



**Notes :**

You may choose to do the upper body exercises in a seated or standing position. Start slowly with a few repetitions and increase them as you feel more comfortable. Try to increase gradually the range of motion and avoid painful movements. You might feel some tensions in your joints or muscles but you should not be feeling any increasing pain.

**1 Hip flexion on chair**



Sit on a chair with your hands resting on your hips. March on the spot by rhythmically lifting and moving your arms and legs. Complete the prescribed number of steps and return to the starting position.

Reps: 10-15/côté Freq: 3x/sem Tempo: lentement

**2 Shoulder circumduction**



Stand or sit tall with your hands on your shoulders. Move your elbows up, in, down and out in order to make circles with your elbows that are as large as possible. Repeat in the other direction.

Sets: 1-2 Reps: 10-15 Freq: daily Tempo: slow

**3 Combined arms/legs movement**



Sit down with your back straight and your hands on your shoulders. Extend one arm to one side and the opposite leg to the other side. As you extend the arm, turn your head to look at your hand. Come back to the center and repeat on the other side.

**4 Supported squat with hip hinge**



Stand in front of a table and place your hands on the table. Bend your body forward, supporting your weight with your hands. You should bend at the hip joint by sticking your buttock out and slightly bending your knees without bending at the back (no round back). Return to the initial position by activating your glutes and moving at the hips. Be careful not to bend at the back.

**5 Knee extension**



Sit down on a chair with your back straight. Fully extend one leg then go down and repeat.

**6 Knee flexion/extension**



Sit up straight in a chair with your feet comfortably apart, and a towel placed under one foot. Using your foot, slide the towel under the chair by bending your knee as far as you can. Then, push the towel forward as far as you can by straightening your knee and repeat.



## 7 Seated hip abduction



Sit on a chair with your back straight and your feet flat on the ground. Spread your thighs each side of the chair and bring them back to the center.

## 8 Horizontal abd./add.



Sit on a chair with your hands resting on your hips. Raise your arms to shoulder level with elbows bent. Bring your arms together to touch your hands and elbows. Open your arms by separating them. Return to the starting position. To progress, repeat the exercise placing your feet closer together.

## 9 Brugger exercise



Sit on a chair with your arms relaxed on your sides. Rotate your arms in order to point your thumbs backward and to open the chest. Squeeze the shoulder blades together, keep your chin tucked and hold this position for the recommended time.

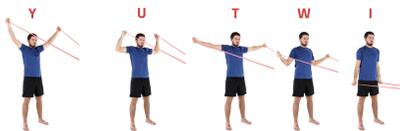
Sets: 1-2 Reps: 10-15 Freq: daily Tempo: slow

## 10 Standing shoulder adduction



You can sit or stand. Touch your shoulder with the opposite hand. Bring your hand as far as possible behind your shoulder. To progress, hold a weight in your hand.

## 11 Scapular 5 x 5 (Y-U-T-W-I)



Start in standing position with a band attached in front of you just below chest level and holding its ends with both hands. Keeping your shoulder blades down and back, raise both arms up in a "Y", first. Second, move the arms directly into a "U". Third, into a "T". Fourth, into a "W". And finally, into an "I". Hold each position for 5 seconds.

## 12 Back straightening



Sit with your feet flat on the ground, round up the back by relaxing the trunk musculature. Correct your posture by straightening up the middle back and the shoulders, as well as by slightly arching the lower back. Hold for the prescribed time, then relax. Repeat.

Sets: 1-2 Reps: 10-15 Freq: daily Tempo: slow

## 13 Trunk side bending



Sit down on a chair with a straight posture. Place your hands behind your head. Slowly side bend the trunk to one side as far as possible, return to the center and side bend to the other side. Repeat.

Sets: 1-2 Reps: 10-15 Freq: 2-3x/week Tempo: slow



#### 14 Isometric hip flexion



Sit on a chair with your hands on the knee of the involved side.  
Lift the thigh off the chair and apply a downward resistance with your hands.  
Resist with your thigh against the push.

#### 15 Thoracic rotation mobilization



Sit down on a chair with your feet elevated on a stool.  
Place a wedge or towel on the upper back rotation's opposite side.  
Slouch your lower back while keeping a tall upper back.  
Rotate, leading with your arm and follow the movement with your eyes.

Reps: 8-10/side Tempo: slow

#### 16 Seated hamstrings stretch



Sit on the edge of a sturdy chair with one leg straight out in front of you and the other knee bent.  
Stick your hips back while keeping your back straight, as you bend forward to feel a stretch behind your straight leg.  
Hold the position for the recommended time.

Sets: 1-2 Freq: 2-3x/wk Duration: 30 to 45 secs

#### 17 Glutes stretching, figure 4



Sit on a chair having one foot over the opposite knee in a figure 4 position.  
Push on your knee to open the leg and straighten your back while you move your upper body forward until you feel a comfortable stretch in your buttock.  
Hold the stretch.

Sets: 1-2 Freq: 2-3x/wk Duration: 30 to 45 secs

#### 18 Hip flexors stretch on chair



Sit on the edge of a chair and extend one leg back, keeping one cheek on the seat.  
Keep your back neutral.  
You should feel a comfortable stretch on the front of your hip.  
Hold the position as recommended and breathe normally.

Duration: 30-60 sec/côté

#### 19 Shoulder self-mobilization



Sit in a chair and hook your fingers under the edge.  
Gently lean away from the stabilized arm until a stretch is felt.  
Use your body weight and keep the arm relaxed.

Sets: 1-2 Freq: 2-3x/wk Duration: 30 to 45 secs



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**20 Trunk flexion**



Sit down with the feet on the ground, and the neck and shoulder muscles relaxed. Flex the head and the trunk forward, and touch the ground with your hands. Come back slowly to the initial upright position, starting by unbending the lower back and finishing with the head. Repeat.

Sets: 1-2 Freq: 2-3x/wk Duration: 30 to 45 secs