



Can sit & stand with assistance

For people who would like to be able to remove or put on pants and underwear

J

In order to remove or put on pants, the ability to keep a balanced posture is required. Firstly, practice getting up from the bed by yourself, then practice sitting with balance and then try to stand up by holding on to an object.

1

Leg muscle exercise (5 sets /side)

To hold your own weight



Lie on floor with knees bent.



Stretch the right leg out in mid air and keep it for 5 seconds.



Keep your right leg in mid air and shift it to the side about 30 degree.



Slowly return to the original position.



Switch sides and repeat.

Can sit & stand with assistance

H

I

J

K

L

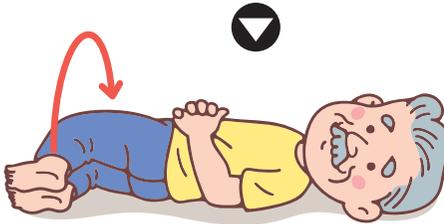
2

Waist twisting exercise (3 sets/side)

To get up



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.

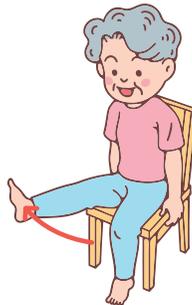
3

Knee stretching exercise (5 sets/side)

Knee training in order to hold body weight



Point your toe upwards and rise up the leg.



Slowly shift the leg to the side.
**Sit deeply into the chair and hold on to it.*



Slowly return to the original position, switch side and repeat.

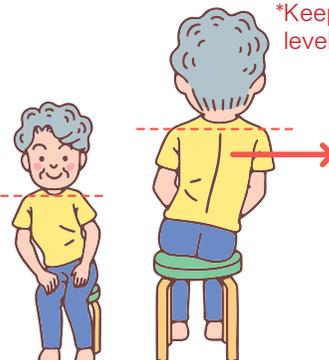
4

Weight shifting exercise (5 sets/side)

To remove or put on pants while sitting



Slightly lift one side of the hip up from the chair.



**Shift your weight to the opposite side.*

**Keep your shoulder leveled to the floor.*

H
I
J
K
L
Can sit & stand with assistance