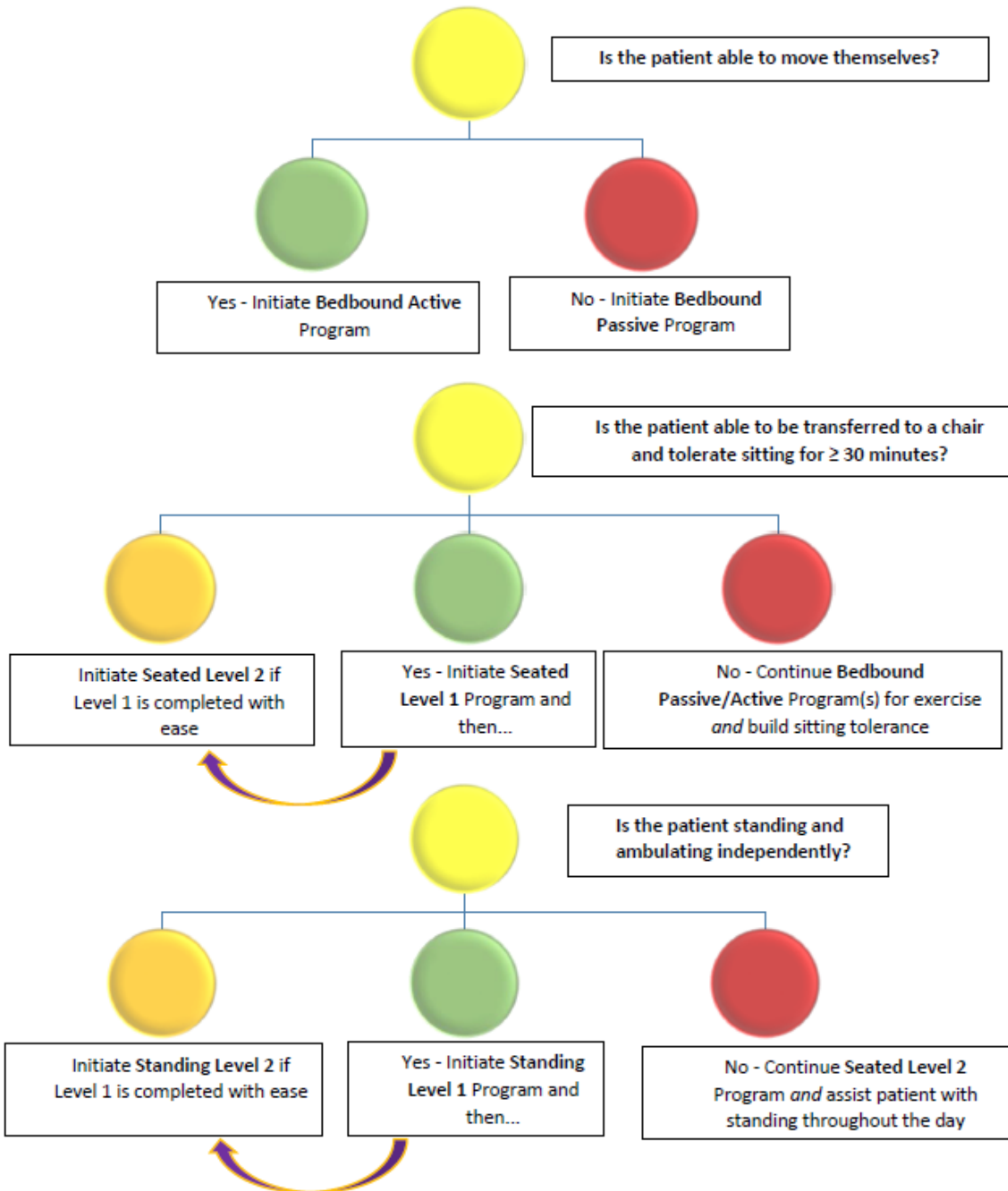


# How To Choose The Right-Fit Exercise Program For My Patient



**Helpful Hints:**

- Seated programs should always be conducted in a stable/locked bedside chair or wheelchair
- Standing exercises can be performed with the use of patient's device (personal walker or cane) or with the use of the bedrail