

Top 10 exercises

Keeping things simple

1

Sit upright in chair with feet stretched out in front. Circle feet in one direction 20 times. Repeat another 20 times in opposite direction.

Ankle Circles



2



Sit forward on a chair with feet flat. Lift heels, keeping toes on floor, then lift toes. Hold three seconds then return flat. Repeat 20 times.

Heel/Toe Lift

3

Sit on the edge of a chair or stool with your back straight. Lift your knee as high as you can without bending your back. You can assist your knee higher with your hands. Keeping your abdominals tight, slowly lower your leg back to the starting position.

Knee Raises



4



Leg Lift with Ankle Movements



Sit upright with back supported. Slowly straighten your knee. With the knee slightly bent, bend the ankle, toes pointing straight ahead. Then reverse to point them toward the ceiling. Repeat.

5

Sit or stand with forearms pressed together in front of the body (A). Then, bring your elbows back to the "hands up" position (B), with palms facing forward. Stretch arms overhead as far as possible, keeping your elbows in line with the side of your body (C).

Shoulder Stretches



(A)



(B)



(C)