

Easy, At-Home Exercises

Lynn Robinson, PT

Unable to afford a health club or don't have the time to exercise outside of your home? There are several inexpensive and easy options that are just as effective for you to use at home.

The first form of exercise can be done on a swiss ball. Just sitting on a ball while watching TV, eating or working on the computer can strengthen your back muscles, and improve your posture and balance. Your therapist can also show you a variety of exercises in other positions to strengthen your core and extremities.

Another form of exercise can be done on a foam roll. The foam roll is beneficial in decreasing muscle tension in the back and extremities, as well as strengthening your core. It requires only 5-10 minutes of your time each day to see results.

A third form of exercise involves the use of Theraband or free weights. They are inexpensive to purchase and can be used to strengthen shoulders, elbows, hips, knees and ankles. You can attach the Theraband to a doorknob or hold it in your hands. They are also easy to travel with to encourage compliance with exercise programs when you are not at home.

Visit our office to purchase any of the items above to get started at home – swiss ball (\$22-\$30), foam roll (\$18-\$25) or Theraband (\$4). Ask your physician for a prescription to see a **WPTI** physical therapist for an evaluation and personalized exercise program. Get started today!