



## Can walk, Can walk with assistance

# For people who would like to be capable of going to bathroom by themselves

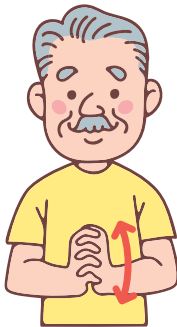
# A

Let's maintain the independence of going to the bathroom as much as possible. In order to remove or put on the clothing by yourself, you should train the thigh muscles and practice synchronized movement of hands and legs through crouching exercises and complex finger movements. In addition, let's practice the body twist exercises and enhance the strength of your arms in order to be able to wipe your bottom properly.

### 1

### Hand and forearm exercise (10 time/set)

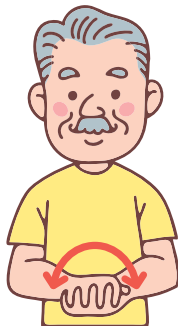
To be able to put on the pants and underpants



Hold your hands together with your fingers folded. Keep your elbow steady and move your forearm up and down.



Hold your hands together with your fingers folded. Keep your elbow steady and move your forearm from left to right.



Hold your hands together with your fingers folded. Keep your elbow steady and flip your hands from left to right.

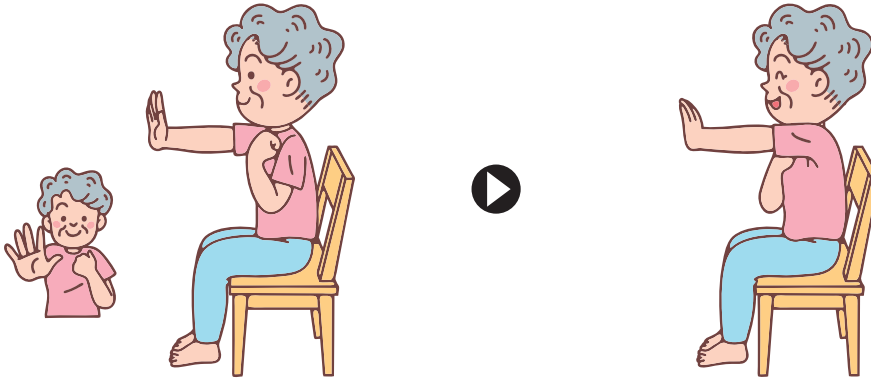


*\*Do not stretch out your elbow.*

2

## Rock paper exercise (10 times)

To be able to wipe off your bottom with the toilet paper



Stretch your right arm out in front of your body to be leveled with your right shoulder with the palm facing front. Hold your left fist close to your left shoulder.

Repeat in rotation.

3

## Ab twisting exercise (3 sets with left and right rotation)

To keep stable while in the crouching position to remove/ put on the pants and underpants



Cross your right leg over your left knee. And push the right knee with your left hand.

Slowly moving your right elbow backwards by twisting your upper body and hold the position.

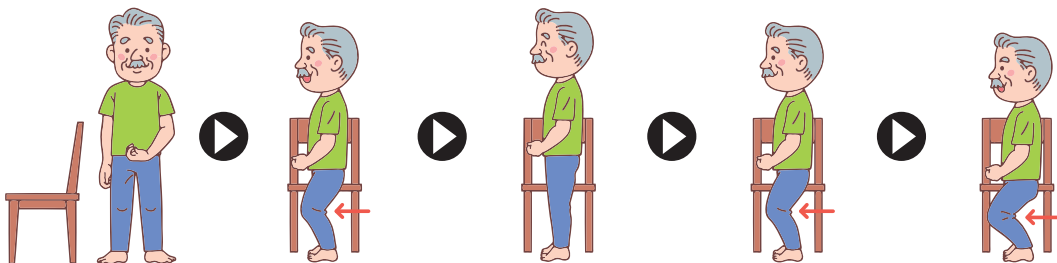
Repeat the exercise by switching sides.

4

## Knee exercise (5 sets)

To be able to put on pants or underpants

\*Please put the chair on the side to prevent from falling.



Stand up straight.

▶ Bend your knees slowly and slightly.

▶ Return to the original position.

▶ Bend your knees lightly.

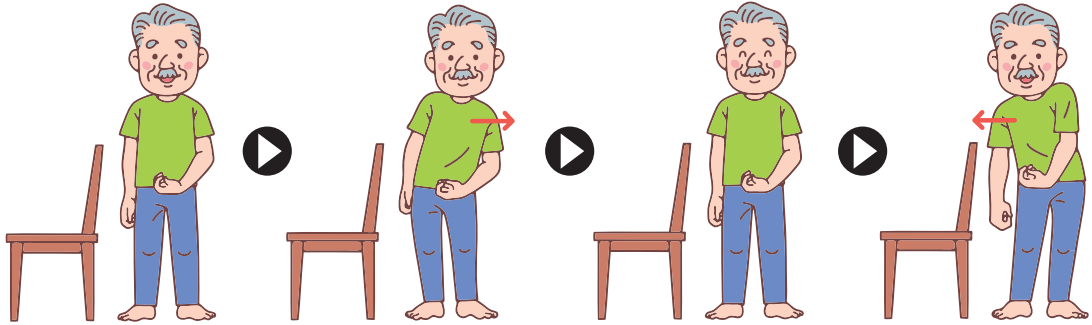
▶ Bend a little further.

5

### Balance exercise in standing position (10 sets)

To regain the sense of balance when you remove or put on the pants or underpants

\*Please put the chair besides you to prevent you from falling.



Stand up straight with your legs spread to shoulder width.

Shift your weight to the left.

Return to the center.

Shift your weight to the right.

\*When paralyzed, please start to shift the weight from the paralyzed side.

6

### Monkey dance exercise (10 times)

To maintain stability while standing or crouching



Bend your knees, stand up with your arms relaxing.



Sway your upper body up and down.

### Column Types of Mobility Aid

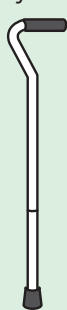
Widening the range of mobility by using the tool that fits your purposes.



C shaped cane



T shaped cane



L shaped cane



Quad cane



Walker



Four-wheel walker



Rollator

\*Quad cane and walker(not four-wheel) are suitable as support tools for walking to the bathroom and changing posture in the bathroom.\*Please ask the shop assistants for further details.