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

Strengthe		Hip abductors strengthening in		2	1. Student positions on the side on a mat with the bottom leg bent and the top leg straight 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 3. Repeat on the other side	the time of holding the leg at its	1. Encourage the student to keep the top leg straight without bending the knee 2. Encourage the student to position the top leg in line with the
Strengthe ning	Lower	Hop on the spot with support	1. To strengthe n the legs		1. Student hops on the spot on one leg with hands holding onto a secured handrail 2. Repeat on the other leg		1. Helper must be ready to catch the student if he/she loses balance

					1. Assist	1. Start off	
					student to lie	with a smaller	
					on a foam roll	roll and then	
					on his/her	gradually	
			1. To		tummy	increase the	
			strengthe		2. Helper	size as the	
			n the arm		holds onto the		
			extensors		legs of the	improves	
			2. To		student	2. Ask the	
			strengthe n the neck		3. Student	student to	
			extensors		pushes up by straightening	momentarily lift one hand	
			3. To		the arms	off the mat	
			strengthe		4. Student	and then	
			n the		slowly bends	gradually	1. Watch if
Strengthe	Upper	Arm extension	trunk		the arms and	increase the	the student
ning	Limbs	on roll	extensors	3	gets down	time	is using STNR

					1. Student lies		
					on his/her		
					back on a mat		
					with arms by		4. Dansin d
					the sides of		1. Remind
					his/her body		the student
					2. Student		to keep the
					slowly bends		bending leg
					one leg up without		in alignment with the
					moving the other leg		body
					3. Student		2. Encourage the student
			1. To			1. Can add	
					slowly brings		to stop once
Ctrongtho	Lower		strengthe		the leg down	ankle weight as the student	the pelvis
Strengthe		Bond loc :::	n the hip	4	4. Repeat on		
ning	Limbs	Bend leg up	flexors	1	the other side	improves	rotate

					1. Ask the student to lie		
					down on his/her back on a mat		
					2. Student lifts the bottom up		
					until the thighs are in line with the		
			1. To		body 3. Hold in this		
			strengthe		position for 5 seconds	1. Gradually	
			n the hip		before slowly	increase the	1. Encourage
			2. To		lower the	time of	the student
6			strengthe		bottom down	holding in the	not to under
Strengthe		D. Calada	n the back		to the starting	"bridge"	or over-arch
ning	Trunk	Bridging	extensors	1	position	position	the back

Strengthe			1. To strengthe n the back		1. Student lies face down on the floor/mat, with arms extended forward, legs extended behind, and feet touching floor 2. Student raises head, chest and arms off the floor for at least 3	1. Increase the time of lifting the head, chest and arms off the mat 2. Ask the student to hold onto a ball/weight as the student	Shoulders and knees must be raised at least 5cm off
ning	Trunk	Half V-up	muscles	3	seconds	improves	the floor

					1. Student		
					kneels down		
					on a		
					towel/foam		
					and leans		
					forward to		
					put hands		
					next to the		
					shoulders		
					2. Student		
					crosses ankles and raises		
					feet off the		
					floor		
			1. To		3. Student		1. Remind
			strengthe		performs push		the student
			n the arm		ups until arms		to fully
			extensors		are straight		straighten
			2. To		4. Slowly bend	1. Gradually	the arms
			strengthe		the arms to	increase the	before
Strengthe	Upper		n the back		return to the	number of	bending
ning	Limbs	Push-up - knee	muscles	3	starting posi	push-ups	them again

						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	
					1. Student sits	push off and	
			1. To		and places	use arms to	
			strengthe		feet slightly	balance then	1. Helper
			n the leg		behind the	gradually	must be
			muscles		knees level	disallowing	ready to
			2. To		2. Student	the use of	catch the
			improve		lean the trunk	arms to assist	student if
Strengthe			dynamic		forwards and	4. Student	he/she loses
ning	Limbs	Sit to stand	balance	8	stand up tall	places arms	balance

