



Adaptive Equipment Corner

If you can't do it, adapt it!™

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Pick Your Fit Exercise Video Series Table of Contents

An Introduction to Pick Your Fit

~An Introduction to Pick Your Fit Exercise Series

Get Up-n-Go

- ~Get Up-n-Go Introduction Video
- ~The Peddler
- ~The Hair Comb
- ~The Grab-n-Click
- ~Head-n-Toes
- ~The Get In / Get Out
- ~The Push-n-Pull
- ~The Stay-n-Alive
- ~The Super Hero
- ~Putting It All Together

Leg Strengthening Bed (Supine)

- ~An Introduction to Bed (Supine) Exercises
- ~Ankle Pumps
- ~Glut Sets
- ~Heel Slide
- ~Heel Slides Using a Leg Strap
- ~Hip Abduction / Adduction
- ~Quad Sets
- ~Short Arc Quads
- ~Straight Leg Raise

Leg Strengthening Sitting

- ~Heel & Toe Raises
- ~Hip Abduction & Adduction
- ~Hip Flexion (Marching)
- ~Long Arc Quads



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Leg Strengthening Standing

- ~An Introduction to Standing Exercises Video
- ~Hamstring Curls
- ~Heel Raises
- ~Hip Abduction
- ~Hip Extension
- ~Hip Flexion (Marching)
- ~Small Knee Bends
- ~Toe Raises

Stretch for Success

- ~An Introduction to Stretch for Success
- ~Neck / Cervical Stretches
- ~Wrist Flexion / Extension Stretches
- ~Overhead Reach Stretches
- ~Bend & Twist Stretches
- ~Cat / Cow Stretches
- ~Hugs Stretches
- ~Knee to Chest Stretches
- ~Hamstring Stretches
- ~Figure 4 Stretches
- ~Putting It All Together



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