



# SAIL® Home Activity Program – Level 2: Standing

Do only the activities you feel safe and comfortable doing.

- Stand tall through all the activities, feet shoulder width (about 12” or 30 cm) apart.
- Hold position means hold position for 3 seconds (count thousand 1, thousand 2, thousand 3).
- Over time, add more activities until you are doing all 7 of them.
- Keep breathing normally. Do not hold your breath.
- If necessary, begin with a few of the activities but do them several times each day.
- Over time, hold on less to the sink or counter.
  - Hold on with one hand and only a few fingers of the other hand.
  - Hold on with just a few fingers of each hand.
  - Hold on with only one hand.
  - Hold on with just a few fingers of one hand.
  - Keep hands close to the sink or counter but don't hold on unless you need to.
- Over time, do more of each activity.

If any of these activities add to your pain or shortness of breath, stop and rest. Do less another day. Talk with your doctor or other health care professional.

## 1. Sit to Stand

Sit in a firm chair with armrests.

If you use a walker, put it in front of you and lock the brakes. If needed, sit closer to the front of the chair.

Make sure your feet are close to the chair and far enough apart.

1. Put your hands on armrest of chair or on your thighs.
2. Lean forward, feeling the weight through your feet.
3. **Stand up.** Stand for a few seconds (if needed, hold onto the walker or table or other furniture for help).
4. **Slowly sit down** (if needed, reach back for the armrests of the chair). Stand up 2-3 more times.

### Too easy?

- Do more (up to 15 times. Rest. Work up to doing 15 more).
- Use your arms less.





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### 2. Toe Taps and Up on Toes

Stand tall facing the sink. Hold on with both hands.

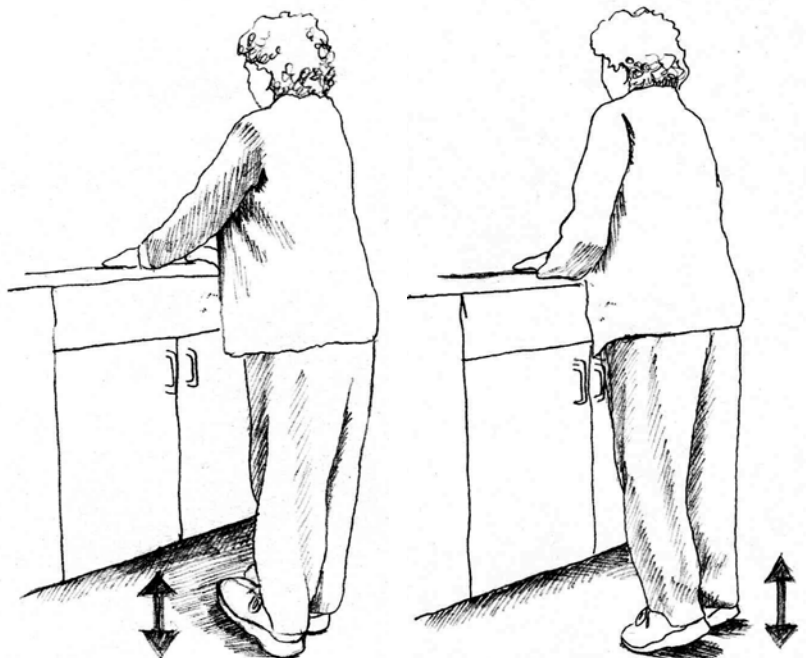
1. With **one** foot, keep heel on floor and **lift toes up**. Hold. Relax.
  - Do with the **other foot**. Do 2-3 more times with each foot.
2. Go **up on toes** with **both feet**. Relax. Do 2-3 more.

#### Too easy?

- Slowly do more (up to 15 each).
- Lift up toes of both feet together. Do **NOT** lean back.

Alternate with going up on toes.

- Slowly hold on less to the sink or counter.



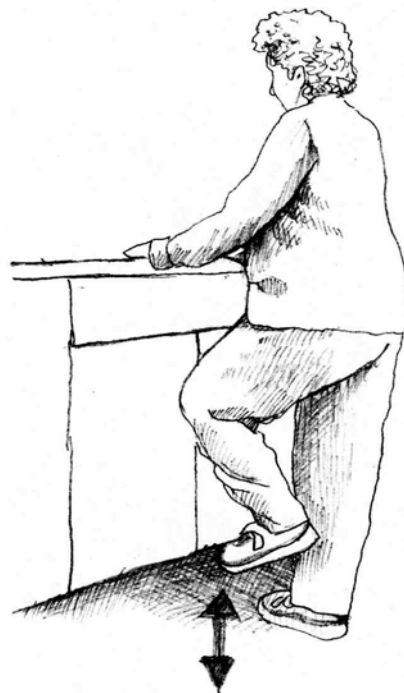
### 3. Marching on the Spot

Stand tall facing the sink. Hold on with both hands.

1. March on the spot for 10 seconds. Rest.
  - Do for another 10 seconds.

#### Too easy?

- Slowly do for longer - up to 2 minutes. Rest. Work up to marching for another 2 minutes.
- Raise your knees higher (but don't hit counter!).
- Slowly hold on less to the sink or counter.





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### 4. Mini Squats (small squat only)

Stand tall facing the sink.

