

Category	BodyParts	ExerciseName	Purposes	SPID	Instructions	Progressions	Precautions
Strengthening	Lower Limbs	Stepping up and down on a phone book/box	1. To strengthen the leg muscles 2. To improve dynamic balance 3. To improve coordination	10	1. Student places one foot on the phone book/stepper, steps up and stands on the phone book/stepper 2. Student steps down from the phone book/stepper	1. Gradually increase the height of the stepper	1. Helper must be ready to catch the student if the student loses balance

Strengthening	Lower Limbs	Hip abductors strengthening in side lying	1. To strengthen the hip abductors	2	<p>1. Student positions on the side on a mat with the bottom leg bent and the top leg straight</p> <p>2. Student lifts the top leg up in line with the body and holds it at its highest point for 10 seconds before lowering it</p> <p>3. Repeat on the other side</p>	1. Increase the time of holding the leg at its highest point	<p>1. Encourage the student to keep the top leg straight without bending the knee</p> <p>2. Encourage the student to position the top leg in line with the body</p>
Strengthening	Lower Limbs	Hop on the spot with support	1. To strengthen the legs	9	<p>1. Student hops on the spot on one leg with hands holding onto a secured handrail</p> <p>2. Repeat on the other leg</p>	<p>1. Gradually increase the number of hops</p> <p>2. Start with a small hop and then gradually hop higher</p>	1. Helper must be ready to catch the student if he/she loses balance

