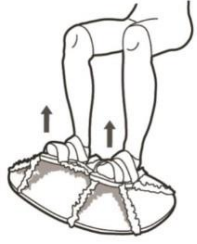
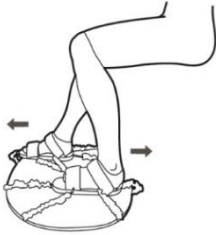
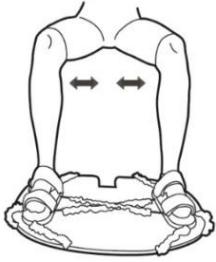

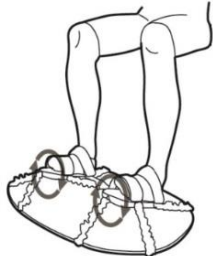




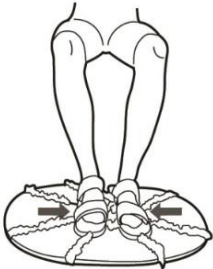



Take 10 to MoveMôr™

10 exercises, 10 reps, 10 minutes

Exercise	Instruction & Muscles	Importance for Independent Living
<p>TOE & HEEL LIFTS</p> 	<p>Lift and lower toes, lift and lower heels.</p> <p><i>Strengthens:</i></p> <ul style="list-style-type: none"> • Dorsiflexors • Plantar flexors 	<ul style="list-style-type: none"> • Walking, foot stability and balance • Lift toes to prevent tripping • More power to extend ankle, push off balls of feet and propel forward when walking and climbing stairs • Pumps blood from legs to upper-body and brain – a great warm-up! • <i>Variation: 10 toe lifts, 10 heel lifts</i>
<p>SLIDE WALK</p> 	<p>Slide one foot forward, pull one back, alternate.</p> <p><i>Strengthens:</i></p> <ul style="list-style-type: none"> • Quadriceps • Hamstrings 	<ul style="list-style-type: none"> • Walking • Sit and rise from a chair • Climb up and down stairs • Ability to stand and balance • Squat/bend down to pick an object off the floor
<p>OUT & IN</p> 	<p>Slide feet and knees out to the sides, squeeze back to center.</p> <p><i>Strengthens:</i></p> <ul style="list-style-type: none"> • Abductors/adductors • Gluteals 	<ul style="list-style-type: none"> • Walking balance and endurance • Side-to-side movements • Side-step to avoid objects/obstacles • Get in and out of a car • May improve bladder control <i>(enhanced with adduction held for 5-10 seconds)</i>
<p>MERRY-GO-ROUND</p> 	<p>Circle feet upward and outward. Reverse direction.</p> <p><i>Strengthens:</i></p> <ul style="list-style-type: none"> • Quadriceps/hamstrings • Internal/ext. rotators • Gluteals 	<ul style="list-style-type: none"> • Walking • Better balance and posture • Sit and rise from a chair • Climb stairs
<p>ANKLE O's</p> 	<p>Lift toes, make circles. Repeat in the opposite direction.</p> <p><i>Strengthens:</i></p> <ul style="list-style-type: none"> • Dorsi/plantar flexors • Invertors/evertors 	<ul style="list-style-type: none"> • Ankle flexibility • Enhance walking and balance • Lift toes to prevent tripping • May decrease stiffness and reduce pain

<p>MARCH</p> 	<p>Lift and lower one knee, alternate.</p> <p><i>Strengthens:</i></p> <ul style="list-style-type: none"> • Hip flexors • Core 	<ul style="list-style-type: none"> • Walking and standing endurance • Enhanced gait • Better balance and posture • Low back strength • Advance leg with greater ease while walking • Climb stairs
<p>MIDLINE CROSS</p> 	<p>Extend one foot forward, slide opposite knee and foot inward.</p> <p><i>Strengthens:</i></p> <ul style="list-style-type: none"> • Quadriceps • Abductors/adductors • Gluteals 	<ul style="list-style-type: none"> • Bend/squat down • Sit and rise from a chair • Ability to stand and balance • Side step around objects • Get in and out of a car or tub • May improve incontinence symptoms
<p>DOUBLE KICKS</p> 	<p>Slide feet forward, pull back behind knees.</p> <p><i>Strengthens:</i></p> <ul style="list-style-type: none"> • Quadriceps • Hamstrings 	<ul style="list-style-type: none"> • Walking • Sit and rise from a chair • Climb up and down stairs • Ability to stand and balance • Squat/bend down to pick an object off the floor
<p>TOE FANS</p> 	<p>Rotate toes inward and outward.</p> <p><i>Strengthens:</i></p> <ul style="list-style-type: none"> • Invertors • Evertors 	<ul style="list-style-type: none"> • Ankle stability and mobility • Balance • May help prevent ankle sprains and re-injury • May increase proprioception and physical function
<p>SWEEP IN & OUT</p> 	<p>Keep knees aligned with hips, slide feet to center then out to the sides.</p> <p><i>Strengthens:</i></p> <ul style="list-style-type: none"> • External/internal rotators 	<ul style="list-style-type: none"> • Hip stability and mobility • Promotes balanced muscles • May help reduce lower extremity (LE) injuries and low back pain • Twisting motion of LE as when golfing, dancing or swinging a tennis racquet • Enhance bladder control
<p>LEG EXTENSION <i>OPTIONAL</i></p> 	<p> Scoot forward on chair, extend one leg. <i>(Place board 4-6 inches in front of chair.)*</i></p> <p><i>Strengthens:</i></p> <ul style="list-style-type: none"> • Quadriceps 	<ul style="list-style-type: none"> • Knee range of motion • Walking • Standing • Climbing stairs <p><i>*For this reason, it can be done at the end of the 10 exercises or in place of one of the quadriceps strengthening exercise like "Double Kicks."</i></p>