

## TEETER-TOTTER CHAIR STANDS

Teeter-Totter Chair Stands build leg strength throughout the entire leg and are extremely functional. Being able to get up from a chair is vital for anyone with things to do and errands to run! Helping participants accomplish this everyday task is one of the best results of ABLE Bodies training. The physics of foot placement and momentum is the secret tool for easier get up and go power. Practice Teeter-Totter Chair Stands often and use them as a transition between seated and standing exercises.

### **Benefits** »

- ⦿ Mimics an important activity of daily living.
- ⦿ Strengthens the entire leg.
- ⦿ Requires maintaining postural stability during a transition (sitting to standing).
- ⦿ Promotes everyday mobility.

### **Set It Up** »

You will not need any special equipment for this exercise.

### **How to Do It** »

#### **The Start**

- ⦿ Participants sit tall on the edge of their chair, feet hip-width apart and flat on the floor.
- ⦿ Heels should be pulled back, behind the knees.
- ⦿ Depending on the level of assistance required to get up, they can place their hands on the chair arms (easy), their knees (moderate), or their chest (difficult).



## The Moves

Use the following cues.

- ⦿ Lean back. Brace your core muscles and lift your heels.
- ⦿ Then in one fell swoop, do the following.
  - Lean forward: tell them “Nose over knees.”
  - Press down: Bring your weight forward and push it down into your feet.
  - Stand up: Quickly and firmly push up through the legs until standing.
  - The goal is to get the hips over the feet.

## ***Take It Further*** »

### ***One-Legged Chair Stand***

- ⦿ Beginning position is the same (edge of chair) but feet are offset. The back foot will be doing most of the work to stand up.
- ⦿ Lean back, abs braced.
- ⦿ Lift knee (leg that was pulled back).
- ⦿ Lean forward and press down (cue them to stomp down as they lean forward).
- ⦿ Stand up and balance yourself.



### *Use Thera-Band for added resistance*

- ⦿ Place Thera-Band or tubing under both feet, with one end held in each hand.
- ⦿ Stand up; Thera-Band will resist the up movement. Adjust tightness of band to suit participant.

### **Keep It Safe** »

Provide extra balance safety (a chair or handrail in front of them) and watch them closely the first two times. Remember that safely completing a Teeter-Totter Chair Stand will be a difficult task for many. Cue participants to maintain good posture (abs braced, ribs lifted) throughout. As they come to a stand, encourage them to push their hips forward to get themselves over their feet. Let them use their arms as needed. As they get stronger, they will gradually challenge themselves to use less arm strength. Staying close to the chair, or touching it lightly with a hand or leg, will help them to keep balanced and steady.