					1. Student lies		
					down with the legs bent and feet pushed against the wall and arms folded across the chest 2. Student lifts the head and shoulders off the mat as in doing a sit up 3. Student holds in this	stretch the arms forwards to balance and then fold them across the chest	1. Remind
			1. To		position for 5 seconds	2. Ask student to hold onto	student not to lean onto
			strengthe n the		before	weight in	one side
Strengthe		Sit up: up from	abdominal		lowering the	doing the	while doing
ning	Trunk	mat	muscles	1	body dow	exercise	the exercise

			1. To		1. Student sits with the legs bent and feet pushed against the wall and arms folded across the chest 2. Student slowly lean back to stop as far as he/she can without dropping onto the mat as in doing a	the chest 2. Ask student	
			1. To				
			strengthe		reverse sit up	to hold onto	to lean onto
			n the		3. Student	weight in	one side
Strengthe		Sit up: down	abdominal		holds in this	doing the	while doing
ning	Trunk	from sitting up	muscles	1	position for	exercise	the exercise

					4.6. 1		
					1. Student		
					stands with		
					the feet about	4 Alla III.	
					2 steps away	1. Allow the	
					from the wall	student to 'sit-	
					and the back	up' higher and	
					against the	then gradually	
					wall and arms	lower to 90	
					folded in front	_	
					of the chest	hips	
					2. Student	2. Increase	
					slowly lowers	the time of	
					the body by	holding in the	
					bending the	'sitting'	
					legs until the	position	1. Helper
					hips and	3. Ask the	must be
			_		knees are	student to	ready to
			1. To		almost at 90	hold onto	catch the
			strength		degrees	weight while	student if
Strengthe			the leg		3. Student	doing the	he/she loses
ning	Limbs	Wall sit	muscles	9	holds i	exercise	balance

					1. Student stands 2-3 steps away from a stable rail 2. Student places hands on the rail and lean forward by bending		
					on the rail and		
					the arms	1. Increase	1. Student
			1. To		3. Student	the number of	
			strengthe		pushes and	pushes	careful not
			n the		straighten the	2. Use a lower	
			arms and		arms as in	rail as the	the rail if
Strengthe	Upper	Modified push-	chest		doing a push-	student	he/she loses
ning	Limbs	ups	muscles	9	up	improves	grip

					1. Student sits	1. Use	
					on a chair and	beanbags of	
					uses his/her	different sizes	
					bare foot to	and shapes	
					pick up a bean	2. Place the	
					bags from the	bucket further	1. Helper
			1. To		floor and	away from the	must be
			strengthe		place them	chair	ready to
			n the		into a bucket	3. Place the	catch the
		Sitting: pick up	intrinsic		2. Alternate	bucket further	student if
Strengthe	Lower	bean bags with	muscles of		between the	sideways to	he/she loses
ning	Limbs	foot	the feet	8	two sides	either side	balance

					1. Student		1. The
					puts the		wheelchair
					brakes of the		brakes must
					wheelchair on		be put on
					and undo the		before
					pelvic strap		commencing
					under close		the exercise
					supervision		2. Avoid
					2. Student		leaning the
					places hands		body forward
					on each side		without the
					of the seat		pelvic strap
			То		(not armrests)		3. Avoid
			strengthe		right next to		putting too
			n the		the body.		much weight
			arms		Remove the		through the
			To relieve		armrests if		legs as this
			pressure		necessary.	1. Gradually	may topple
			from		3. Student	increase the	the
Strengthe		Push-up in	prolong		straightens	time off the	wheelchair
ning	Limbs	wheelchair	sitting	8	the arms and	chair	forward

Strengthe	Upper Limbs	Arm strengthening exercise in wheelchair	1. To strengthe n the arms	9	the weight to	1. Gradually increase the weight 2. Gradually increase the repetition	1. Make sure that no person or object is around in the course of action 2. Use appropriate weight to the strength of the student 3. Use weight easy to hold onto by student
Strengthe ning	Upper Limbs	Pushing wheelchair	1. To use as a means of mobility 2. To strengthe n the arms	8	1. Student pushes the wheelchair in a safe environment	1. Increase the distance/time of pushing the wheelchair	1. Student must be supervised closely while pushing the wheelchair

