

#2 ■ Sit-to-Stands

Why this exercise? This exercise will help your body adjust when you change position. If you are sedentary, spending hours in the same position, your sense of balance will be affected. This exercise will help you avoid feeling dizzy when you stand up suddenly. It will also strengthen the muscles in your buttocks and lower legs.

1. Sit up straight in a supportive chair. Do not lean back. Place your arms across your chest (photo 1).
2. Rise to a complete stand (photo 2) and return to a seated position as quickly as possible. Do not use your arms.
3. Repeat this movement 3 times in a row initially, and build to 10 times as you get stronger.
4. Perform this exercise once or twice a day.

Note: If you do not have the strength to perform this exercise without using your arms, you may use them initially. As you get stronger, gradually lessen the use of your arms.



PHOTO 1



PHOTO 2

Caution: Consult your physician or physical therapist before you begin this program if you have any existing medical problems, if you currently experience any dizziness or major balance problems, or if you have recently fallen.