

# Home Exercise After Rehabilitation

♥ *Keep Moving Forward at Home*

Returning home is an important part of your rehabilitation journey. Regular exercise, according to your plan, can help you maintain and improve:



Strength and  
Endurance



Balance and  
Stability



Walking and  
Mobility



Daily Activities  
and Function



Confidence and  
Independence



## Important:

Perform only exercises that are appropriate for you and recommended by your rehabilitation team.



Safe  
at Home



Stronger  
Every Day



Moving Forward  
Together



Neurological Rehabilitation Department  
Dorot Geriatric Medical Center



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# EXERCISE SAFELY

## *Prepare Yourself and Your Environment*



### HELPFUL TIP

A safe environment and proper preparation help you exercise with confidence and reduce the risk of falls or injury.



Choose a well-lit, clutter-free area.



Wear closed, supportive, non-slip shoes.



Keep your recommended walking aid nearby.



Follow the exercise program provided by your rehabilitation team.



Start gradually and exercise at a comfortable pace.



Perform movements slowly and with control.



If supervision or assistance was recommended, do not exercise alone.



Do not add new exercises or increase the difficulty without appropriate professional guidance.



SAFE



STRONGER



INDEPENDENT



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# SIMPLE SEATED EXERCISES

♥ A STABLE CHAIR IS A GREAT PLACE TO START ♥



Use a chair with back support. Sit tall, feet flat on the floor, and stay within a comfortable range.

## 1 KNEE EXTENSION



Slowly straighten one knee, lower your leg down, and repeat with the other side.

## 2 HEEL AND TOE RAISES



Raise your heels and lower them.



Then raise your toes.

## 3 SEATED MARCHING



Lift one knee up slightly, lower it, and alternate legs.

## 4 KNEE OPENING (if recommended)



Gently move your knees outward and return to the starting position.

## 5 ARM MOVEMENTS



Raise your arms forward or to the sides within a comfortable, pain-free range.



Move slowly, breathe normally, and avoid forcing any movement.



Safe  
Movement



Stronger  
Every Day



More  
Independent



Better Life  
at Home



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## 4

# STANDING, STRENGTH & BALANCE EXERCISES

♥ Use Stable Support When Recommended ♥



These exercises help improve your strength, balance and confidence.  
Always hold stable support as recommended by your rehabilitation team.



## SAFETY FIRST

Standing and balance exercises may increase the risk of falling.  
If supervision was recommended, do not perform them alone.

### 1 HEEL RAISES



Hold stable support.  
Rise up on your toes,  
then slowly lower  
your heels.

### 2 ALTERNATING KNEE LIFTS



Hold stable support.  
Lift one knee up,  
then lower it and  
repeat with the  
other leg.

### 3 WEIGHT SHIFTING



Shift your weight  
slowly from one side  
to the other.

### 4 SMALL STEPS FORWARD AND BACK



Hold stable support.  
Take a small step forward,  
then a small step back.  
Move slowly and with control.

### 5 BALANCE PRACTICE



Practice the balance  
exercises recommended  
specifically for you.  
Do not try new exercises.



Move slowly, breathe normally, and stop if you feel pain, dizziness, or unusual fatigue.



SAFE  
EXERCISE



BUILD  
STRENGTH



IMPROVE  
BALANCE



BETTER  
MOBILITY



MORE INDEPENDENCE  
AT HOME

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# MORE EXERCISES FOR MOBILITY

—  **KEEP YOUR BODY MOVING**  —

These exercises can support your mobility, flexibility and everyday function.

Do only what is recommended for you.



## REMEMBER

Quality is more important than quantity.  
Move slowly and correctly.  
Listen to your body.

### 1 ANKLE MOVEMENTS



Move your feet up, down and in circles to improve flexibility and circulation.

### 2 GENTLE SHOULDER MOVEMENTS



Lift your shoulders up and down, or roll them forward and backward.

### 3 REACHING FORWARD OR SIDWAYS



While sitting, reach forward or to the side within your comfortable range.

### 4 CONTROLLED TRUNK MOVEMENTS



Gently turn your upper body to the side within your comfortable range.

### 5 MARCHING IN PLACE (WITH SUPPORT)



Lift one knee at a time while holding support as recommended.

### 6 PRACTICE SAFE WALKING AT HOME



Practice walking short distances inside your home safely.