**Hold on to sink or counter firmly** with both hands.

1. Stand with feet at least shoulder width apart. Push hips back and bend knees slightly as if starting to sit down.

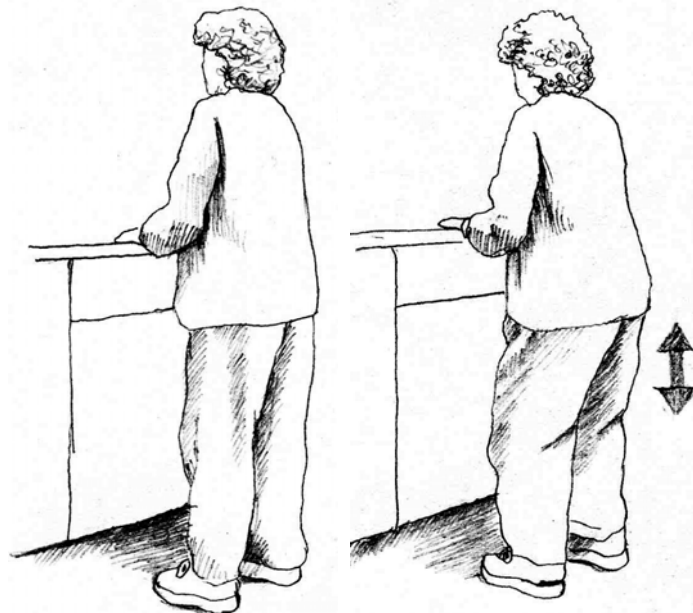
**REMEMBER** – do **NOT** bend too far – small squat only.

Do not bend knees so far that your knees go past your toes. Hold.

2. Straighten up tall. Repeat 2 -3 times.

#### Too easy?

- Slowly do more (up to 15 times).
- Very slowly hold on less to the sink or counter.



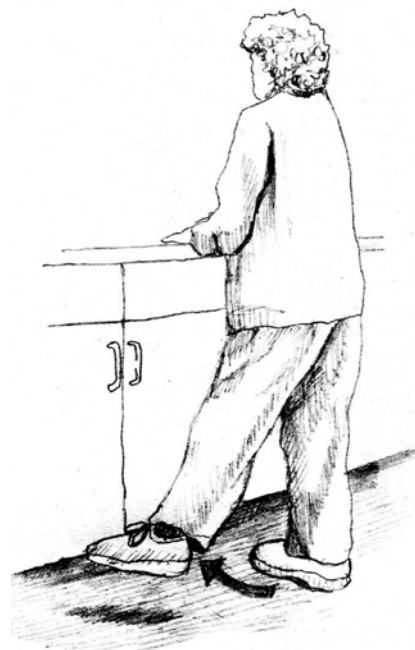
### 5. Alternate Leg Out and In

Stand tall facing the sink. Hold on with both hands.

1. **Keeping toes pointed forward (not out)**, lift leg **slightly** out to side. Hold position. Don't move upper body.
  2. Return to starting position.
- Do with **other** leg. Alternate 2-3 more times each leg.

#### Too easy?

- Slowly do more (up to 15 times each leg. Rest. Work up to doing another 15 more each leg.
- Slowly hold on less to the sink or counter.





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### 6. Alternate Leg Behind

Stand tall facing the sink. Hold on with both hands.

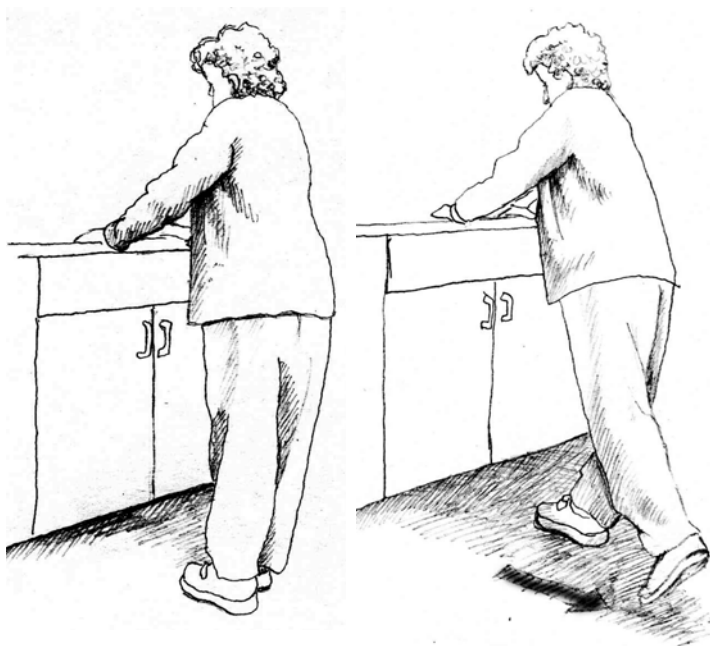
1. Lift toes on left leg. Keeping left knee straight (and toes up), move left leg slightly behind you.

Do not lean forward. Hold.

2. Return to starting position.
- Do with **other** leg. Alternate 2-3 more times each leg.

#### Too easy?

- Slowly do more (up to 15 each foot).
- Slowly hold on less to the sink or counter.



### 7. Step Dance and Feet Together

Stand tall facing sink. Hold on with both hands.

1. Step one foot sideways and return, backward and return, forward and return.
  - Do with other foot. Alternate 2-3 more times each leg.
2. Step once with one foot and return, then once with other foot and return at different spots all around you.
  - Alternate feet, stepping 2-3 more times with each foot.
3. Move feet together. Hold position.
  - Move feet apart. Move feet together. Hold position.

#### Too easy?

- Slowly do more (up to 15 steps each foot and 15 feet together).
- Slowly hold on less to the sink or counter.

