



Telehealth for **F**alls and **F**racture
Prevention **I**mplementation **T**rial



TELEHAB LIST OF EXERCISES

STRONG, STEADY, STRAIGHT and ACTIVITY SNACKING exercises
available in the TeleHab online exercise prescription platform



TeleFFIT Warm up Exercises

Warm Up Exercises

Dynamic_Aerobic Activity

Walking on the spot - rapid

Marching on the spot - rapid

Marching on the spot with high knees - rapid

Alternate forward and lateral toe taps - rapid

Alternate forward and reverse toe taps - rapid

Alternate forward, lateral & reverse toe taps - rapid

Step up with knee lift (foam pad)

Hip hinge

Deadlift on a foam pad (no load)

Swing on foam pad (no load)

Alternate lateral steps - rapid

Hip abduction in standing

Hip flexion in standing

Hop to alternate leg

Calf raises

Calf raises on foam pad

Squat on a foam pad (hands on hips)

Squat on a foam pad (arms across chest)

Squat on a foam pad (arms out front)

Squat to calf raises

Alternating chest press / punching in standing - rapid

Alternating shoulder press / punching - rapid

Flexibility Exercises

Deep neck flexors with shoulder shrugs in standing

Oblique twists in standing (no load)

Oblique twists in standing on foam pad(no load)

Oblique woodchopper in standing (no load)

Oblique woodchopper in standing on foam pad (no load)

Ankle rotations in standing

AROM cervical rotation in standing

AROM cervical lateral flexion in standing

AROM cervical flexion in standing

AAROM shoulder flexion in standing

AROM bilateral shoulder flexion/extension in standing

Balance - AROM bilateral shoulder flexion/extension on a foam pad

Shoulder circles in standing

Hip circles

W wall slides in standing

Wall crawls in standing

Snow angels in standing with support (wall)

Balance - AROM bilateral shoulder flexion/extension (feet together)

AROM thoracic lateral flexion in standing

Triceps stretch

TeleFFIT STRONG Exercises

Strong - Sit to Stand

Sit to stand (with support from arms)
Sit to stand (arms across chest)
Sit to stand (arms out in front)
Sit to stand (exercise band around knees)
Sit to stand in split stance
Asymmetrical sit to stand (tandem stance)
Sit to stand with dumbbells
Sit to stand with arms across chest - rapid
Sit to stand with arms forward -rapid
Sit to stand with arm across chest + exercise band - rapid

Strong - Squats / Deadlifts

Squat with support
Wall squat
Standing chair squat with support
Squat (arm across chest)
Squat (arm across chest) - rapid
Squat (arm out in front)
Squat (arm out in front) - rapid
Wall squat (exercise band)
Squat (arms across chest, exercise band around thighs)
Squat (arms across chest, exercise band around thighs) - rapid
Squat (exercise band, arms out in front)
Squat (exercise band, arms out in front) - rapid
Narrow squat (exercise band)
Squat (shoulder width) with exercise band
Squat (exercise band to shoulders/chin)
Goblet squat (dumbbell)
Single leg squat with support
Single leg wall squat
Single leg squat (arms out in front)
Single leg squat (dumbbells)
Single leg squat from a box (arms across chest)
Deadlift (no load)
Deadlift (exercise band under feet)
Deadlift (dumbbells)
Single leg deadlift (no load)
Single leg deadlift (dumbbells)

TeleFFIT STRONG Exercises

Strong - Lunges
Alternating lunge with support
Alternating lunge
Alternating lunge (dumbbells)
Alternating lunge - rapid
Lateral lunge with support
Alternating lateral lunge
Alternating lateral lunge - rapid
Lateral lunge (dumbbells)
Walking lunges
Walking lunges (dumbbells)
Clock lunges
Clock lunges (dumbbells)

Strong - Step ups
Step ups
Step ups forcefully (impact)
Step ups (with dumbbells)
Dynamic step ups
Dynamic step ups (dumbbells)
Dynamic forwards step downs
Step ups - rapid
Step ups (dumbbells) - rapid
Step ups with knee lift
Step ups with arm raises
Step ups with calf raises
Step ups with calf raises (dumbbells)
Step ups and step over with support
Step up and step over (no support)
Lateral step ups
Lateral step ups with dumbbells
Dynamic lateral step ups
Dynamic lateral step ups (dumbbells)
Lateral step ups - rapid
Lateral step ups - rapid + DB
Lateral step up with knee lift
Lateral step up with knee lift + DBs
Lateral step up with calf raise
Lateral step up with calf raise + DBs
Cross over step ups
Cross over step ups (dumbbells)

