

Exercises from a sitting position

Do not overdo it, start slowly and build the number of repetitions gradually. Use a firm chair.

Neck stretches

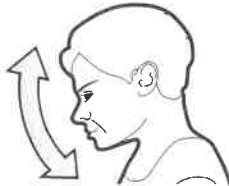
Side bends: Tilt head sideways as if to touch ear to shoulder.

Right: Hold 10 secs. 10 reps

Left: Hold 10 secs. 10 reps

Chin to chest: Bend chin forward to chest.

Hold 10 secs. 10 reps



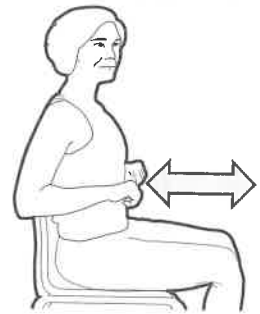
Rowing

Make sure to sit as straight as possible. Place arm straight out in front and then pull arm back with elbow next to your side.

Right arm: 10 reps

Left arm: 10 reps

Both arms: 10 reps



Arm raises

Raise arm up, pause at the top for 2 seconds and bring down.

Right arm: 10 reps

Left arm: 10 reps

Both arms: 10 reps

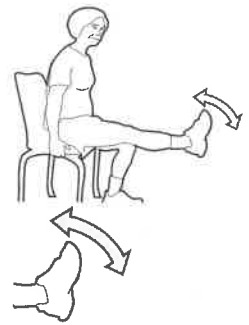


Ankle range of motion

Point toes up as far as possible and then down as far as possible. Rotate both feet.

Rotate Clockwise: 20 reps

Counterclockwise: 20 reps



Back stretching and strengthening

Legs apart, place hands on each side of right knee. Slide hands from knee to ankle and return to upright sitting position.

Right knee: 10 reps

Left knee: 10 reps



Knee extension

Straighten knee, pause and then lower foot back to floor.

Right leg: 10 reps

Left leg: 10 reps



Seated marching

Alternate lifting knees to chest as if marching.

Right leg: 10-15 reps

Left leg: 10-15 reps



Small kicks

Straighten and bend knee, as in a kicking motion.

Right leg: 10-15 reps

Left leg: 10-15 reps

