

BODYFIX METHOD™

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Program No. 676	Program Name Getting Up & Down # 1	Direction Do this 2-3 times each day. Get	Purpose Body Mechanics
Reminder	Condition Balance	Position Various	

Instructions



This exercise has you standing in the middle of a room, without a chair or a prop to lean on or to pull you up. If you are not up to that right now, then go to the next exercise (# 2) and use a chair or a bench to help you up or down from the floor.



Kneel down. That's it. Just kneel down from the standing position. If your kneecap hurts or is tender, use a folded towel. The kneecap will get used to it and not require a cushion after a week or so.



Lean further forward and put out both hands in front of you. You are moving yourself to an all-fours position.



Move your leg back, so you are now on all fours. Think about which way you are going to drop over, to the left or the right.

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Let's drop to the left, falling gently on some big padding, your left buttock! Your right buttock is helping, too. Stay there for a minute.



Now, let's get back up, using your own body's momentum, the same way you went down. Swing your upright knee, your right knee, to the left and follow it on up to all-fours.



You did it. You are now on all-fours and on your way to standing up.



Lift your left knee forward and flex your right foot back, so it can help you stand up.



Push off with your right arm, right back foot and left front leg, on your way to standing up.

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Instructions



You did it. You are now standing up. Walk around; congratulate yourself and try it again a couple of more times before you call it quits for the day. Nice work.

Why Am I Doing This?

This exercise does it all: strength, balance and confidence. It works all the muscle groups and builds strength in all of them.