TeleFFIT STRONG Exercises

Strong - Upper Body Push

Chest press in standing (exercise band)
Alternating chest press in standing (exercise band)
Chest press in standing (dumbbells)
Chest press in standing on a foam pad (dumbbells)
Triceps pushdowns in standing (exercise band)
Triceps pushdowns in standing on foam pad (exercise band)
Bent over triceps extension (exercise band)
Triceps dips on a step
Triceps dips from a step (dumbbells)
Triceps dips from a chair
Wall push up
Inclined push up (bench)
Inclined push up
Modified push up
Push up
Plank to push up

Strong - Upper Body Pull

Seated row (sitting with exercise band around feet)
Back row in sitting (exercise band)
Back row in standing (exercise band)
Upper back row in standing (exercise band)
Low back row in standing (exercise band)
W row in standing (exercise band)
Reverse chest fly in standing (exercise band)
Reverse chest fly in standing on foam pad (exercise band)
Upright row in standing (exercise band)
Upright row in standing (standing on exercise band)
Upright row in standing (dumbbells)
Bent over back row in standing (exercise band)
Bent over back row in standing (stand on exercise band)
Alternating bent over row (exercise bands)
Alternating bend over row (dumbbells)
Single arm bent over row in standing with a bench (exercise band)
Single arm bent over row in standing with a bench (dumbbell)
Single arm bent over row in kneeling on a bench (dumbbell)
Single arm bent over row in standing on a foam mat with a bench (DB)

TeleFFIT STRONG Exercises

Strong - Compl #1 Lower Body
Hip extension with support (exercise band)
Hip extension with exercise band
Hip abduction with support (exercise band)
Hip abduction in half depth squat with support (exercise band)
Hip extension with exercise band - rapid
Hip abduction with support (exercise band) - rapid
Diagonal crab walks (exercise band around knees)
Diagonal crab walks (exercise band around ankles)
Monster walks (exercise band, diagonals)
Monster walks (exercise band around knees)
Crab walks (exercise band around knees)
Crab walks (exercise band around knees) - rapid
Crab walks (exercise band around ankles)
Crab walks (exercise band around ankles) - rapid

Strong - Compl #2 Core/Gluts
Bridge
Bridge (exercise band around knees)
Bridge (exercise band)
Single leg bridge
Single leg bridge (exercise band)
Plank
Side bridge (bent knees)
Side bridge
Isometric bridge (dumbbell)

TeleFFIT STEADY Exercises

Steady - Dynamic, Legs

Star balance

Star balance - rapid

Star balance on foam pad

Star balance with eyes closed

Star balance on foam pad with eyes closed

Half depth squat star balance

Half depth squat star balance (eyes closed)

Half depth squat star balance on foam pad

Half depth squat star balance on foam pad (eyes closed)

Half depth squat star balance (dumbbells)

Half depth squat star balance with eyes closed (dumbbells)

Half depth squat star balance on foam pad (dumbbells)

Half depth squat star balance on foam pad with eyes closed (dumbbells)

Hip flexion in standing with support

Hip flexion in standing

Hip flexion in standing with eyes closed

Hip flexion in standing on foam pad

Hip flexion in standing with eyes closed on foam pad

Hip extension in standing with support

Hip extension in standing

Hip extension in standing with eyes closed

Hip extension in standing on foam pad

Hip extension in standing with eyes closed on foam pad

Hip abduction in standing with support

Hip abduction in standing

Hip abduction in standing with eyes closed

Hip abduction in standing on foam pad

Hip abduction in standing with eyes closed on foam pad

Running man

Running man with eyes closed

Running man on foam pad

Tall running man

Tall running man with eyes closed

Tall running man on foam pad

Single leg deadlift (hand slide)

Single leg deadlift (hand slide) with eyes closed

Single leg deadlift (hand slide) on foam pad

TeleFFIT STEADY Exercises

Steady - Dynamic, Step ups

Step down toe taps (forward) with support

Step down toe taps (forwards)

