

Remember to  
**BREATHE**  
throughout  
exercises!

**WARM UP**

\*Hold stretches for 5 seconds\*

**#1 - Head Turn**

Look straight ahead and keep your chin tucked in. Slowly turn your head to one side, return to center, and then the other side. Ensure that your shoulders are pulled back and you are sitting tall with your back straight.

**#2 - Head Tilt**

Look straight ahead and keep your chin tucked in. Slowly tilt one ear towards your shoulder and hold. Return to center and tilt to the other shoulder and hold.

**#3 - Shoulder Rolls**

Rotate your shoulders towards your ears, pressing back, and then then downwards. You can do one shoulder at a time, or both at the same time.

**#4 - Upward Reach**

Reach both arms upwards while keeping your back straight and shoulder blades together. If you cannot reach straight above your head, reach forward or outward at shoulder level.

**EXERCISES**

\*Repeat each exercise 5-10 times\*

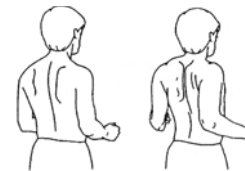
**#1 - Arm Lifts**

Lift your arms to shoulder height and then slowly lower them back to your sides. Remember to tighten your stomach muscles and keep your shoulders down and back. This can also be done while sitting.



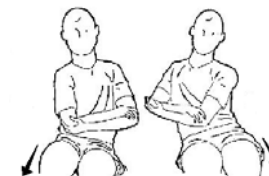
**#2 - Shoulder Squeeze**

Stand with your feet flat on the floor, back straight, and shoulders pulled back and down. Lift your elbows up and out to the side. Breathe out while you draw your elbows back and squeeze your shoulder blades together. Hold for 5 seconds then relax. Remember not to shrug your shoulders.



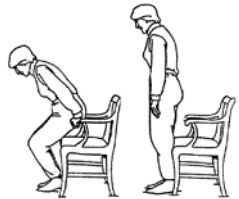
**#3 - Seat Walk**

Sit on a chair and rock side to side by lifting and "walking" your hips forward then backwards.



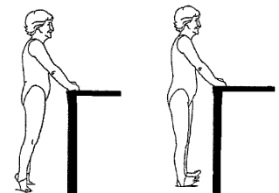
**#5 - Sit to Stand**

Sit forward in a firm chair with arm rests. Bring your feet under your knees and place hands on your armrests. Tighten your stomach muscles and lean forward slightly. Slowly stand up by using your arms and legs. Stand for a few seconds. Reach back and grab the arms of the chair. Slowly lower yourself into a seated position.



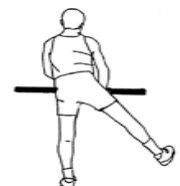
**#5 - Toe/ Heel Lifts**

Stand up straight with your shoulders back and down. Keep your heels on the floor while you lift your toes then lift up your heels and go up on your toes. Do not lock your knees. You can hold onto a counter if extra support is needed.



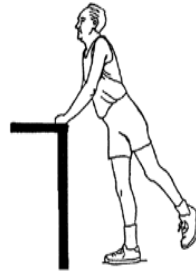
**#6 - Side Leg Raise**

Lift your leg straight out to one side. Keep your back straight and shoulders pulled down and back. Alternate legs.



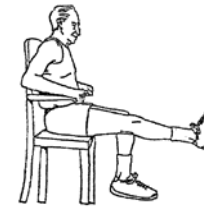
### #7 - Back Leg Raise

Lift your leg behind your body. Keep your knee and back straight. This exercise also stretches your hip flexor. Alternate legs.



### #10 - Leg Extensions

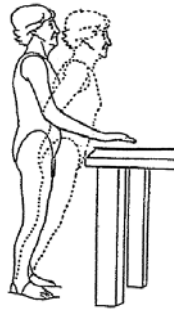
Sit in a chair with your back straight. Straighten one knee, hold, and then return your foot to the floor. Alternate legs.



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### #8 - Postural Sway

Stand up straight with your shoulders back and down. Slowly sway forward, backwards, and to each side. Return to the center each time. Do not move your feet.



### #11 - Hamstring Stretch

Sit on a chair one foot on a foot stool and the other on the floor. Reach forward towards your toes while keeping your back straight. Hold for 5 seconds and relax. Alternate legs.



## COOL DOWN

### Deep Breathing

Sit in a chair. Take a deep breath through your nose and blow out through your mouth. Repeat 5 -10 times or until you feel completely relaxed.

### #9 - Marching on the spot

Slowly march in one place with your whole foot, by touching with your toes and bringing your heel down softly to the floor. You can add in swinging the alternate arm to leg for more difficulty. Lift your feet and knees higher for added difficulty. March for 1-2 minutes or until any shortness of breath. This can also be done when seated.



### #12 - Calf Stretch

- Stand facing a wall, or use a chair for balance, with one foot in front of the other.
- Lean forward on the wall or chair. Bend both legs slightly, keeping both heels on the floor.
- Continue until you feel a gentle stretch in your back leg. Hold for five seconds, and repeat with other leg forward.