Strengthening	Upper Limbs	Arm extension on roll	1. To strengthen the arm extensors 2. To strengthen the neck extensors 3. To strengthen the trunk extensors	3	1. Assist student to lie on a foam roll on his/her tummy 2. Helper holds onto the legs of the student 3. Student pushes up by straightening the arms 4. Student slowly bends the arms and gets down	1. Start off with a smaller roll and then gradually increase the size as the student improves 2. Ask the student to momentarily lift one hand off the mat and then gradually increase the time	1. Watch if the student is using STNR
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Strengthening	Lower Limbs	Bend leg up	1. To strengthen the hip flexors	1	<p>1. Student lies on his/her back on a mat with arms by the sides of his/her body</p> <p>2. Student slowly bends one leg up without moving the other leg</p> <p>3. Student slowly brings the leg down</p> <p>4. Repeat on the other side</p>	1. Can add ankle weight as the student improves	<p>1. Remind the student to keep the bending leg in alignment with the body</p> <p>2. Encourage the student to stop once the pelvis start to rotate</p>
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Strengthening	Trunk	Bridging	<p>1. To strengthen the hip</p> <p>2. To strengthen the back extensors</p>	1	<p>1. Ask the student to lie down on his/her back on a mat</p> <p>2. Student lifts the bottom up until the thighs are in line with the body</p> <p>3. Hold in this position for 5 seconds before slowly lower the bottom down to the starting position</p>	<p>1. Gradually increase the time of holding in the "bridge" position</p>	<p>1. Encourage the student not to under or over-arch the back</p>
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Strengthening	Trunk	Half V-up	1. To strengthen the back muscles	3	<p>1. Student lies face down on the floor/mat, with arms extended forward, legs extended behind, and feet touching floor</p> <p>2. Student raises head, chest and arms off the floor for at least 3 seconds</p>	<p>1. Increase the time of lifting the head, chest and arms off the mat</p> <p>2. Ask the student to hold onto a ball/weight as the student improves</p>	Shoulders and knees must be raised at least 5cm off the floor
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Strengthening	Upper Limbs	Push-up - knee	<p>1. To strengthen the arm extensors</p> <p>2. To strengthen the back muscles</p>	3	<p>1. Student kneels down on a towel/foam and leans forward to put hands next to the shoulders</p> <p>2. Student crosses ankles and raises feet off the floor</p> <p>3. Student performs push-ups until arms are straight</p> <p>4. Slowly bend the arms to return to the starting position</p>	1. Gradually increase the number of push-ups	1. Remind the student to fully straighten the arms before bending them again
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Strengthening	Lower Limbs	Sit to stand	1. To strengthen the leg muscles 2. To improve dynamic balance	8	1. Student sits and places feet slightly behind the knees level 2. Student lean the trunk forwards and stand up tall	1. Gradually lower the height of the seat 2. Student to hold onto weight as he/she improves 3. Start off with allowing the student to use hands to push off and use arms to balance then gradually disallowing the use of arms to assist 4. Student places arms	1. Helper must be ready to catch the student if he/she loses balance
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Strengthening	Trunk	Sit up: up from mat	1. To strengthen the abdominal muscles	1	<p>1. Student lies down with the legs bent and feet pushed against the wall and arms folded across the chest</p> <p>2. Student lifts the head and shoulders off the mat as in doing a sit up</p> <p>3. Student holds in this position for 5 seconds before lowering the body down</p>	<p>1. Start off with allowing the student to stretch the arms forwards to balance and then fold them across the chest</p> <p>2. Ask student to hold onto weight in doing the exercise</p>	<p>1. Remind student not to lean onto one side while doing the exercise</p>
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Strengthening	Trunk	Sit up: down from sitting up	1. To strengthen the abdominal muscles	1	<p>1. Student sits with the legs bent and feet pushed against the wall and arms folded across the chest</p> <p>2. Student slowly lean back to stop as far as he/she can without dropping onto the mat as in doing a reverse sit up</p> <p>3. Student holds in this position for</p>	<p>1. Start off with allowing the student to stretch the arms forwards to balance and then fold them across the chest</p> <p>2. Ask student to hold onto weight in doing the exercise</p>	<p>1. Remind student not to lean onto one side while doing the exercise</p>
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Strengthening	Lower Limbs	Wall sit	1. To strength the leg muscles	9	<p>1. Student stands with the feet about 2 steps away from the wall and the back against the wall and arms folded in front of the chest</p> <p>2. Student slowly lowers the body by bending the legs until the hips and knees are almost at 90 degrees</p> <p>3. Student holds i</p>	<p>1. Allow the student to 'sit-up' higher and then gradually lower to 90 degrees at the hips</p> <p>2. Increase the time of holding in the 'sitting' position</p> <p>3. Ask the student to hold onto weight while doing the exercise</p>	1. Helper must be ready to catch the student if he/she loses balance
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Strengthening	Upper Limbs	Modified push-ups	1. To strengthen the arms and chest muscles	9	1. Student stands 2-3 steps away from a stable rail 2. Student places hands on the rail and lean forward by bending the arms 3. Student pushes and straighten the arms as in doing a push-up	1. Increase the number of pushes 2. Use a lower rail as the student improves	1. Student must be careful not to fall onto the rail if he/she loses grip
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Strengthening	Lower Limbs	Sitting: pick up bean bags with foot	1. To strengthen the intrinsic muscles of the feet	8	<p>1. Student sits on a chair and uses his/her bare foot to pick up a bean bag from the floor and place them into a bucket</p> <p>2. Alternate between the two sides</p>	<p>1. Use beanbags of different sizes and shapes</p> <p>2. Place the bucket further away from the chair</p> <p>3. Place the bucket further sideways to either side</p>	<p>1. Helper must be ready to catch the student if he/she loses balance</p>
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Strengthening	Upper Limbs	Push-up in wheelchair	<p>To strengthen the arms</p> <p>To relieve pressure from prolonged sitting</p>	8	<p>1. Student puts the brakes of the wheelchair on and undo the pelvic strap under close supervision</p> <p>2. Student places hands on each side of the seat (not armrests) right next to the body. Remove the armrests if necessary.</p> <p>3. Student straightens the arms and</p>	<p>1. Gradually increase the time off the chair</p>	<p>1. The wheelchair brakes must be put on before commencing the exercise</p> <p>2. Avoid leaning the body forward without the pelvic strap</p> <p>3. Avoid putting too much weight through the legs as this may topple the wheelchair forward</p>
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Strengthening	Upper Limbs	Arm strengthening exercise in wheelchair	1. To strengthen the arms	9	<p>1. Student puts the brakes of the wheelchair on and fastens the pelvic strap if there is one</p> <p>2. Student lifts a pair of weight (e.g. dumb-bells) slowly and smoothly above the head from the sides with straight arms</p> <p>3. Student slowly returns the weight to</p>	<p>1. Gradually increase the weight</p> <p>2. Gradually increase the repetition</p>	<p>1. Make sure that no person or object is around in the course of action</p> <p>2. Use appropriate weight to the strength of the student</p> <p>3. Use weight easy to hold onto by student</p>
Strengthening	Upper Limbs	Pushing wheelchair	<p>1. To use as a means of mobility</p> <p>2. To strengthen the arms</p>	8	<p>1. Student pushes the wheelchair in a safe environment</p>	<p>1. Increase the distance/time of pushing the wheelchair</p>	<p>1. Student must be supervised closely while pushing the wheelchair</p>

