

## How to use Resistance Training Program Document and Worksheet

### (No 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 you **complete the worksheet below when you first try the program**. This will help you to keep track of the **exercise number and the page numbers** of the ones that you have determined that are best for you. Then, you can print off the pages of the exercises that you will be doing. If you do not have a printer, you can take a picture of the worksheet and send to your rehab supervisor. The rehab supervisor can put your program together and send to you by mail or e-mail.

#### 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.

## Resistance Training Worksheet

Exercise	Check ✓	Page#	Most Suitable for.....
<b>Supplemental Exercises</b>			
Knee Raise			
Toe Raise			
<b>1) Static Lunge</b>		<b>4-5</b>	
1B. Thigh Press		17	For people with knee pain/discomfort during the lunge
1C. Leg Raise		18	For people with knee pain/discomfort (harder than 1b)
1D. Lunge		19	Progression to static lunge (harder)
<b>2) Wall Push up</b>		<b>6</b>	
Table Slide (range-of-motion exercise)		27-28	For those who have elbow and/or shoulder discomfort/pain during push up
Hand Lean		29	For those who have elbow/shoulder discomfort (engages arm muscles)
<b>3) Squat</b>		<b>7-8</b>	
1B. Thigh Press		17	For people with knee pain/discomfort
1C. Leg Raise		18	For people with knee pain/discomfort (harder than 3b)
<b>4) Chair Dip</b>		<b>9-10</b>	
Table Slide (range-of-motion exercise)		27-28	For those who have elbow and/or shoulder discomfort/pain from the chair dip.
Hand Lean		29	For those who have elbow/shoulder discomfort (engages arm muscles)
<b>5) Stairs</b>		<b>11</b>	
<b>6) Heel Raise</b>		<b>12-13</b>	
6B. One leg stand		20	For those who are unable to lift the heel on the affected leg
6C. Side to Side Stepping		21	For those who are unable to lift the heel on the affected leg (harder than 6b)
6D. Heel Raise on Stair		22	Progression to heel raise (harder)
<b>7) Bridging</b>		<b>14</b>	
7B. Seated leg Curl with a towel		23	For those who are unable to bridge
7C. Bridging with feet on pillow		24	Progression to Bridge (harder)
7D. Bridging with feet on a chair		25	Progression to Bridge (harder than 7c)
7E. Bridging (one leg)		26	Progression to Bridge (hardest)

<b>8) Seated Forward Curl</b>		<b>15-16</b>	
8B. Supine Curl up		30	Progression to seated forward curl (harder)