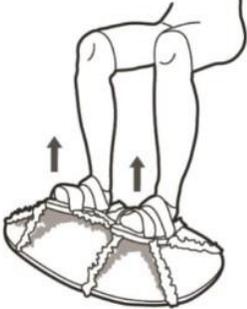
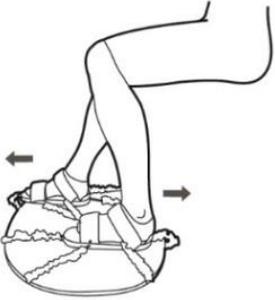
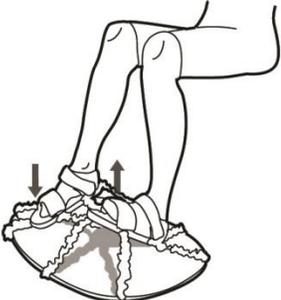
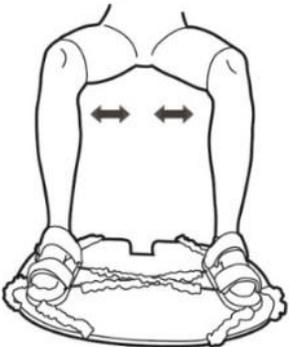
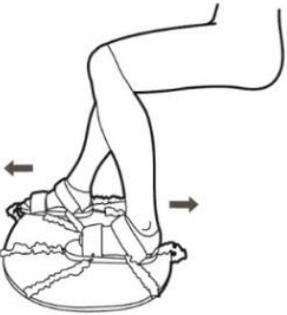
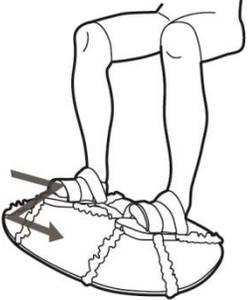
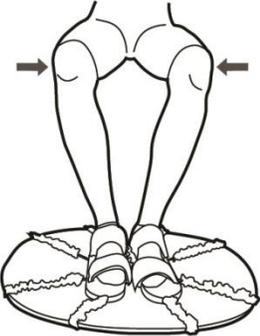
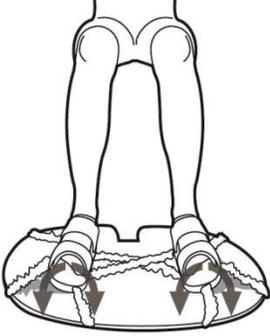
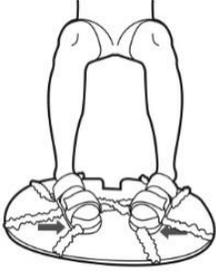


Better Mobility with MoveMôr!

Exercise	Instruction & Muscles	Importance for Independent Living
<p>TOE & HEEL LIFTS</p> 	<p>Lift and lower toes, lift and lower heels X8</p> <ul style="list-style-type: none"> • Toe Lifts X4 • Heel Lifts X4 • Alternate X8 <p><i>Strengthens:</i></p> <ul style="list-style-type: none"> • <i>Dorsiflexors</i> • <i>Plantar flexors</i> 	<ul style="list-style-type: none"> • Walking, foot stability and balance • Lift toes to prevent tripping • More power to extend ankle, push off balls of feet when walking • Pumps blood from legs to upper-body and brain <p>Body Awareness Feel the muscles engage as lift toes. Squeeze calf muscles as lift heels.</p> <p>Upper Body Bicep curls & triceps press</p>
<p>SLIDE WALK</p> 	<p>Slide one foot forward, pull one back, alternate. X 10</p> <p><i>Strengthens:</i></p> <ul style="list-style-type: none"> • <i>Quadriceps</i> • <i>Hamstrings</i> 	<ul style="list-style-type: none"> • Walking, standing and balancing • Sit and rise from a chair • Climb up and down stairs • Squat/bend down to pick an object off the floor <p>Body Awareness Press and feel four edges of feet.</p> <p>Upper Body Walking arms</p>
<p>TOE & HEEL TAPS</p> 	<p>Lift toe of one foot, heel of the other, alternate</p> <p><i>Strengthens:</i></p> <ul style="list-style-type: none"> • <i>Dorsiflexors</i> • <i>Plantar flexors</i> 	<ul style="list-style-type: none"> • Coordination • Walking, foot stability and balance <p>Body Awareness See yourself walking across a white sandy beach;, lush green grassy field filled with wild flowers...</p> <p>Upper Body Walking arms or bicep curls</p>
<p>OUT & IN</p> 	<p>Slide feet & knees out to the sides, squeeze back to center. X8</p> <ul style="list-style-type: none"> • Pulse Out X4 • Pulse In X4 • Alternate X8 • <p><i>Strengthens:</i></p> <ul style="list-style-type: none"> • <i>Abductors/adductors</i> • <i>Gluteals</i> 	<ul style="list-style-type: none"> • Walking balance and endurance • Side-to-side movements • May improve bladder control <p>Body Awareness Move out, press and feel outside edges of feet Move in, press and feel inside edges of feet</p> <p>Upper Body Rotator cuff: keep elbows at sides, open forearms out to sides, cross in front of belly.</p> <p>Mental Wellness: Change palm positions</p>

