



Stretching with SAIL

For best results, do two sessions per day and complete two sets of each exercise each session. Repeat each exercise 10 times per set.

**Do what you can and, as always, please check with a medical professional before starting a new exercise program.*

Tip: To shorten the stretch band, wrap around wrists or fold in half.

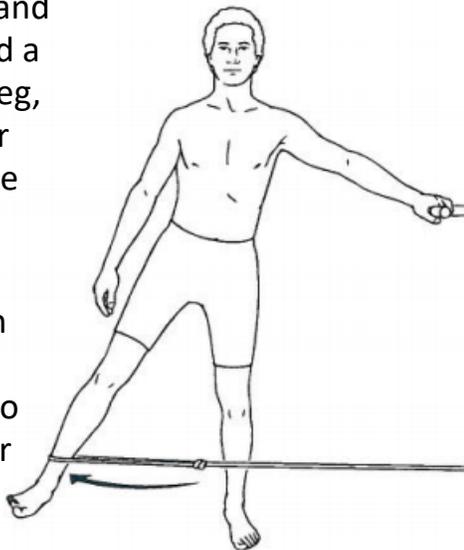
Looking for additional resources? Visit www.sailtoday.org/SAILStretchBandResources for more exercises, including two videos created by the Oakwood Village Physical Wellness Team.

Interested in one-on-one support or additional training? Contact SAIL office at (608) 230-4321.

Hip Abduction

With stretch band secured around a chair or table leg, place the other end around one leg.

Extend leg out from side. Turn around to face opposite way to complete other side.



*Have a sturdy chair or table nearby to use for stability, if needed.

Bicep Curl

Step on the middle of your stretch band. Your feet should be flat on the floor.

Grip both ends with your hands.

Raise your arms to the height of your chest in front of you and then return to starting position.

*You can do this while seated or standing.



Lateral Raise

While standing, step on the middle of your stretch band with both feet flat on the floor.

Grip both ends of your band. Raise both arms to the side as if you were to hug someone, and then return to starting position. Do not raise your arms higher than your shoulders.



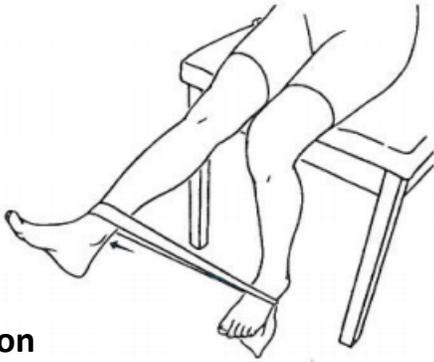
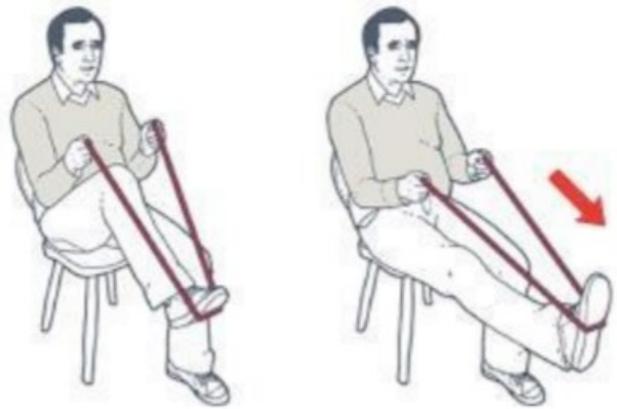
Leg Press

Sit on a sturdy chair with your back straight and hold both ends of the resistance band.

Place your right foot in the middle of your band and leave your left foot flat on the ground. Your band should not be on the floor.

Bend your right knee towards you and then straighten it again in front of you.

Return to starting position and switch to the other leg.



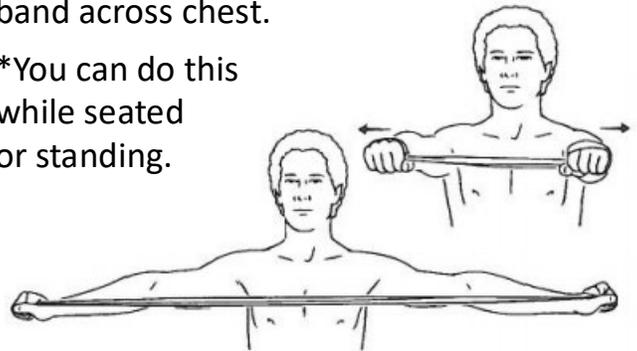
Knee Extension

With stretch band looped around ankle and under other foot or around chair leg, straighten leg with ankle loop. Keep other leg bent to increase resistance. Repeat with other leg.

Chest Pull

With stretch band looped around each hand, and arms straight out in front, stretch band across chest.

*You can do this while seated or standing.



A special thank you to the following for contributing to Stretching with SAIL:

- Darcie Olsen, PhD, Occupational Therapist
- SAIL Service Provider Sara Hulsether, Physical Therapist
- Lori Thein Brody, Physical Therapist, PhD, SCS, ATC
- Oakwood Village Physical Wellness Team

Thank you to BrightStar Care for partnering with SAIL and sponsoring the stretch bands for all of our members.