**Tip:** Make sure to keep your back straight throughout the exercise. Try to raise your toes as high and fast as you can without lifting your heels from the ground.

## Ankle Inversion Eversion PROM in Dorsiflexion

STEP 1



STEP 2



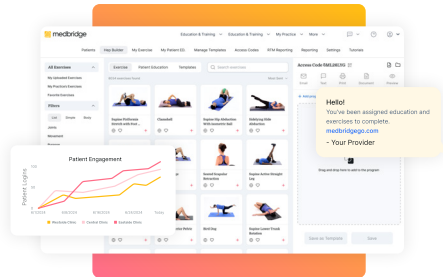
**Setup:** Begin sitting upright on a chair. Cross one of your legs over the other. Place a towel around your foot and pull it toward your body.

**Movement:** Alternate pulling upward and downward on the towel, making sure to keep your foot bent toward you.

**Tip:** Make sure your foot is relaxed. Let the movement come from your arms and the towel.

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