Step down toe taps (forwards) - rapid

Step down toes taps backwards with support

Step down toes taps backwards

Step down toes taps backwards - rapid

Step downs toe taps (sideways) with support

Step down toe taps (sideways)

Step down toe taps (sideways) - rapid

Multi-directional toe taps from step with support

Multi-directional toe taps from step

Multi-directional toe taps from step - high speed

TeleFFIT STEADY Exercises

Steady - Dynamic, Mobility

Heel-toe shuffle in standing
Heel walks
Heel walks - rapid
Heel walks (backwards)
Toe walks
Toe walks - rapid
Toe walks (backwards)
Heel/toe walks
Heel/toe walks - rapid
Tandem line forwards walking
Tandem line backwards walking
Tandem line forwards and backwards walking
Tandem line forwards walking - rapid
Alternating lateral steps
Alternating lateral steps - rapid
Lateral toe taps
Lateral toe taps - rapid
Lateral toe taps on foam pad
Lateral toe taps with eyes closed
Forward toe taps
Forward toe taps - rapid
Forward toe taps on foam pad
Forward toe taps with eyes closed
Reverse toe taps
Reverse toe taps - rapid
Reverse toe taps on foam pad
Reverse toe taps with eyes closed
Forward and reverse toe taps
Forward and reverse toe taps - rapid
Forward and reverse toe taps on foam pad
Forward and reverse toe taps with eyes closed
Toy soldiers
Crab walks
Walking high kicks
Walking butt kicks
Walking lunges
Walking lunges with dumbbells

TeleFFIT STRAIGHT Exercises

Straight - Supine back

AROM shoulder flexion in supine
Dead bugs
Supine isometric thoracic press (bent knees)

Straight - Prone / Kneeling

Four point kneeling (arm movements)
Four point kneeling with leg movements
Four point kneeling with arm and leg movements
Gentle lumbar extension in prone
Gentle lumbar extension in prone (pillow under abdomen)
Prone back extension (abdomen on pillow - head towel support) - arms by side
Prone back extension (abdomen on pillow - head towel support) - W arm position
Prone back extension (abdomen on pillow - head towel support) - DB hand fwd

Straight - Scapular retraction | thoracic extension

Posture setting in standing (against wall)
Posture setting in standing (exercise band, against wall)
PNF scapular setting in standing (band)
Upper back row in sitting (exercise band)
Upper back row in standing (exercise band)
Back row in standing (dumbbells)

Straight - Standing shoulder flexion

Shoulder flexion with isometric shoulder abduction in standing (exercise band)
Shoulder external rotation to shoulder flexion in standing (exercise band)
Bilateral shoulder flexion to 90 degrees in standing (exercise band)

TeleFFIT Activity Snacking Exercises

Activity Snack - Stationary movements

Marching on the spot with high knees

Stomping on the spot

Hop to alternate leg

Step ups

Dynamic steps ups

Step ups with knee lifts

Step ups - rapid

Step ups with dumbbells

Dynamic step ups with dumbbells

Drop squat (from toes)

Drop squat (hands above head, start on toes)

Single leg drop squat (from toes)

Single leg drop squat (hands above head, from toes)

Stationary jumping

Stationary hopping

Squat jumps

Countermovement jumps

Rotating 90 degrees jumps

Jumping jacks (star jumps)

Runner's lunge

Scissor jumps on spot

Alternating lunge jumps

Stationary hopping

Hopping

TeleFFIT Activity Snacking Exercises

Activity Snack - Dynamic Fwd/Bwd
A skip (march)
Forward stomping
Bounding
Skip high and low
X jumping
Forward single leg leap
Jump and stick forwards
Horizontal jumps forwards
Horizontal jumps forwards & backwards
Dynamic forwards step downs
Forward hopping
Hop and stick forwards
Jump off step
Skater hops
Horizonatal hops (forwards)

TeleFFIT Activity Snacking Exercises

Activity Snack - Lateral & Multidirectional

Marching side to side (lateral)

Stomping side to side (lateral)

Stomping multidirectional

Lateral boundng

Jump and stick lateral

Dynamic lateral step downs

Lateral step over

Horizontal lateral jumps

Lateral jumps

Lateral hop and stick (towards lifted leg)

Lateral hop and stick (towards lifted leg in both directions)

Hop and stick lateral

Jump and stick multidirectional

Diagonal hopping

Figure 8 hopping

Hop and stick multidirectional

X hops