



# Proprioceptive (Heavy Work) Activities For Adults and Teens

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## Recreation & Leisure

- Running, jogging, fast walking
- Jumping on a trampoline
- Rowing a boat, kayak, canoe
- Swimming
- Playing sports
- Hiking, especially uphill
- Martial arts
- Boxing
- Using a weighted blanket and other weighted objects (vest, lap pad, etc)
- Climbing
- Biking
- Building a snowman
- Cross country skiing, water skiing
- Getting a deep massage
- Progressive muscle relaxation
- Giving / getting a bear hugs
- Pulling a child in a wagon or sled
- Giving a child a piggyback ride

## Food & Drink

- Drinking a thick milkshake or smoothie through a straw
  - Chewing gum
  - Eating crunchy foods like baby carrots, celery, jerky, or pretzels
  - Chewable jewelry
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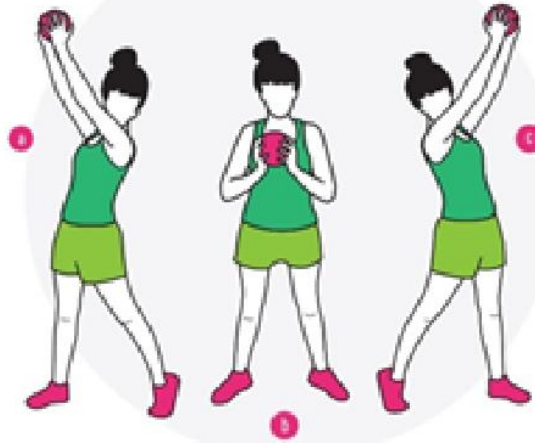
## Home & Yard

- |   |  |
|---|--|
| • Shoveling snow or gravel  | • Raking leaves  |
| • Washing a vehicle   | • Hauling/stacking firewood                                    |
| • Vacuuming & mopping   | • Pushing a lawnmower  |
| • Carrying and putting away groceries   | • Using a wheelbarrow  |
| • Rearranging furniture   | • Washing windows  |
| • Scrubbing cleaning tasks  | • Reorganizing pots and pans                                   |
| • Taking trash cans to/from the curb  | • Using a push broom   |
| • Laundry - carrying laundry baskets, transferring wet clothes into the dryer, hanging wet clothes on the clothesline | • Gardening – pulling weeds, digging, watering, carrying loads |

## Exercises

- |                                       |   |
|---------------------------------------|---|
| • Yoga                                | • Using ankle weights for walking, etc. |
| • Lifting Free Weights                | • Squeezing a stress ball               |
| • Medicine ball exercises (see below) |   |

Diagonal Reach with Medicine Ball



Torso Rotation with Medicine Ball



Medicine Ball Squat with Overhead Lift

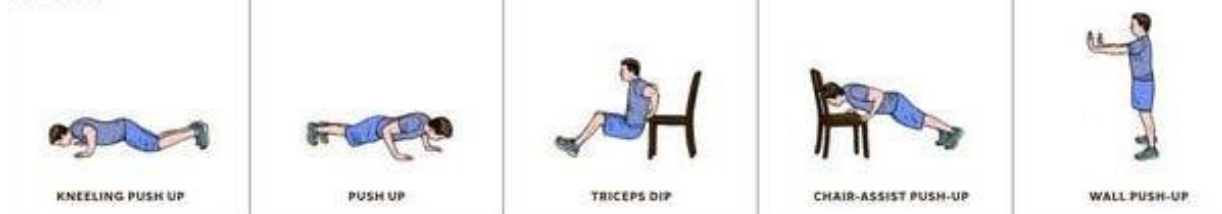


## Planks



## Push Ups

### UPPER BODY

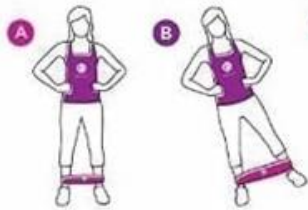


Work 30 seconds, rest 10 seconds. Repeat 2-3 times.

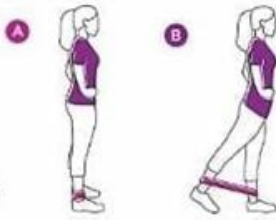
1. Jumping Jacks
2. Wall Sit
3. Push-ups
4. Crunches
5. Step-Ups
6. Squats
7. Triceps Dip (Chair)
8. Plank
9. High Knees
10. Lunges
11. Push-Up with rotation
12. Side Plank



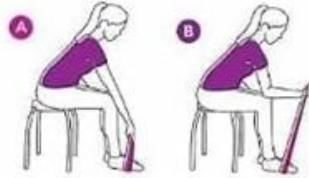
**Standing Leg Abductions**



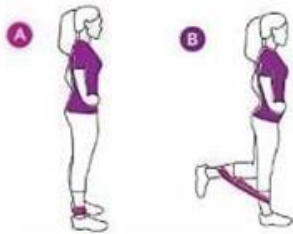
**Standing Hip Extensions**



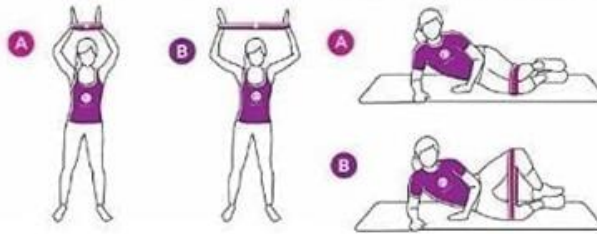
**Seated Bicep Curls**



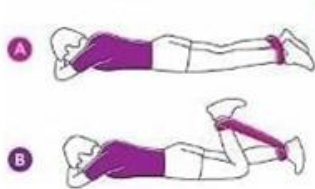
**Standing Hamstring Curls**



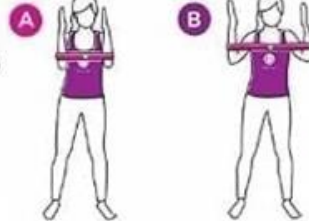
**Overhead Outward Push Lying Bent Leg Abduction**



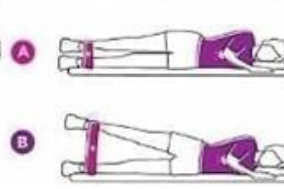
**Leg Curl Prone**



**Scapular Retraction**



**Lying Lateral Leg Raises**



Wall Sits

