

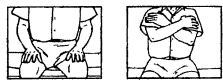
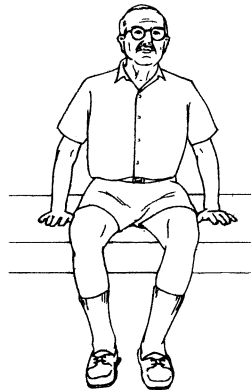
**SITTING - 1**

**Static Sitting**

Sit with feet flat on floor, hands on support. Maintain upright posture: head and shoulders in line with hips and equal weight over buttocks. Look straight ahead at stationary object.

Hold \_\_\_\_\_ seconds.  
Repeat \_\_\_\_\_ times per session.  
Do \_\_\_\_\_ sessions per day.

\_\_\_ Repeat with hands on lap.  
\_\_\_ Repeat with arms across chest.



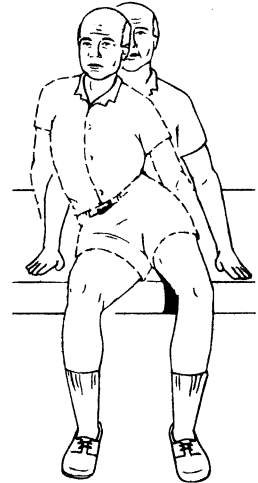
**SITTING - 3**

**Supported Lateral Weight Shift: Lower Trunk Leading**

Sit with feet flat on floor, hands on support. Lift opposite hip to bring body weight over right buttock and arm.

Keep head upright.  
Hold \_\_\_\_\_ seconds.  
Repeat \_\_\_\_\_ times per session.  
Do \_\_\_\_\_ sessions per day.

\_\_\_ Repeat on compliant surface \_\_\_\_\_.



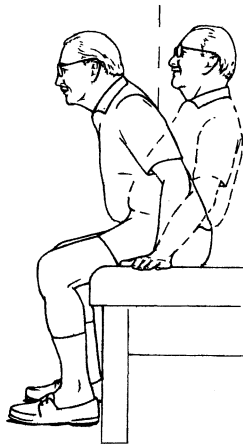
**SITTING - 4**

**Supported Anterior / Posterior Weight Shift: Lower Trunk Leading**

Sit with feet flat on floor, hands on support. Lean forward through hips bringing nose over knees. Return. Then lean backward through hips.

Hold each position \_\_\_\_\_ seconds.  
Repeat \_\_\_\_\_ times per session.  
Do \_\_\_\_\_ sessions per day.

\_\_\_ Repeat on compliant surface \_\_\_\_\_.



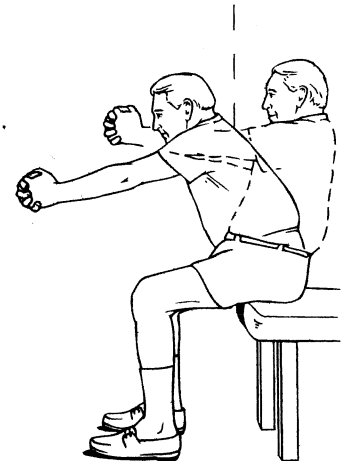
**SITTING - 8**

**Unsupported Anterior / Posterior Weight Shift: Lower Trunk Leading**

Sit with feet flat on floor, hands clasped together in front. Lean forward through hips bringing nose over knees. Return. Then lean backward through hips.

Hold each position \_\_\_\_\_ seconds.  
Repeat \_\_\_\_\_ times per session.  
Do \_\_\_\_\_ sessions per day.

\_\_\_ Repeat on compliant surface \_\_\_\_\_.



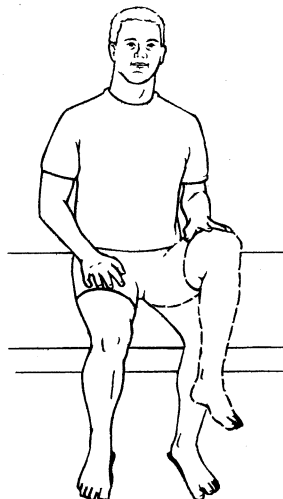
**SITTING - 15**

**Leg Lift**

With hands on thighs and feet flat on floor, raise left knee toward ceiling.

Hold \_\_\_\_\_ seconds.  
Repeat \_\_\_\_\_ times per session.  
Do \_\_\_\_\_ sessions per day.

\_\_\_ Repeat on compliant surface \_\_\_\_\_.



**SITTING - 14**

**Reaching / Placing Objects in Diagonal Pattern**

Pick up object located down on right and place up on left. Then pick up object located down on left and place up on right.

Repeat \_\_\_\_\_ times per session.  
Do \_\_\_\_\_ sessions per day.

\_\_\_ Repeat on compliant surface \_\_\_\_\_.

