



# Can sit & stand with assistance

## For people who would like to be able to sit on toilet seat with ease

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In order to move in and out of toilet seat, you should be able to:

1. Maintain your balance when standing up while leaning forward.
2. Change your posture by stamping your foot by counting [1 and 2, 1 and 2].
3. Maintain the correct posture in order to remove or put on the pants.

Let's practice the exercise below in order to safely perform daily activities.

### 1

#### Thigh and calf exercise (10sets /side) To strengthen the muscle of standing up and changing direction

*\*The crucial point is to push one knee with both hands while exhaling.*



Put both of your hands on one knee.



Press both of your hands on one knee. Meanwhile, lift both of your heels up from the floor and stay for a few seconds. Switch sides and repeat.

### 2

#### Leg spreading exercise (5 sets /side) To change direction in the bathroom



Spread your left leg to the side as much as possible, and keep the sole of your feet on the floor.



Repeat the exercise for the opposite side.

*\*Please firmly hold on to the side of the chair for support.*

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### Foot stamping exercise in sitting position (20 sets)

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



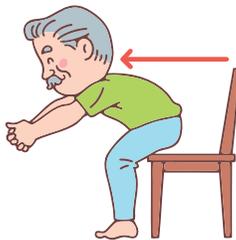
Remain seated while stamping your feet.

\*Please raise your left leg while raising your right arm.

4

### Knee exercise (3 sets)

To be able to get up from the toilet seat



Stand up with your hands folding together and your arms stretch out from your body.

Stand up gradually with your knees slightly bending forward.

Please bend your knees a bit further.

5

### Balance exercise (10 sets)

To regain the sense of balance when you stand up



Keep seated while drawing big circle with your hands folding together and arms stretching out in front.

\*Stretch your arms to the front as much as possible till your hip is almost lifting up from the chair.

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