

P.R.I.N.C.E.

PROGRESSION

The body needs to be continually exposed to challenges. Increase repetitions then difficulty. Stop if overexertion is seen.

REPETITION

High repetitions are needed for brain remodeling, improving strength and endurance.

INTENSITY

Exercise should be run at low to moderate intensity. Intensity should be monitored.

NORMAL MOVEMENT

Normal movement should be encouraged, but compensations should not prevent participation unless painful or unsafe.

CORE COMPONENTS

- **Functional strength**
- **Agility and Fitness**
- **Balance**

ENCOURAGEMENT

Choose activities for participant success and offer verbal encouragement.

Remember the TOP TIPS as a way to encourage self-management.

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Warm-up

- Slow marching (+ arm swings)
- Knee circles
- Ankle rotations
- Butt kicks

Functional Strengthening

- Toe raises
- Heel raises
- Chair push-ups
- Sit-to-stand
- Sit-to-stand and walk around
- Wall push-ups
- Wall sits

Agility and Fitness

- Step up/down
- Side stepper
- Side stepping
- Forward step (+ lunges)
- Fast marching
- Fast and slow steps
- Quick weight shift

Balance

- Slow weight shift to side
- Slow weight shift (forward/backward)
- Forward reach
- One leg stand
- Heel toe balance
- Heel toe walk
- Figure 8
- Long step walk
- Backwards walk
- Push/being pushed

Cool down

- Trunk side stretch
- Trunk and head rotation
- Calf muscle stretch
- Thigh stretch
- Buttocks stretch
- Hamstring stretch

Warm-up

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