

# If-Then Statements



## The use of if-then statements help to clarify

- what a person can do
- what is safe to do
- available choices
- the process to progress

## Optimal if-then statements are phrased using positive language.

### Safety

If you are sensitive to dairy, you may eat this dark chocolate.

### Safety plus choice

If you consume dairy, and you like chocolate, then try the hot chocolate.

### Safety, choice and challenge

If the hot chocolate seems cool, and you prefer it hotter, then place it in the microwave.

Movement	If	Then
<b>Half Moon</b>	If you can lift one arm and armpit higher than the other,	then slightly lean to the opposite side.
	If you want a deeper stretch,	then lift armpit and press same side heel into the ground.
<b>Cow Face (Back scratch)</b>	If you bend both arms behind the back,	then press hands into your back.
	If you want more stretch,	then use a towel behind you and pull with both hands.
<b>Seated Figure 4</b>	If you can tuck one foot behind the other,	then try to cross one ankle over the other knee.
	If you want more stretch,	then lean forward.
<b>Standing Tree</b>	If you feel balanced with your heel off the floor,	then move foot up to calf.
	If you can balance foot on calf,	then let go of the chair.
<b>1/2 Hanumanasana or Pyramid</b>	If you can stand in a split leg stance,	then lean forward and place hands on back of chair.
	If you need more stretch,	then keep your front foot on the floor and pull the same hip, up and back in a stretch.

# If-Then Statements



Movement	If	Then
<b>Wide Leg Squat</b>	If you need your hand to stand,	then stay seated, pressing your heels into the floor and lift your core towards your ribs.
	If your knees and toes are pointing forward,	then cross arms over the chest and stand up.
<b>Standing Leg Curl</b>	If your core is supporting your back,	then bend at your knee, bringing your heel towards your backside.
	If your foot feels light as a feather,	then add ankle weights.
<b>Knee Extension</b>	If you have pain in your knee,	then decrease how high you lift your leg.
	If you can easily straighten your leg,	then add ankle weights.
<b>Side Hip Raise</b>	If you can stand on one leg,	then draw the lifted leg wide of your body.
	If you can easily extend one leg wide,	then lift your torso up straighter.
<b>Biceps Curl</b>	If you can bend at the elbow, hand to shoulder and release smoothly,	then lift weights towards the front of your shoulders.
	If you can do all reps without any muscle tiredness,	then pick up heavier weights.
<b>Overhead Press</b>	If you can keep your core engaged while you extend arms overhead while seated,	then stand up to complete the same movements.
	If you can easily do overhead press without weights,	then add weights.
<b>Seated Row</b>	If you can hinge at the hips and anchor your feet,	then row elbows behind your ribs.
	If you want more activation,	then actively push your heels into the ground.
<b>Toe Stand</b>	If you can lift one heel easily off the ground,	then also lift the second one.
	If you can easily lift and lower from your toes to heels,	then release the chair and practice balance.