For people who would like to access to the bathroom with wheel chair

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It is important to have a capability below in order to be mobile with wheelchair on your own.
1:To be able to properly sit on the wheelchair.
2:To have strong enough leg muscles to kick the ground.
3:To have strong enough arms muscle to move the wheel.
In addition, sufficient leg muscle and sense of balance are essential for regaining the capability of standing.

1 Stretch training for left and right tight (20 seconds /side)

To relax your knee in order to prevent falling

Stretching one leg as much as possible and then put the heel on the floor.
Put the sole of other foot to the floor then bend the body forward.

*Bend your body as much as possible without overdoing it.
*Imagine to push your navel forward.

*Do not lift up heels

2 Knee pushing exercise (5 sets)

To train your knee in order to be able to stand up

Put one leg beneath the other leg and push them together for the 5 seconds, then repeat with the opposite side.

*Sitting deep in the chair.
*Grab the seat by both hand.
*Be careful of not to lift your foot from floor

3 Elbow and knee touching exercise
(3 sets/Side)

Lifting your legs to help you walking smoothly.
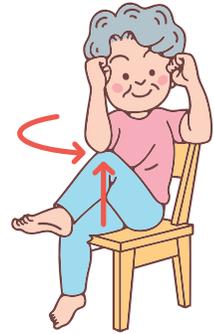
Lift your left knee to reach your left elbow and repeat the same for the right side.

Lift up left knee chest-high to touch right elbow, and repeat with right knee to the left elbow.

4 Upper body strengthening exercise
(5 seconds/set, 3 sets)

To support the body even when you fall

Bending and grabbing the finger and pulling to the sides while keep your arms leveled in front of your chest. And flip your hands and repeat on the opposite side.

*Strengthen the grip in order to grab an object when you fall.

Folding the finger and pressing the palms together.

Grab one arm with the other hand and pushing against each other, then repeat to the opposite side for the same period of time.

*Strengthen the arms in order to support the body.

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Can sit & stand with assistance

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