

Exercise program

SIT TO STAND

Myeloma Canada is pleased to partner with REVIVE Physiotherapy & Exercise on a pilot exercise project as part of our wellness program.

Here are a series of exercises you can perform at home to help increase your function and manage some of your pain.

SIT TO STAND | INCLINED LEGS

Step 1

- Put your feet firmly on the ground and push your hips out so your knees are in line with your second and third toe.
- Get nice and tall and then lean forward at the hips.
- Drive through the heels and stand up.



Step 2

- Be sure to push your bum out behind you when you sit back down.
- Try and find the bed and make sure your knees don't translate forward over your toes.
- Do three (3) sets, working between five (5) and ten (10) repetitions.



ALTERNATIVE | LEGS AT 90° ANGLE, WITH WEIGHT

Step 1

- Increase your body strength.
- Try doing the same exercise using a lower seat to increase the knees and hips angle.



Step 2

- Grab a lightweight and hold it in your hands.
- Stand up the same way.
- Do three (3) sets, working between five (5) and ten (10) repetitions.



None of these exercises should cause you any sort of pain. If you are experiencing pain during an exercise, stop, take a break, and use the mildest exercise in the series. Your doctor's approval is required.

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