

Dr. Lovejoy-Evans's Nursing Home Prevention Strategy

Stronger Thighs: Mini Squats

Stand at a counter with your hands holding on for balance. If your legs give way due to significant weakness, the hands should be able to stop you from falling.

Point toes forward with feet about 10-12" apart so the feet are under the hips.

Lower the body, bending the knees.
Keep the knees pulled apart.

Stand back up, straightening your legs. Do not let the knees snap back--control the movement throughout.

Repeat this 4 times.

Once you reach twenty-four, start going just a little lower--shoulders no lower than 5-6 inches. As soon as you bend your knees, your body acts as a weight and the hip muscles are working. If you do deep knee bends, you put too much pressure on the knees, which can damage them.

When you start going a little bit lower, drop your repetitions to four and build back up to twenty-four.

As your strength improves, put a fingertip on the counter and eventually hover your hands over the counter to work on balance as well as strength.

PROGRESSIONS: Every week add four repetitions.