Strengthening	Upper Limbs	Prone - two arms prop	1. To promote weight bearing through the upper limbs 2. To improve proximal stability around shoulders 3. To improve head control	3	1. Student lays on his/her tummy and prop himself/herself up on the forearms	1. Increase the time staying in this position	1. Make sure that it is being done in a safe environment
Strengthening	Upper Limbs	Prone - one arm prop	1. To promote weight bearing through the upper limbs 2. To improve proximal stability around shoulders 4. To improve weight shifting 3. To improve head control	3	1. Student lays on his/her tummy and prop himself/herself up on the forearms 2. Students is encouraged to shift weight onto one arm and reach out for an object with the other arm	1. Gradually increase the height where the student can touch the object 2. Gradually move the object further away from the student to the side	1. Make sure that it is being done in a safe environment



Strengthening	Trunk	V-up	1. To strengthen the back muscles	3	<p>1. Student lies face down on the floor/mat, with arms extended forward, legs extended behind, and feet touching floor</p> <p>2. Student raises head, chest, arms and legs off the floor for at least 3 seconds</p>	<p>1. Increase the time of lifting the head, chest, arms and legs off the mat</p> <p>2. Ask the student to hold onto a ball/weight as the student improves</p>	No Precaution
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Strengthening	Upper Limbs	Prone on support: ball games	1. To improve head control 2. To strengthen the upper back extensors 3. To improve eye hand coordination 4. To improve shoulder stability 5. To improve concentration	3	1. Student lies on the tummy on a secured bench with straight arms and hands flat on the floor 2. Helper pushes a ball towards the student 3. Student pushes the ball back to the helper	1. Progression from using just one hand to alternate hands 2. Gradually reduce the size of the ball 3. Varies the directions from where the ball is pushed towards the student 4. Start with supporting the chest. As the student gets stronger move him/her forward	1. Helper must be ready to catch the student if he/she loses balance
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Strengthening	Upper Limbs	Push-up in chair	To strengthen the arms	8	<p>1. Student places hands on each side of the chair right next to the body.</p> <p>3. Student straightens the arms and lift the body off the chair</p> <p>4. Holds in that position for 5-10 seconds before lowering the body down slowly in a controlled manner</p>	1. Gradually increase the time off the chair	No Precaution
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Strengthening	Lower Limbs	Sitting: straighten alternate leg	1. To strengthen the legs 2. To improve sitting balance	8	1. Student sits on a chair with hands holding onto the chair 2. Student straighten one leg and hold up straight for 5 seconds before lowering it down 3. Student repeats it on the other side	1. Increase the time of holding the leg straight 1. For students with poor sitting balance the helper must be ready to catch the student if he/she loses balance
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Strengthening	Upper Limbs	Push-up using phone books	To strengthen the arms	7	<p>1. Student sits on phone books (secured together using duct tape) and places hands on each side of the phone books</p> <p>2. Student straightens the arms and lift the body off the phone books</p> <p>3. Holds in that position for 5-10 seconds before lowering the body</p>	1. Gradually increase the time off the phone books	No Precaution
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Strengthening	Trunk	Bridging - Left side	<p>1. To strengthen the left hip</p> <p>2. To strengthen the back extensors</p>	1	<p>1. Ask the student to lie down on his/her back on a mat and bend the left leg</p> <p>2. Student lifts the bottom up until the left thigh is in line with the body while keeping the right leg straight</p> <p>3. Student to be reminded not to twist the body towards the rig</p>	<p>1. Gradually increase the time of holding in the "bridge" position</p>	No Precaution
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Strengthening	Lower Limbs	Leg extension	1. To strengthen the Quadriceps muscles	1	1. Student places one leg over a roll 2. Student slowly straightens the leg and holds it in the straight position for 5 seconds 3. Student SLOWLY lowers the leg down 4. Repeat it on the other side	1. Increase the holding time to 10 seconds 2. Strap light weight around the ankle	No Precaution
Strengthening	Lower Limbs	Sitting: pick up sock with foot	1. To strengthen the intrinsic muscles of the feet	8	1. Student sits on a chair and uses his/her bare foot to pick up a sock from the floor and hold it for 5 seconds 2. Alternate between the two sides	1. Hold the sock up for longer time	1. Helper must be ready to catch the student if he/she loses balance

