

## Home Exercise Program

- Monitor energy level when exercising
- Do daily walks as tolerated on even surfaces (home, mall)
- Do practice at least once a day stairs as weather allows
- Progress exercises from 1 set to 2 sets 5 reps until able to do 3 sets 10 reps with no fatigue (you should do exercise as shown), do it gradually
- Progress from no holding or 5 seconds hold (as recommended) to 5-10 seconds hold
- Divide exercises in 30 minutes slots throughout the day as you would be doing while in rehab