



Exercise program

HEEL SLIDES

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.

HEEL SLIDES | NARROW

Step 1

- Hold on to a secure object for balance and support.
- Bend your knees so you're in a squat position.
- Slide one foot out to the side.



Step 2

- Bring it back to the center.



Step 3

- Then slide the same foot backwards.
- Remember to work both sides of your body.
- Work between three (3) sets of five (5) to eight (8) repetitions per side.



ALTERNATIVE | WIDE

Step 1

- Work on your single leg balance.
- Slide your foot a little bit further out to the side.



Step 2

- Bring your foot back to the center and go into a deeper squat.



Step 3

- Slide that same foot a little bit further to the back.
- Work between three (3) sets of five (5) to eight (8) repetitions per side.



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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