1. To promote weight bearing through the upper limbs 2. To improve proximal stability around shoulders arms prop control 1. To promote weight bearing through the upper limbs 3. To promote weight bearing through the upper limbs 2. To improve proximal stability around shoulders arms prop control 1. To promote weight bearing through the upper limbs 2. To improve proximal stability himself/hersel imposition 1. To promote weight bearing through the upper limbs lays on 2. To improve proximal stability around shoulders 4. To improve weight shifting and reach out can touch the impore the encouraged to object shift weight 2. Students is can touch the impore weight shifting and reach out object further improve weight shifting and reach out object further and reach out object further and reach out object further that it is being done with the other student to the in a safe environment in the								
promote weight bearing through the upper limbs lays on 2. To improve proximal stability around shoulders 4. To improve eight shifting 3. To improve head Strengthe Upper Prone - one arm losses the weight weight where that it is shoulders for an object water the student to the im a safe with the other student to the in the sudent student to the interest the student to the interest the sudent student s	_	1 ' '		promote weight bearing through the upper limbs 2. To improve proximal stability around shoulders 3. To improve head		lays on his/her tummy and prop himself/hersel f up on the	the time staying in this	that it is being done in a safe
Strengthe Upper Prone - one arm improve head for an object away from the being done with the other student to the in a safe				promote weight bearing through the upper limbs 2. To improve proximal stability around shoulders 4. To improve weight shifting		lays on his/her tummy and prop himself/hersel f up on the forearms 2. Students is encouraged to shift weight onto one arm	increase the height where the student can touch the object 2. Gradually move the	
	Strengthe ning		Prone - one arm	head	3	with the other	student to the	in a safe

				1. To strengthe		1. Student lies face down on the floor/mat, with arms extended forward, legs extended behind, and feet touching floor 2. Student raises head, chest, arms and legs off the floor for	1. Increase the time of lifting the head, chest, arms and legs off the mat 2. Ask the student to hold onto a ball/weight as	
	Strengthe			n the back		at least 3	the student	No
ining frunk fv-up [muscles] 3[seconds [improves [Precaution]	ning	Trunk	V-up	muscles	3	seconds	improves	Precaution

			1. To			
					1 Progression	
			improve head		1. Progression	
			control		from using	
			2. To		just one hand to alternate	
					hands	
			strengthe n the		2. Gradually	
					reduce the	
			upper back	1. Student lies		
			extensors	on the tummy		
			3. To	on a secured	directions	
			improve	bench with	from where	
			eye hand	straight arms	the ball is	
			coordinati	and hands flat	pushed	
			on	on the floor	towards the	
			4. To	2. Helper	student	
			improve	pushes a ball	4. Start with	1. Helper
			shoulder	towards the	supporting	must be
			stability	student	the chest. As	ready to
			5. To	3. Student	the student	catch the
		Prone on	improve	pushes the	gets stronger	student if
Strengthe	Upper	support: ball	concentra	ball back to	move him/her	he/she loses
ning	Limbs	games	tion	the helper	fu	balance

					1. Student		
					places hands		
					on each side		
					of the chair		
					right next to		
					the body. 3. Student		
					straightens the arms and		
					lift the body		
					off the chair		
					4. Holds in		
					that position		
					for 5-10		
					seconds		
					before		
					lowering the		
			То		body down	1. Gradually	
			strengthe		slowly in a	increase the	
Strengthe	Upper		n the		controlled	time off the	No
ning	Limbs	Push-up in chair	arms	8	manner	chair	Precaution

					1. Student sits on a chair with hands		
					2. Student straighten one		1. For students
					leg and hold		with poor
					up straight for		sitting
			1. To		5 seconds		balance the
			strengthe		before		helper must
			n the legs		lowering it		be ready to
			2. To		down	1. Increase	catch the
		Sitting:	improve		3. Student	the time of	student if
Strengthe		straighten	sitting		repeats it on	holding the	he/she loses
ning	Limbs	alternate leg	balance	8	the other side	leg straight	balance

