

Do Try This at Home

Simple exercises to help you build strength to support your everyday living.

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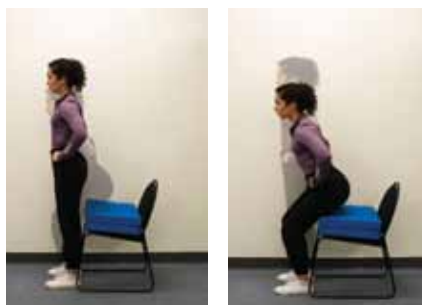


A program of The Kidney Foundation of Canada

It is always wise to check with your doctor before you start to exercise. Start slowly, breathe throughout each exercises, and if you feel uncomfortable or something hurts, stop and check in with your care team. These exercises can be done for 10 repetitions, rest and then repeat.

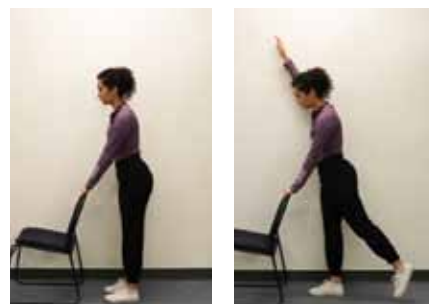
SQUATS ▶

Start in a standing position, push glutes backwards before bending your knees and lower towards the chair. Make sure your knees are over your feet. Touch the chair with glutes and return to standing. NOTE: keep chest up during the exercise and avoid dropping chest forward.



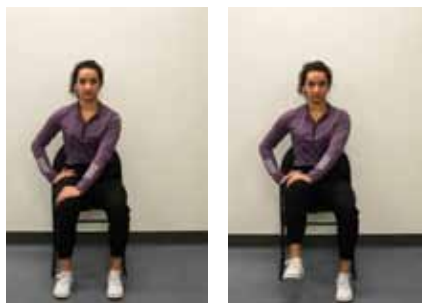
▼ WALL PUSH-UPS

Start with arms outstretched, leaning on a wall. While keeping a neutral neck and back, bend elbows to bring chest close to wall and return to starting position. NOTE: Make sure to take a big step away from the wall allowing yourself to be on an angle.



◀ STANDING BIRD DOG

Start in a standing position while holding the back of a chair. Raise straight leg back by squeezing the glutes and keeping your back neutral. NOTE: keep both hips facing forward at all times and avoid twisting the torso.



SEATED RESISTED KNEE RAISE ▶

Start seated with hands on opposite knees. Raise one knee at a time while pushing down on knee with opposite hand. NOTE: Maintain bracing throughout the duration.

▼ SEATED OBLIQUES

Sit on edge of chair with back straight. Begin by raising one knee up off the chair. Twist body to touch the raised knee with the opposite elbow. NOTE: Try bracing at the same time. ■



◀ SINGLE LEG STANCE

Begin in upright standing position, holding a chair at the side. Place one foot on opposite shin with knee pointing forward. Hold for 30 seconds. NOTE: maintain a straight spine and hips throughout and focus on a stationary object ahead to aid in balance.