### 7 SIT TO STAND PRACTICE (IF RECOMMENDED)



Stand up from a stable chair and sit down slowly. Repeat as advised.

## TIPS FOR SUCCESS



Exercise in a safe, well-lit area.



Use proper footwear and mobility aids.



Rest when needed.



Ask for help if recommended.



Follow up regularly with your rehabilitation team.



Every small step counts toward a stronger you.



Move slowly, breathe normally, and stop if you feel pain, dizziness, or unusual fatigue. 



SAFE  
EXERCISE



BUILD  
STRENGTH



IMPROVE  
BALANCE



BETTER  
MOBILITY



MORE INDEPENDENCE  
AT HOME



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# HAND EXERCISES & DAILY FUNCTION

— *Small Movements, Big Difference* —

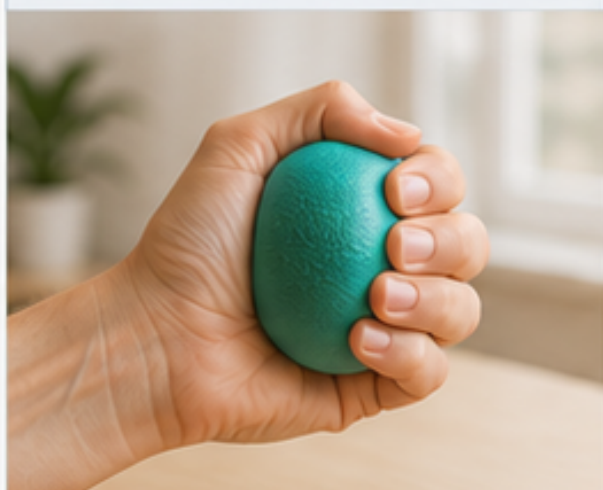
These exercises can help improve hand strength, coordination and independence in everyday activities.



## GOOD TO KNOW

Do the exercises slowly and in a comfortable range. Stop if you feel pain.

### 1 GRIP AND RELEASE



Gently squeeze a soft ball or sponge, then release. Repeat several times.

### 2 TRANSFER AN OBJECT BETWEEN HANDS



Move a light object from one hand to the other.

### 3 REACH FOR AN OBJECT



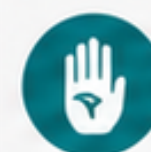
While sitting safely, reach toward a light object placed on the table.

### 4 SLIDE AN OBJECT ON THE TABLE



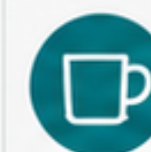
Slowly slide a light bottle or other object forward, backward and to the sides.

### 5 OPEN AND CLOSE YOUR HAND



Slowly open your fingers wide, then close your hand. Repeat several times.

### 6 PRACTICE EVERYDAY TASKS



If appropriate, practice holding a light cup or moving safe, light objects on a table.



These are examples only. Perform exercises according to your abilities and the instructions of your rehabilitation team. ♥



STRONGER  
HANDS



BETTER  
COORDINATION



MORE  
INDEPENDENCE



EASIER EVERYDAY  
ACTIVITIES



BETTER QUALITY  
OF LIFE



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# KEEP GOING, SAFELY

*Consistency Supports Recovery and Independence*

Every step you take today builds a stronger tomorrow.



## YOUR SAFETY IS OUR PRIORITY

Exercise in a safe environment and follow the guidance of your rehabilitation team.



### MAKE EXERCISE PART OF YOUR ROUTINE



Follow your personal exercise plan. Consistency is key.



Practice regularly, even for short periods each day.



Increase the intensity and duration gradually as recommended by your team.



### STOP EXERCISING AND SEEK ADVICE IF YOU HAVE:



• New or significant pain



• Dizziness or feeling faint



• Unusual shortness of breath



• New weakness or a sudden change in function



• Significant loss of balance or a fall



• A new inability to perform exercises you could previously do



### TIPS FOR SUCCESS



Wear appropriate footwear and use mobility aids as recommended.



Exercise in a safe, clutter-free environment.



Rest when needed.



Ask family members for assistance when recommended.



Continue follow-up with your rehabilitation and community healthcare teams.



### REMEMBER:

SAFE EXERCISE



CONSISTENCY



GRADUAL PROGRESS



BETTER FUNCTION AND GREATER INDEPENDENCE



MOVE  
TODAY



BE  
CONSISTENT



SEE  
PROGRESS



STAY  
SAFE



WE ARE HERE  
FOR YOU

