



TASK Program

Exercise booklet

Advanced

Developed by Department of Health Professions, Macquarie University

Sit and Reach

Equipment

TASK placemat, Table, Chair, Cup

Setup

If possible, perform this exercise by following the [TASK video guide](#)

Set up your chair about 50cm away from the edge of the table

Set the TASK placemat on the table with GREEN and YELLOW circles furthest away from you



Instruction

- With your **good** arm, reach to the RED circle. Pick up the cup and move it to the ORANGE circle. Bring your arm back to rest on your leg
- Continue to move the cup to the next colour in the arc. After each movement of the cup bring your arm back to rest
- When you reach the PURPLE circle, continue to move the cup in the other direction and repeat the exercise
- Continue the exercise for a total of 5 minutes



Stand and Reach

Equipment

TASK Mat, Chair

Setup

Set your TASK mat on the floor near a wall. Position it so that the wall is further than arms-length away.

You will be standing on the “feet” marker of the mat and facing the wall

For safety, set up a chair behind or next to you



Instruction

PART ONE

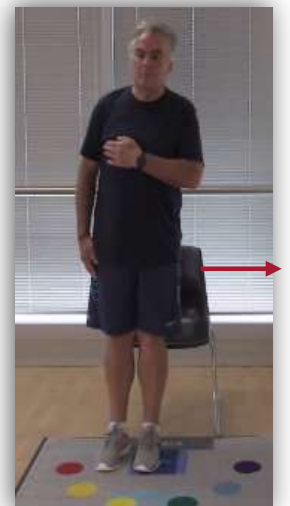
- With your **good** arm, reach forwards and touch the wall in front of your **affected** side
- Now bring your arm back to rest beside your body
- Again, with your **good** arm, reach forwards and touch the wall in front of your **good** side
- Continue to repeat the two reaches for 3 minutes. Ensure that you can feel your weight shifting forwards with each reach.



PART TWO

- Now turn side-on to the wall
- Slowly reach sideways to the wall, touch it and bring your arm back to rest
- Repeat the reach for 1 minute
- Turn around and begin reaching to the wall with your other hand
- Repeat the reach for another 1 minute

TIP: If it is difficult raising your arm, you can try simply leaning your body weight towards the wall without reaching (picture on far right)



Step Tap

Equipment

TASK Mat, Step, Chair

Setup

Place your step on the “step” outline of the TASK mat

Stand on the “feet” outline of the mat

For safety, have a chair behind you



Instruction

- Starting with your **right** leg, raise it and place your foot on the step. Ensure that your weight is being supported by your left leg
- Now place your foot back within the “feet” outline of the TASK mat
- Repeat this for 1 minute
- After this, try the same exercise with your left leg

- Raise your **left** leg and place your foot on the step
- Place your foot back on the “feet outline” of the TASK mat and repeat for 1 minute

- Now continue tapping the step for 2 to 3 more minutes, but this time alternate your feet with each step.



TIP: Try to touch the step as quietly as possible throughout this exercise!

Stepping

Equipment

TASK Mat, Chair

Setup

If possible, perform this exercise by following the TASK video guide

Stand on the "feet" outline of the mat

For safety, have a chair set up behind you and position your TASK mat near a wall



Instruction

PART ONE

- Lift your **right foot** and touch the RED circle
- Slowly bring your leg back to rest on the "feet" outline
- Now touch the ORANGE circle, then back to rest
- Then to YELLOW and back to rest
- Then to GREEN and back to rest
- Continue to move your right foot between these colours for a total of 2 minutes

- Lift your **left foot** and touch the PURPLE marker, then back to rest
- Then to BLUE and back to rest
- Then to GREEN and back to rest
- Then to YELLOW and back to rest
- Continue to move your left foot between these colours for a total of 2 minutes



PART TWO

Now tap the colours by alternating your feet:

- **Left foot** to blue
- **Right foot** to green
- **Left foot** to yellow
- **Right foot** to orange
- With each tap, bring your leg back to rest
- Continue to tap the same colours for 1 minute

Sit to Stand

Equipment

TASK Mat, Chair

Setup

Place your chair on the “chair” outline on the TASK mat

Sit in the chair with feet on the “feet” outline

Have your **good** foot slightly further in front than your **affected** foot



Instruction

- Move your upper body forwards and push with your legs to stand up from the chair
- Stand all the way upright, with your chest and head up
- Slowly lower yourself back into the chair
- Continue to stand up and sit back in the chair for 2 minutes
- Take a short 1-minute rest if needed
- Then repeat for another 2 minutes



TIPS:

- ★ Use a chair that is not too low or too high. It should be manageable to perform the exercise for 5 minutes
- ★ Try not to use your hands for support (unless you need to for safety)
- ★ If you find the exercise too easy, set a timer and see how many repetitions you can do in 5 minutes. Track your improvements each day you perform the exercise