

How to use the TRI-REPS Resistance Training Program Document and Worksheet (Equipment Required)

The first 3 pages of the program document provide definitions and guidelines on how to perform resistance training safely, how to progress with the exercises so that you continue to benefit, and know what precautions to take.

Please read the instructions for each exercise before you try it. In most cases you will know before trying it, if it is appropriate for you. If the exercise is too difficult or too easy then you can try one of the alternatives listed at the end of each exercise.

The resistance training document has many alternative exercises located on the last pages. Therefore, we suggest that the first time that you try the program; you keep track of the exercise number and the page number of the ones that you have determined that are best for you to start with by using the worksheet below. Then, you can print off the pages of the exercises that you will be doing or send the worksheet to your rehab supervisor and they can put your program together and send to you by mail or e-mail.

Do I need an Assistive device to hold dumbbells?

People with poor grip strength will not be able to safely hold dumbbells and may require an assistive device for lifting weights (specialized glove), or

exercises using elastic bands with a Velcro strap attached to the wrist. See documents in this section.

Shoulder Issues:

If shoulder discomfort is experienced during any of the exercises then the exercise should not be performed. People with shoulder subluxation should typically avoid a downward pull of the arm, such as that provided by holding a heavy weight in the affected-side hand.

Safety: The material herein is to be used as a guide along with the supervision of a health care professional. It is important that you review your program with your health care professional to determine if each type of exercise is appropriate for you. Please read all of the instructions and documents provided to you.

Exercise	Check ✓	Page#	Most suitable for...
Supplemental Exercises			
Knee Raise Exercise			
Toe Raise Exercise			
1) Static Lunge		4-5	
1B. Thigh Press		20	For people with knee pain/discomfort during the lunge
1C. Leg Raise		21	For people with knee pain/discomfort (harder than 1b)
1D. Lunge		22	Progression from static lunge (harder)
2) Biceps Curl		6-7	
2B. Curls with Resistance Band		23	For those who can bend their elbow but cannot grip weight
2C. Arm Pulls with Resistance Band		24	For those who cannot bend their elbow or have elbow/shoulder discomfort (engages arm muscles)
2D. Shoulder Shrugs		25	For those who cannot bend their elbow or have elbow/shoulder discomfort (engages shoulder muscles)
2E. Shoulder Retraction		26	For those who cannot bend their elbow or have elbow/shoulder discomfort (engages shoulder muscles)
3) Standing Hip Extension		8	
3B. Seated Leg Curl with Towel		27	For people who are unable to pull their leg back using a band.
4) Triceps Pull-Down		9-10	
2C. Arm Pulls with Resistance Band		24	For those who cannot bend the elbow (engages arm muscles)
2D. Shoulder Shrugs		25	For those who cannot bend the elbow or have shoulder discomfort (engages shoulder muscles)
2E. Shoulder Retraction		26	For those who cannot bend the elbow or have shoulder discomfort (engages shoulder muscles)
4B. Supine Triceps Extension		28	Progression to triceps pull-down (harder)
5) Heel Raise		11-12	

5B. Forward and Backward Stepping		29	For those who are unable to lift the heel on the stroke affected side.
5C. Double Heel-Raise on stairs		30	Progression to heel raise (harder)
5D. Single Leg Heel Raise		31	Progression from heel raise on stairs (harder than 5C)
6) Half -Squat		13-14	
1B. Thigh Press		20	For people with knee pain/discomfort during the lunge
1C. Leg Raise		21	For people with knee pain/discomfort (harder than 1b)
7) Seated Hamstring Curl with resistance band		15-16	
3B. Seated leg Curl with a towel		27	For those who are unable to curl the leg with a resistance band
7B. Heel Presses		32	For those who are unable to curl the leg
7C. Standing Hamstring Curl		33	Progression from seated hamstring curl (harder)
8) Seated Leg Extension		17	
1B. Thigh Press		20	For people with knee pain/discomfort during the lunge
1C. Leg Raise		21	For people with knee pain/discomfort (harder than 1b)
9) Seated Forward Curl		18-19	
9B. Supine		34	Progression from seated forward curl (harder)