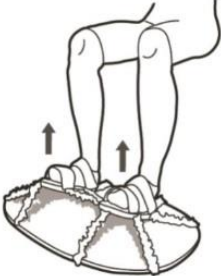
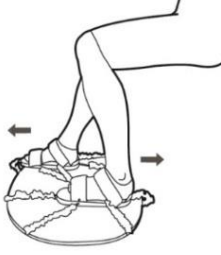



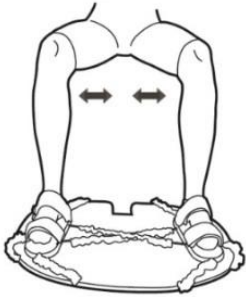
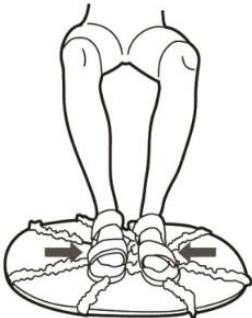
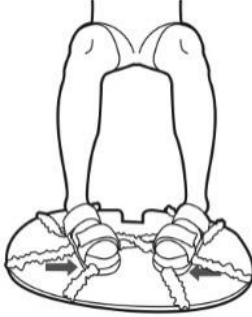
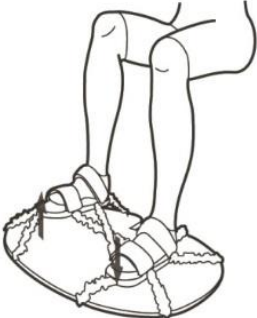

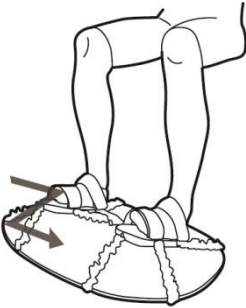



Strong & Stable with MoveMor™

After each dynamic exercise, hold the position for 3 – 10 seconds to strengthen muscles, joints & connective tissue for better joint stability, control and gait.

Exercise	Instruction	Muscles & Benefits
<p>HEEL & TOE LIFTS</p> 	<p>Heel Lifts</p> <ul style="list-style-type: none"> • Lift & lower heels 8 X Hold <p>Toe Lifts</p> <ul style="list-style-type: none"> • Lift & lower toes 8 X Hold <p>Heel - Toe Box</p> <ul style="list-style-type: none"> • Lift L heel, L Toe, R Toe & R Heel 4 X Hold 	<p><i>Strengthens:</i></p> <ul style="list-style-type: none"> • <i>Dorsiflexors & Plantar flexors</i> • More power to push off when walking • Lift toes to prevent tripping • Better gait, speed & balance • Boost circulation
<p>SLIDE WALK</p> 	<p>Slide one foot forward with a toe lift, pull one back with a heel lift, alternate. 10 X</p> <ul style="list-style-type: none"> • Add Walking Arms ❖ Hold each side 	<p><i>Strengthens:</i></p> <ul style="list-style-type: none"> • <i>Quadriceps & Hamstrings</i> • Walking, standing and balancing • Sit and rise from a chair • Climb up and down stairs • Squat/bend to pick up an object
<p>DOUBLE KICKS</p> 	<p>Slide feet forward, toes lifted; pull back behind knees with heels lifted. 4 X</p> <ul style="list-style-type: none"> • Push Forward Hold • Slide forward & back 4 X • Pull Back Hold 	<p><i>Strengthens:</i></p> <ul style="list-style-type: none"> • <i>Quadriceps & Hamstrings</i> • Walking • Sit and rise from a chair • Climb up and down stairs • Ability to stand and balance
<p>X-FACTOR</p> 	<p>Bring feet and knees together; slide R foot top diagonally, L foot bottom diagonally. Alternate 8 X</p> <ul style="list-style-type: none"> • Top L, Bottom R Hold • Alternate 8 X • Top R, Bottom L Hold 	<p><i>Strengthens:</i></p> <ul style="list-style-type: none"> • <i>Quadriceps & Hamstrings</i> • <i>Abductors</i> • <i>Gluteals</i> • Walking • Pelvic stability
<p>WINDSHIELD WIPERS</p> 	<p>Rotate toes left and right. 8 X Hold L & R</p> <ul style="list-style-type: none"> • Lift toes L & R 8 X • Hold L • Hold R 	<p><i>Strengthens:</i></p> <ul style="list-style-type: none"> • <i>Invertors</i> • <i>Evertors</i> • Ankle mobility and stability • Proprioception and postural control • Balance

