

Progressive Mobility Exercise Guide

Level 1-2

Each of these exercises are to be repeated 10 times or as tolerated.



Ankle Pumps

While sitting or laying, pump the ankles up and down.



Bend and Straighten Elbow

While lying on your back, bend and straighten your elbow.



Leg Slides

While lying on your back, keep toes pointed to the ceiling and slide your leg out to the side and back in.



Ceiling Punches

While lying on your back, punch arms to ceiling, alternating arms. Reach as high as you can.



Knee Bends

While lying on your back, bring the heel towards the buttock by bending the knee up toward their chest, then return to starting position.



Shoulder Lifts

While lying on your back, lift your arm up overhead, keep the elbow straight, and try to touch the top of the bed. Repeat on each side.



Rolling Side to Side

While lying on your back, bend one knee and reach your arm across body and roll to your side.



Progressive Mobility Exercise Guide

Level 3

Each of these exercises are to be repeated 10 times or as tolerated.



Shoulder Circles

While seated, place your hand on shoulders and circle forward with elbows.



Seated Marching

While seated, raise knee and set it down and then alternate to other leg.



Air Box

While seated, punch arms forward at shoulder height; alternating arms.



Seated Arm Lifts

While seated, lift one arm overhead reaching toward ceiling and return to resting position.



Knee Straightening

While seated with your knee bent, slowly straighten your knee as you raise your foot upwards. Then return to the starting position.



Sit to Stand

While seated in a chair with armrests, push up from the chair to stand up tall. Reach back for the chair to sit. Have walker available if necessary for support.



Progressive Mobility Exercise Guide

Level 4

Each of these exercises are to be repeated 10 times or as tolerated.



Raise Up On Toes

While standing next to a stationary object for support, raise up on toes and push *up* to the ceiling.



Standing Marching

While standing next to a stationary object for support, march with high knees.



Standing Arm Lifts

While standing, bring both hands up toward ceiling and return to resting position. Use support for balance if needed.



Standing Air Box

While standing, punch arms forward at shoulder height and alternate arms. Increase speed if possible. Use support for balance if needed.



Squats

While standing next to a stationary object for support, bend knees slightly. Return to standing position.



Leg Lifts

While standing next to a stationary object for support, keep toes pointed forward and lift the leg out to the side and back to the floor.



