



Recumbent Exercise Bike

Recumbent Exercise Bike
Time:
RPM:
HR:

Hold 10 Minutes
Perform 2 Time(s) a Day



CAT AND CAMEL

While on your hands and knees in a crawl position, raise up your back and arch it towards the ceiling.

Next return to a lowered position and arch your back the opposite direction.

Repeat 15 Times
Hold 1 Second
Complete 3 Sets
Perform 2 Time(s) a Day



LOWER TRUNK ROTATIONS - LTR

Lying on your back with your knees bent, gently move your knees side-to-side.

Repeat 15 Times
Hold 1 Second
Complete 3 Sets
Perform 2 Time(s) a Day



BRIDGING

While lying on your back, tighten your lower abdominals, squeeze your buttocks and then raise your buttocks off the floor/bed as creating a "Bridge" with your body. Hold and then lower yourself and repeat.

Repeat 10 Times
Hold 10 Seconds
Complete 1 Set
Perform 2 Time(s) a Day



SEATED LOW BACK STRETCH

While sitting in a chair, slowly bend forward and reach your hands for the floor. Bend your trunk and head forward and down.

Repeat 10 Times
Hold 10 Seconds
Complete 1 Set
Perform 2 Time(s) a Day



HAMSTRING STRETCH WITH TOWEL

While lying down on your back, hook a towel or strap under your foot and draw up your leg until a stretch is felt under your leg, calf area.

Keep your knee in a straightened position during the stretch.

Repeat 10 Times
Hold 10 Seconds
Complete 1 Set
Perform 2 Time(s) a Day



SQUATS - SUPPORTED

While standing with feet shoulder width apart and in front of a stable support for balance assist if needed, bend your knees and lower your body towards the floor. Your body weight should mostly be directed through the heels of your feet. Return to a standing position.

Knees should bend in line with the 2nd toe and not pass the front of the foot.

Repeat 15 Times
Hold 1 Second
Complete 3 Sets
Perform 2 Time(s) a Day



Straight Partial Sit-ups

This exercise is designed to strengthen the muscles that help control the trunk. Help the child lie on their back with both knees bent and feet flat on the ground. Instruct the child to reach straight up towards their knees, lifting their head and shoulders off the ground. Then, slowly help them lower their head and shoulders to the ground in the position they started in. Repeat this exercise a total of ten times for one set. Complete 2-3 sets, taking a break between each.

Repeat 15 Times
Hold 1 Second
Complete 3 Sets
Perform 2 Time(s) a Day