					1. Student sits		
					on phone		
					books		
					(secured		
					together using		
					duct tape) and places hands		
					on each side		
					of the phone		
					books		
					2. Student		
					straightens		
					the arms and		
					lift the body		
					off the phone		
					books		
					3. Holds in		
					that position for 5-10		
			То		seconds	1. Gradually	
			strengthe		before	increase the	
Strengthe	Upper	Push-up using	n the		lowering the	time off the	No
ning	Limbs	phone books	arms	7	body do	phone books	Precaution

					1. Ask the		
					student to lie		
					down on		
					his/her back		
					on a mat and		
					bend the left		
					leg		
					2. Student lifts		
					the bottom up until the left		
					thigh is in line		
					with the body		
					while keeping		
			1. To		the right leg		
			strengthe		straight		
			n the left		3. Student to	1. Gradually	
			hip		be reminded	increase the	
			2. To		not to twist	time of	
			strengthe		the body	holding in the	
Strengthe		Bridging - Left	n the back		towards the	"bridge"	No
ning	Trunk	side	extensors	1	rig	position	Precaution

Strengthe	Lower	Leg extension	1. To strength the Quadricep s 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	2. Strap light weight around	No Precaution
Strengthe ning	Lower Limbs	Sitting: pick up sock with foot	1. To strengthe n 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

Strengthe	Whole Body	Running	1. To strengthe n the leg muscles 2. To improve endurance	9	1. Encourage the student to run for a set distance	1. Increase the distance	Make sure that it is done in a safe environment
			To strengthe n the		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	1. Increase the time each time the knees push	
Strengthe	Whole	Double-leg	abdominal		5 seconds	against the	No
ning	Body	tummy press	muscles	1	4. Return to th	_	Precaution

			1. To strengthe n the right hip 2. To strengthe		1. Ask the student to lie down on his/her back on a mat and bend the right leg 2. Student lifts the bottom up until the right thigh is in line with the body while keeping the left leg straight 3. Student to be reminded not to twist	1. Gradually increase the time of holding in the	
Strengthe ning	Trunk	Bridging - Right side	n the back extensors	1	the body towards the le	"bridge"	No Precaution
iiiig	TTUIK	JUC	1. To strengthe n the leg muscles 2. To improve dynamic	1	1. Student stands on one leg on a stepper 2. Slowly lower the other foot	γυσιτίΟΙΙ	1. Helper must be
Strengthe		Sideways	balance 3. To improve coordinati		down onto the ground 3. Straighten the leg on the	Gradually increase the height of the	ready to catch the student if the student loses

					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		
			1. To		hand and hold		
			strengthe		for 5 seconds		
			n the		4. Relax and		
Strengthe			Quadricep		rest for 10	1. Holding for	
ning	Limbs	Quad press	S	4	seconds	longer time	

the wall with arms folded across the chest 2. Make a 1. Gradually small step squat lower forward about until reaching the length of 90 degrees the feet from hip/knee the wall angles. Will 3. Slowly have to move squat down the feet and hold in further away 1. To the squat from the wall
strengthe position for as the student Helper re
n the anti- 10 seconds gets to a to catch to gravity 4. Return to lower position student in
Strengthe Lower muscles in the standing 2. Hold for he/she lo
ning Limbs Wall slide the legs 9 position longer time balance

					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		
			1. To		the horizontal		
			strengthe		4. Hold for 10		
			n part of		seconds		
			the Quad		before	1. Increase	
		Straight leg	on the		SLOWLY	repetitions	
Strengthe	Lower	raise with foot	inside of		lowering	2. Increase	
ning	Limbs	facing out	the knee	1	down the leg	the hold time	

Strengthe	Lower	Standing - hamstrings curl	1. To strengthe n the hamstring s 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	ankle weights	Make sure that the student maintains an upright position without leaning to one side
ning	LIMOS	namstrings curl	standing	9		une resistance	one side
			1. To strengthe n the arm extensors 2. To		1. Student stays on tummy and put hands next to the shoulders 2. Student performs pushups until arms are straight 3. Slowly bend the arms to	1. Gradually	1. Remind the student to fully straighten the arms
Strengthe ning	Whole Body	Push-up - full	strengthe n the back muscles	3	return to the starting position	increase the number of push-ups	before bending them again

DrawingMale DrawingFemale