



Care at its Best!
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The Couch Potato Work Out!

The cold weather, the games, the festive season – the winter season is the time when it is easy to turn into a couch potato. But now you can cheer your team to victory, stay warm, enjoy that apple pie AND exercise your muscles.

On Your Feet...Wall Slide

Stand on a non-skid surface with your back against a wall & feet 2 feet away & 6"–8" apart. Slowly slide down the wall to a near-sitting position. Be sure that, as you slide down, your knees are behind or directly over your ankles. Hold for 5–10 seconds, then return slowly to start. Repeat 5-10 times. Keep your stomach in the entire time & continue to breath.

Benefits; Works the thigh, hip, back & abdominal muscles.



Now on the Floor...Lateral Leg Lift

Lie on your side, pillow under your head, bottom leg bent and top leg straight. Keep your stomach tight & slowly lift top leg up 6 inches. Hold for 5–10 seconds and continue to breath. Repeat 5 to 10 times, then repeat on the opposite side. Benefits; Works the hip and buttock muscles.

Bent Knee Hamstring Stretch

Lie on your back with knees bent. Bend one knee toward your chest & grasp the back of your thigh with both hands. Gently extend your leg from knee. Hold stretch for 10 to 30 seconds, breathing normally. Return to start and repeat on the other side.

Benefits; Stretch hamstrings, calves, buttocks.



Raise those Arms...Shoulder Press

Stand or sit with hands at shoulder level, holding a full can of soda in each hand. Keep your stomach tucked in and straighten both arms above your head. To do this correctly, keep looking forward as you do the exercise and the soda cans should always be in your vision. Slowly return hands to shoulders and repeat, 10 times. Benefits; Works upper back, shoulders & arms.



Prevent the Slouch!

Stand, with 1 foot in front of the other in a door frame and place both hands out to side, on the frame. Slowly lean forward until a stretch is felt in your chest. Hold for 15 seconds, repeat 3 times.

Benefits; Stretch the chest & shoulder muscles.



The information on this page is provided to you from Performance Physical Therapy. It is not intended to replace any information/treatment provided to you by your health care provider. If you experience any pain while participating in this exercise, please contact your health care provider. Please feel free to check with your Physical Therapist if you have any questions about the information provided on this page.

We are here to help you reach your Peak Performance!

Ph: 401-726-7100

6 Convenient Rhode Island Locations

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