

Arm and Leg Exercises

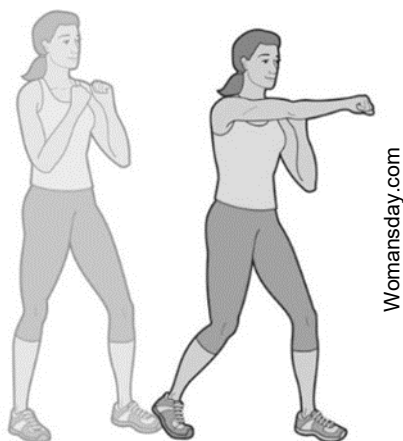
Bicep Curls

Purpose: Bicep strength, Elbow mobility, Protection of joint

- Place arms by sides with palms up and elbows relaxed.
- Bend elbows up, bringing hands toward shoulders.
- Lower slowly.
- Repeat.

! PRECAUTIONS

- Elbow pain



Punches

Purpose: Shoulder and full arm strength, Upper body ROM, Mobility

Version A

- Stand with legs slightly bent, shoulder-width apart.
- Hold hands in fist formation or hold weights 6 inches from face just below eye-level.
- Engage in alternating arm punching motion extending arm fully out in front of opposite shoulder.

Version B

- Hold water bottles or weights in hands while punching.

Wall Push-Ups

Purpose: Upper body ROM, Shoulder and pectoral strength, Protection of shoulder joint

- Stand about arms-length from wall with feet shoulder-width apart.
- Place both hands on wall, just below shoulders, shoulder-width apart.
- Keep back straight and abdominal muscles tight.
- Slowly bend elbows, bringing chest toward wall, counting 1, 2, 3, 4.
- Return to start position, counting 1, 2, 3, 4.



Standing Marches

Purpose: Cardiovascular health, Flexibility, ROM, Hip Flexor, and Pelvis Mobility

Version A:

- Stand, holding on to back of chair.
- Alternate lifting knees up and down as if marching slowly in place .
- Repeat.

Version B:

- March while sitting in a chair.

Version C:

- Perform motion without holding a chair, bringing elbows to opposite knee.



! PRECAUTIONS
• Hip joint replacement

Leg Circles

Purpose: Hip socket protection, Flexibility, and ROM

- Hold onto chair with left hand, stand on left leg, right hand on hip.
- Extend the right leg out to the side.
- Move leg around in slow circles.
- Repeat on other side.

! PRECAUTIONS
• Hip joint surgery, balance



Standing Side Leg Lift

Purpose: Hip socket protection, Flexibility, and ROM

- Hold onto chair with left hand, stand on left leg, right hand on hip.
- Extend the right leg out to your side.
- Move leg up and down.

! PRECAUTIONS
• Hip joint surgery, balance



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CalAgrAbility serves farm and ranch families affected by disability and illness protecting the quality of life and preserving livelihoods.

Exercises from the *Arthritis Foundation Program Exercise Manual*.