Strengthening	Whole Body	Running	1. To strengthen the leg muscles 2. To improve endurance	9	1. Encourage the student to run for a set distance  1. Student lies on the back with knees bent and feet flat on the mat 2. Raise the feet off the floor so that the hips and knees are bent at 90 degree 3. Place the hands on top of the knees and push the knees against the hands for 5 seconds 4. Return to the starting position	1. Increase the distance  1. Increase the time each time the knees push against the hands	Make sure that it is done in a safe environment  No Precaution
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Strengthening	Trunk	Bridging - Right side	<p>1. To strengthen the right hip</p> <p>2. To strengthen the back extensors</p>	1	<p>1. Ask the student to lie down on his/her back on a mat and bend the right leg</p> <p>2. Student lifts the bottom up until the right thigh is in line with the body while keeping the left leg straight</p> <p>3. Student to be reminded not to twist the body towards the left</p>	<p>1. Gradually increase the time of holding in the "bridge" position</p>	No Precaution
Strengthening		Sideways stepping down	<p>1. To strengthen the leg muscles</p> <p>2. To improve dynamic balance</p> <p>3. To improve coordination</p>	9	<p>1. Student stands on one leg on a stepper</p> <p>2. Slowly lower the other foot down onto the ground</p> <p>3. Straighten the leg on the stepper</p>	<p>Gradually increase the height of the stepper</p>	<p>1. Helper must be ready to catch the student if the student loses balance</p>

Strengthening	Lower Limbs	Quad press	1. To strengthen the Quadriceps	4	1. Student sits with one knee bent and the one knee straight 2. Places his/her own hand under the straight knee 3. Encourage the student to press down on his/her hand and hold for 5 seconds 4. Relax and rest for 10 seconds	1. Holding for longer time	
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Strengthening	Lower Limbs	Wall slide	1. To strengthen the anti-gravity muscles in the legs	9	<p>1. Student stands against the wall with arms folded across the chest</p> <p>2. Make a small step forward about the length of the feet from the wall</p> <p>3. Slowly squat down and hold in the squat position for 10 seconds</p> <p>4. Return to the standing position</p>	<p>1. Gradually squat lower until reaching 90 degrees hip/knee angles. Will have to move the feet further away from the wall as the student gets to a lower position</p> <p>2. Hold for longer time</p>	Helper ready to catch the student if he/she loses balance
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Strengthening	Lower Limbs	Straight leg raise with foot facing out	1. To strengthen part of the Quad on the inside of the knee	1	1. Student lies down on an exercise mat 2. Turn one leg out with the toes pointing at the same direction as the knee 3. Slowly lift the leg up to about 30 degrees with the horizontal 4. Hold for 10 seconds before SLOWLY lowering down the leg	1. Increase repetitions 2. Increase the hold time	
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Strengthening	Lower Limbs	Standing - hamstrings curl	1. To strengthen the hamstrings 2. Encourage single leg standing	9	1. In standing student holds onto secured support 2. Student bend one leg up slowly 3. Slowly straighten the leg and return to the starting position	1. Can add ankle weights to increase the resistance	Make sure that the student maintains an upright position without leaning to one side
Strengthening	Whole Body	Push-up - full	1. To strengthen the arm extensors 2. To strengthen the back muscles	3	1. Student stays on tummy and put hands next to the shoulders 2. Student performs push-ups until arms are straight 3. Slowly bend the arms to return to the starting position	1. Gradually increase the number of push-ups	1. Remind the student to fully straighten the arms before bending them again

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