

Closed Chain Exercises Handout

Patient information

Name:

Date of birth:

Date:

Healthcare provider:

Introduction to closed chain exercises

Closed Chain Exercises involve movements where the hands or feet are in a fixed position and do not move. These exercises are particularly effective for improving strength, stability, and balance. They are commonly used in rehabilitation and fitness programs to target multiple muscle groups and joints simultaneously.

Benefits of closed chain exercises

- **Enhanced joint stability:** Engage multiple muscle groups to promote joint stability.
- **Improved balance and coordination:** Essential for daily activities and sports.
- **Functional strength:** Mimic real-life movements for effective daily activity improvement.
- **Reduced injury risk:** Safer exercises that place less strain on the joints.

Exercises

Squats

Muscle groups targeted: quadriceps, hamstrings, glutes, core

Instructions:

- Stand with feet shoulder-width apart.
- Lower your body by bending your knees and hips, keeping your back straight.
- Return to the starting position.
- Repetitions:
- Notes:

Lunges

Muscle groups targeted: quadriceps, hamstrings, glutes, core

Instructions:

- Stand with feet hip-width apart.
- Step forward with one leg and lower your body until both knees are bent at 90 degrees.
- Push back to the starting position.
- Repetitions:
- Notes:

Push-ups

Muscle groups targeted: chest, shoulders, triceps, core

Instructions:

- Start in a plank position with hands under shoulders.
- Lower your body until your chest nearly touches the floor.
- Push back up to the starting position.
- Repetitions:
- Notes:

Plank

Muscle groups targeted: core, shoulders, glutes

Instructions:

- Start in a plank position with forearms on the ground and elbows under shoulders.
- Hold the position, keeping your body in a straight line.
- Duration:
- Notes:

Step-ups

Muscle groups targeted: quadriceps, hamstrings, glutes, calves

Instructions:

- Stand in front of a step or bench.
- Step up with one foot, then bring the other foot up to meet it.
- Step back down with the same foot, followed by the other.
- Repetitions:
- Notes:

Exercise tips

Warm-up:

Form and technique:

Breathing:

Progression:

Cool down:

Healthcare provider's notes

Patient-specific instructions:

Recommended frequency:

Precautions:

Follow-up**Next appointment**

Date:

Time:

Location:

Contact information

Clinic name:

Phone number:

Email:

Website:

By following this handout and adhering to your healthcare provider's instructions, you can safely and effectively incorporate closed chain exercises into your fitness or rehabilitation program. If you experience any discomfort or have questions, please contact your healthcare provider immediately.

Signature

Patient signature:

Healthcare provider signature: