

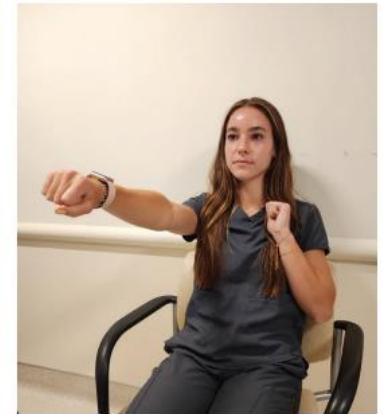
Ceiling Press

1. Lift one arm overhead towards ceiling.
2. Lower back down and raise the other arm.



Anterior press/reach/cross body punches

1. Reach one arm forward (like you are punching).
2. Return to your body and reach the other arm forward.

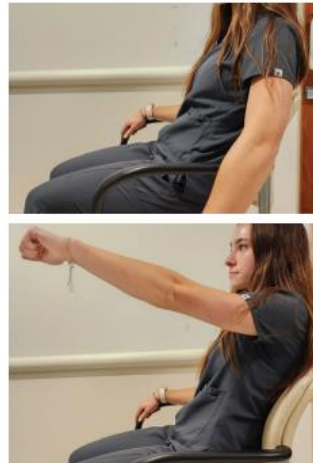


LEVEL 2: SEATED | UPPER BODY EXERCISES

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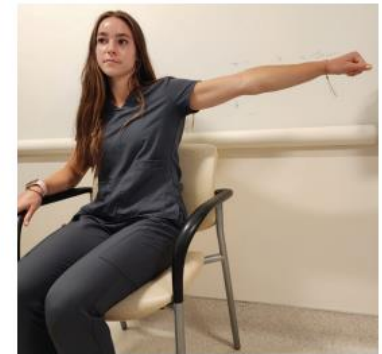
Shoulder Flexion

1. Place one arm by your side with elbow straight.
2. Raise arm straight up in front of you.
3. Return to starting position.



Shoulder Abduction

1. Place one arm by your side with elbow straight.
2. Raise arm straight up to your side.
3. Return to starting position.



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Scapular Retraction

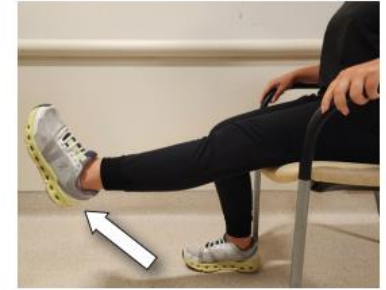
1. Move your shoulder blades back and down.
2. Hold, relax and repeat.



LEVEL 2: SEATED | UPPER BODY EXERCISES

Long Arc Quad

1. Sit on edge of bed or in chair.
2. Kick one foot up until your knee is straight.
3. Slowly bring leg down.
4. Repeat with other leg.



LEVEL 2: SEATED | LOWER BODY EXERCISES

Seated March

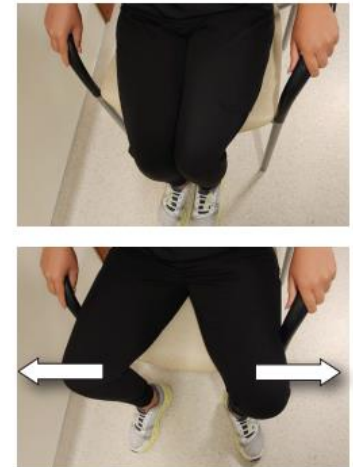
1. Sit on edge of bed or in chair.
2. March one foot off the ground.
3. Slowly bring leg down.
4. Repeat with other leg.



LEVEL 2: SEATED | LOWER BODY EXERCISES

Hip Abduction

1. Sit on edge of bed or in chair.
2. Move your knees apart (towards the side).
3. Return to middle.
4. Keep your feet on the floor the entire time.

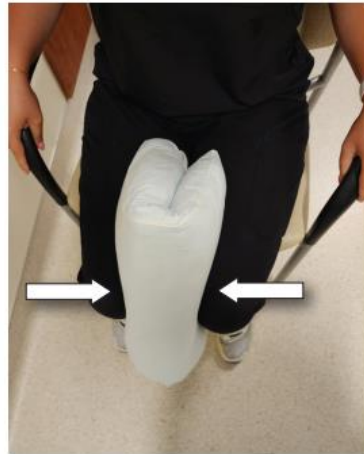


LEVEL 2: SEATED | LOWER BODY EXERCISES

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Hip Adduction

1. Sit on edge of bed or in chair.
2. Place a pillow between your thighs/knees.
3. Squeeze the pillow with your legs.
4. Hold, relax and repeat.



LEVEL 2: SEATED | LOWER BODY EXERCISES

Calf Raises

1. Sit on edge of bed or in chair.
2. Place feet on the floor.
3. Keeping toes on the floor, lift heels as high as you can.
4. Lower your heels back down and repeat.



LEVEL 2: SEATED | LOWER BODY EXERCISES

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