

## Requirements and Limitations of Exercise

### Workout To Go

1. Hand Grip
  - a. Requirement: ability to tightly grip and squeeze an object in the hand
  - b. Limitation: may be painful for those with arthritis in hands; person may not have tennis ball (could use a balled-up hand towel)
2. Wall Push-Up
  - a. Requirement: shoulder/upper body mobility; clear space on a wall
  - b. Limitation: people who may have reduced shoulder mobility might struggle to perform exercise
3. Overhead Arm Raise
  - a. Requirement: shoulder mobility, access to 1-2 lb. objects, grip strength
  - b. Limitation: people with reduced shoulder mobility may struggle to perform exercise
4. Back Leg Raise
  - a. Requirement: sturdy chair with no wheels
  - b. Limitation: requires an element of balance
5. Side Leg Raise
  - a. Requirement: sturdy chair with no wheels
  - b. Limitation: requires an element of balance
6. Toe Stand
  - a. Requirement: sturdy chair with no wheels
  - b. Limitation: requires an element of balance
7. Stand on One Foot
  - a. Requirement: sturdy chair with no wheels
  - b. Limitation: hip pain may limit ability to perform exercise
8. Heel-to-Toe Walk
  - a. Requirement: clear space to walk
  - b. Limitation: may need balance supports if difficult
9. Balance Walk
  - a. Requirement: clear space to walk
  - b. Limitation: may need balance supports if difficult
10. Standing Eyes Closed
  - a. Requirement: sturdy object to use as a support
  - b. Limitation: NA
11. Ankle Stretches
  - a. Requirement: sturdy chair to sit on
  - b. Limitation: ankle pain/reduced lower limb mobility may make this uncomfortable
12. Back Stretches
  - a. Requirements: sturdy chair
  - b. Limitation: back mobility or pain will limit ROM
13. Shoulder and Upper Arm Stretch
  - a. Requirements: towel, shoulder mobility
  - b. Limitation: people with reduced shoulder mobility may struggle to perform exercise