<p>OUT & IN</p> 	<p>Slide feet & knees out to the sides, squeeze back to center. 8 X</p> <ul style="list-style-type: none"> • Out Hold • Out Wider Hold • Shuffle • In Hold • Shuffle (Home or wide) 	<p><i>Strengthens:</i></p> <ul style="list-style-type: none"> • <i>Abductors/adductors</i> • <i>Gluteals</i> • Walking balance and endurance • Side-to-side movements • Bladder control
<p>SWEEP IN & OUT</p> 	<p>Keep knees aligned with hips, slide feet to center then out to the sides. 8 X</p> <ul style="list-style-type: none"> • In Hold • Shuffle • Out Hold • Shuffle • Single Hip Kick In R X 4 Hold • Single Hip Kick Out L X 4 Hold 	<p><i>Strengthens:</i></p> <ul style="list-style-type: none"> • <i>External/internal rotators</i> • Hip stability and mobility • Help reduce lower extremity injuries and low back pain • Twisting motion (golfing, dancing or swinging a tennis racquet)
<p>TOE FANS</p> 	<p>Rotate toes inward & outward. 8 X</p> <ul style="list-style-type: none"> • In Hold <p>Toes inward & outward 4 X</p> <ul style="list-style-type: none"> • Out Hold <p>Toes inward & outward 4 X</p> <ul style="list-style-type: none"> • Toe Smiles – lift toes inward & outward (both feet or single) 4 X • In Hold • Out Hold 	<p><i>Strengthens:</i></p> <ul style="list-style-type: none"> • <i>Invertors</i> • <i>Evertors</i> • Ankle stability and mobility • Postural control • Balance
<p>MARCH</p> 	<p>Lift and lower one knee, alternate. Press down opposite foot. 8 X</p> <ul style="list-style-type: none"> • Hold each side <p>March In & Out 4 X</p> <ul style="list-style-type: none"> • Hold each side out <p>March In & Out 4 X</p> <ul style="list-style-type: none"> • Hold each side in <p>Shuffle</p>	<p><i>Strengthens:</i></p> <ul style="list-style-type: none"> • <i>Hip flexors</i> • <i>Core</i> • <i>Gluteals</i> • Walking and standing endurance • Enhanced gait • Better balance and posture • Climb stairs

<p>MERRY-GO-ROUND</p> 	<p>Circle feet upward and outward. 4 X</p> <ul style="list-style-type: none"> ❖ Hold at 2 & 10 o'clock • Reverse direction. ❖ Hold at 4 & 8 o'clock 	<p><i>Strengthens:</i></p> <ul style="list-style-type: none"> • <i>Quadriceps/hamstrings</i> • <i>Internal/ext. rotators</i> • <i>Gluteals</i> • Walking • Better balance and posture • Sit and rise from a chair • Climb stairs
<p>ALPHABET WRITING</p> 	<p>Write "STRONG AND STABLE" with toes.</p> <ul style="list-style-type: none"> ❖ After each letter, hold the position for 1 - 5 seconds • Small, fast shuffle 	<p><i>Strengthens:</i></p> <ul style="list-style-type: none"> • <i>Ankle range of motion</i> • <i>Dorsiflexors</i> • <i>Invertors & evertors</i> • Coordination • Proprioception & balance • Mental focus
<p>LEG EXTENSION</p> 	<p>Scot forward on chair, extend one leg, alternate. 4 X <i>(Place board 6-8 inches in front of chair.)</i></p> <ul style="list-style-type: none"> ❖ Hold each side 10 seconds • May repeat 	<p><i>Strengthens:</i> <i>Quadriceps</i></p> <ul style="list-style-type: none"> • Knee range of motion • Walking • Standing