Exercise	Instruction & Muscles	Importance for Independent Living
<p>SLIDE WALK: ADDUCTION</p> 	<p>Bring legs together, slide one foot forward, pull one back, alternate. X10</p> <ul style="list-style-type: none"> • Small, faster shuffle X10 <p><i>Strengthens:</i></p> <ul style="list-style-type: none"> • <i>Quadriceps</i> • <i>Hamstrings</i> • <i>Adductors</i> 	<ul style="list-style-type: none"> • Walking • Sit and rise from a chair • Climb up and down stairs • Ability to stand and balance • Squat/bend down to pick an object off the floor <p>Body Awareness Feel muscles on inside of knee. Helps keep knees tracking properly. Press feet down.</p> <p>Upper Body: Walking arms</p>
<p>ALPHABET WRITING</p> 	<p>Write the letters of the alphabet with toes.</p> <p><i>Strengthens:</i></p> <ul style="list-style-type: none"> • <i>Ankle range of motion</i> • <i>Ankle strength & flexibility</i> • <i>Foot strength and stability</i> 	<ul style="list-style-type: none"> • Coordination • Help improve balance • Mental focus <p>Body Awareness Feel the different muscles of the feet with different moves. Feel the ankle joint moving in different directions.</p> <p>Upper Body Wrist Alphabet</p>
<p>MARCH</p> 	<p>Lift and lower one knee, alternate. Press down opposite foot. X8</p> <ul style="list-style-type: none"> • Right X4 • Left X4 • Alternate X8 <p><i>Strengthens:</i></p> <ul style="list-style-type: none"> • <i>Hip flexors</i> • <i>Core</i> • <i>Gluteals</i> 	<ul style="list-style-type: none"> • Walking and standing endurance • Enhanced gait • Better balance and posture • Climb stairs <p>Body Awareness Feel gluteals engaged when pressing down.</p> <p>Upper Body Opposite elbow towards opposite knee</p>
<p>WINDSHIELD WIPERS</p> 	<p>Rotate toes left and right. X8</p> <p>Add toe lifts. X8 (Make smiles with toes!)</p> <p><i>Strengthens:</i></p> <ul style="list-style-type: none"> • <i>Invertors</i> • <i>Evertors</i> 	<ul style="list-style-type: none"> • Ankle stability and mobility • Balance • May help prevent ankle sprains and re-injury • May increase proprioception and physical function <p>Body Awareness Feel feet muscles as lift toes making “smiles” as move from side to side.</p> <p>Upper Body Tango Arms: one arm extended out to side and other hand near belly.</p>

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<p>THE CLAM</p> 	<p>Slide ankles and knees together, open and close knees.</p> <p>Progression: Hold knees together for 5 seconds.</p> <p><i>Strengthens:</i></p> <ul style="list-style-type: none"> • <i>Gluteals</i> • <i>Adductors</i> • <i>Core</i> 	<ul style="list-style-type: none"> • Hip mobility and stability • May help reduce knee pain • May help improve bladder control <p>Body Awareness Sit tall with good posture, shoulders back. Feel core engage.</p> <p>Upper Body Clasp hands and “rock the baby.”</p>
<p>SWEEP IN & OUT</p> 	<p>Keep knees aligned with hips, slide feet to center then out to the sides. X10</p> <p><i>Strengthens:</i></p> <ul style="list-style-type: none"> • <i>External/internal rotators</i> 	<ul style="list-style-type: none"> • Hip stability and mobility • May help reduce lower extremity (LE) injuries and low back pain • Twisting motion of LE as when golfing, dancing or swinging a tennis racquet <p>Body Awareness Press and feel inside and outside edges of feet as move in and out. Feel hip muscles engage.</p> <p>Upper Body Goal Post arms: open and close elbows together</p>
<p>ANKLE ROLLS</p> 	<p>Roll ankles in, arches move downward; Roll ankles out, arches move upward. X8</p> <p>Roll In X 4 Roll Out X 4</p>	<ul style="list-style-type: none"> • Ankle stability and mobility • May help reduce chance of ankle sprains <p>Body Awareness Shoulders back and down, chest lifted. Feel the lower leg muscles engage. Try to keep knees aligned with hips.</p> <p>Upper Body Arms extended straight in front, rotate palms up and down.</p>
<p>DOUBLE KICKS</p> 	<p>Slide feet forward, pull back behind knees. X 8</p> <p>Push Forward X4 Pull Back X4</p> <p><i>Strengthens:</i></p> <ul style="list-style-type: none"> • <i>Quadriceps</i> • <i>Hamstrings</i> 	<ul style="list-style-type: none"> • Walking • Sit and rise from a chair • Climb up and down stairs • Ability to stand and balance • Squat/bend down to pick an object off the floor <p>Body Awareness Feel your quadriceps and hamstrings strengthening.</p> <p>Upper Body Push arms out and pull arms in.</p>

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<p>TOE FANS</p> 	<p>Rotate toes inward and outward.</p> <p><i>Strengthens:</i></p> <ul style="list-style-type: none"> • <i>Invertors</i> • <i>Evertors</i> 	<ul style="list-style-type: none"> • Ankle stability and mobility • Balance <p>Body Awareness Feel your ankle and lower leg muscles engage. Shoulders back and down.</p> <p>Upper Body Scissor arms</p>
<p>LEG EXTENSION</p> 	<p>Scot forward on chair, extend one leg, alternate. X 8 <i>(Place board 4-6 inches in front of chair.)</i></p> <p><i>Strengthens:</i></p> <ul style="list-style-type: none"> • <i>Quadriceps</i> 	<ul style="list-style-type: none"> • Knee range of motion • Walking • Standing <p>Body Awareness See yourself walking and extending your leg fully with a slight bend at the knee.</p> <p>Upper Body Extend arm down extended leg.</p>

Remove board.

Ready for seated stretch to enhance flexibility!