



Ability Rehabilitation

BEST EXERCISES WHEN

**WORKING
FROM
HOME**



AbilityRehabilitation.com

1. SITTING IN A CHAIR USING A RESISTANCE BAND

WORKING THE PULLING MUSCLES

1. Start with a TheraBand or other resistance band
2. Stand up from your chair, placing the resistance band in each fist
3. Hold your arms out front and then stretch them to either side, pulling the resistance band across your chest



BENEFITS

This exercise works your “pulling” muscles that you use to reach down and pick up an item.

WORKING THE PUSHING MUSCLES

1. Place the resistance band behind your shoulders and bring both sides forward under your armpits
2. Hold the resistance band in both hands and extend your arms all the way forward
3. Then pull your arms backward like you’re rowing a boat



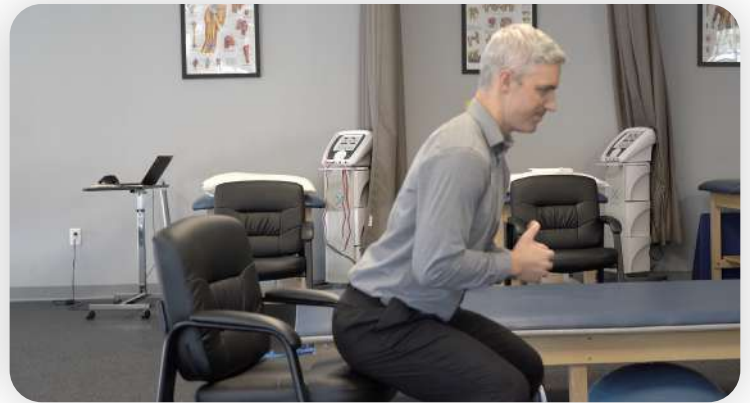
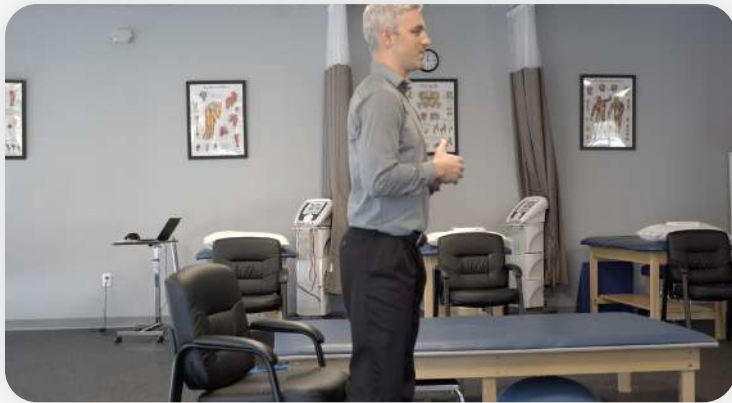
BENEFITS

The benefits are the extension and reach of your arm and shoulder muscles to alleviate tension and build strength.

GOAL

Set an alarm to get out of your chair two or more times a day to do these exercises. Start with five reps of each exercise, gradually increasing over time.

2. SQUATTING USING A CHAIR



CHAIR SQUATS

1. Stand up from your chair - use a chair without wheels for this exercise
2. Holding your back straight, squat as if you're going to sit—but don't
3. Instead, stand back up
4. Repeat

BENEFITS

This exercise works your thighs, calves, and even the gluteus maximus muscles.

GOAL

See if you can do 10 squats to start, twice a day then increase your reps over time.

3. CHIN IN AND OUT



DOUBLE-CHIN EXERCISE

1. Sit up as tall as you can in your desk chair
2. Bring your chin directly straight backwards and tuck it against your neck
3. Release it forward

BENEFITS

The benefit of this exercise is that it disrupts our long-term forward leaning posture and releases some of the tension in the neck and shoulders.

GOAL

Try doing five or 10 of these two or three times a day.

4. PUSH UP USING A TABLE OR DESK



DESK PUSH UPS

1. Stand up and put your hands on the desk, counter, kitchen table—or other stable surface that you're using to do your work at home
2. Move your feet backward until your body is tilted toward your workstation
3. Keep your arms straight
4. Bend your arms and lower yourself down toward the desk as far as you can safely go
5. You don't have to go all the way, but as far as you can effectively go and push yourself back up

BENEFITS

The benefits are the movement and stretching as well as strength building in your arms and shoulders.

GOAL

Start with five reps throughout the day if you're just getting started and work your way up to 10 or 15.

5. LUNGE AT DESK OR TABLE



DESK LUNGE

1. Keep your desk in front of you as a balance support
2. Start by standing in front of your desk
3. Take a step backward with one leg so that your knee nearly touches the floor
4. Your goal is to have the front leg bearing most of the weight as it bends to support the body
5. During this exercise you can lean forward a little as your leg moves behind you
6. Rely on that front leg to do the work of lowering you down and pushing you back up

BENEFITS

This is a good leg exercise that will also help you improve your balance and agility.

GOAL

Start with about five on each leg once or more per day then increase your reps as you get more comfortable.

6. SIT AND TWIST



TWISTING SIT

1. Stay seated in your chair and turn it away from your desk so you're facing an open space in the office
2. Sit back in your chair, raise your arms, and stretch them to either side of your body
3. Lean forward with your left arm to touch your right toe
4. Keep the opposite arm extended during this process
5. Sit back up, again stretching your arms to either side of your torso
6. Reverse the exercise, always touching the opposite toe from your arm
7. Stay as relaxed as possible and go down as far as you can

BENEFITS

The benefit of the sit and twist is to work on your mobility in the torso area.

GOAL

Start with five to eight reps two times a day and work your way up each week.