



# Can sit & stand with assistance

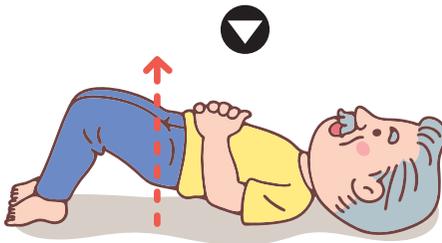
## For people who would like to be able to stand up and sit down by themselves

Capability of sitting is essential for excretion in the toilet. In addition, it is desirable to keep balance with arms in order to lift your hips from bed or to lift one side of the hip if there is difficulty. Let's improve such capabilities with exercise.

### 1 Waist lifting exercise (5 sets) To be able to get up from the toilet seat



Lie on floor with knees bent.

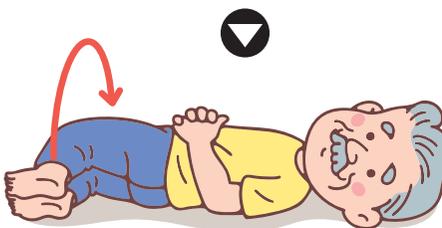


Slowly lift up your waist, then slowly lower it back to floor.

### 2 Waist twisting exercise (5 sets/side) To change direction



Lie on floor with knees bent.



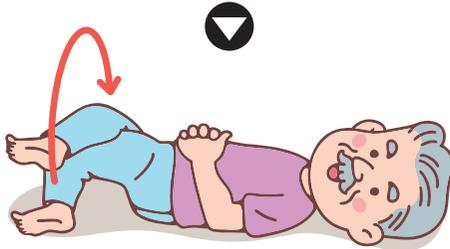
Keep knees together and lowering them to the floor by twisting the waist then keep the posture for 15 seconds. Switch sides and repeat.

3

Waist twisting exercise with crossing leg (5sets/side) To avoid backache



Cross your right leg over the left. \*Leave your shoulders on the floor.



Lowering the knees to the right side and keep the posture for 15 seconds.



Return to the original position.



Switch sides and repeat. \*Do not over do it if you experience backache

4

Shoulder exercise (3 sets)

To regain the sense of balance when you sit down



Fold your fingers together and stretch your arms to front. \*Please sit deeply in the chair

If you can not fold your fingers



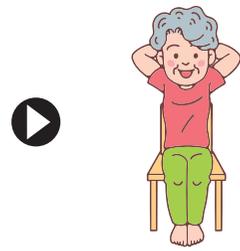
Put your thumb into paralyzed palm then grip the wrist with your fingers wrap around.



You might hurt your shoulder if you grab the wrist as shown on left image.



Raise your arms above your head slowly.



Put your hands behind your head, open your elbows and then stretch your chest for 15 seconds.

H  
I  
J  
K  
L  
Can sit & stand with assistance