



Sit to Stand progression for weakness

Prepare

- Place 2 yoga blocks, a folded towel, or a thick book securely on the seat of a chair.
- Stand in front of the chair with your back to the seat of the chair.

Movement

- Inhale through the nose and exhale as you sit back and lower yourself to the chair with control. Try to avoid using your hands if it feels safe to do so.
- Pause in the chair. Take an inhale as you lean forward to approximately a 45-degree angle.
- Exhale as you push down into the floor equally with both feet and feel your bottom start to lift and your knees begin to extend as you stand up from the chair.
- Pause at the top. Sit back down and repeat 5-10 repetitions, 1-3x per day.

Hint: As you begin to stand your knees should be over your toes. As you get stronger, you can replace the prop you have on the chair for an object that is thinner to make it more difficult. Remove the prop altogether when able.