



# Can sit & stand with assistance

## For people who would like to be able to remove or put on pants and underwear

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In order to remove your clothing, you need to be able to stand up with the support of one hand or both. If you can stand up stably for about 30 seconds, you can remove or put on the clothing with assist of caregiver. Please exercise with extra caution for safety.

### 1 Hugging and body twisting exercise (3 sets/side)

To change your posture in the bathroom



Hug yourself with both arms.



Lift your elbows in front of your face



Relax and return your arms



Twist your body and stay for 10 seconds, then repeat to the opposite for the same length of time.



Please align your elbows vertically.

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### 2 Shoulder and chest stretching exercise (3sets)

To relax your shoulder in order to remove the pants.



Fold your fingers together and stretch your arms to front.



Raise your arms above your head slowly.



Put your hands behind your head, open your elbows and then stretch your chest for 15 seconds.

3

### Stretch training for left and right thigh (20 seconds/side)

To bend your knees easier



Stretching one leg as much as possible and then put the heel on the floor. Put the sole of other foot to the floor then bend the body forward.

\*Bend your body as much as possible without overdoing it.

\*Imagine to push your navel forward.

4

### Rest standing training (30 seconds/set) For people with hemiplegia to stand stably

\*Training for people with hemiplegia.



Put one hand on the back of the chair as a support and keep standing for 30 seconds.

\*Training with the side of your body that is not paralyzed.

\*30 seconds is a reference, it can be shorter.

\*Must accompany with care giver.



#### Equinovarus foot

The affected foot appears to have been rotated internally at the ankle, which form the twisted shape of foot appears on the people with hemiplegia. This shape causes people unable to stand and walk stably.

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