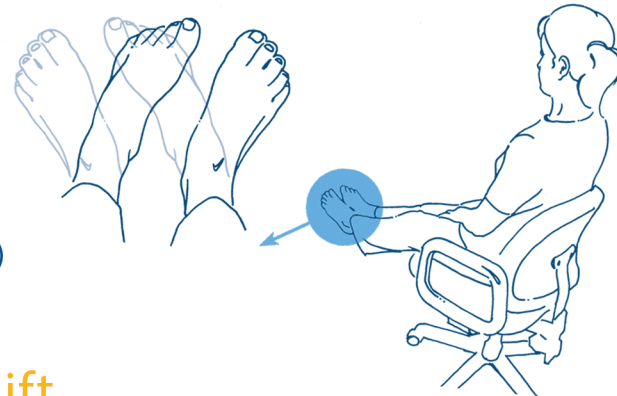


# TOP 10 EXERCISES

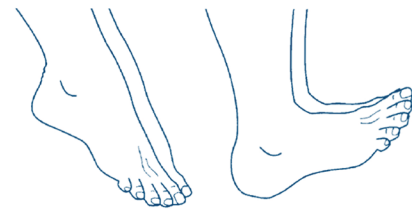
All exercises should be performed 20 times or as tolerated

## 1 Ankle Circles

- Sit upright, keep abdominal muscles tight, chest high with legs stretched out in front
- Slowly circle your feet in one direction 20 times, then in the other direction 20 times (If you have difficulty try using one leg at a time)



## 2 Heel/Toe Lift



### Heel/Toe Lift

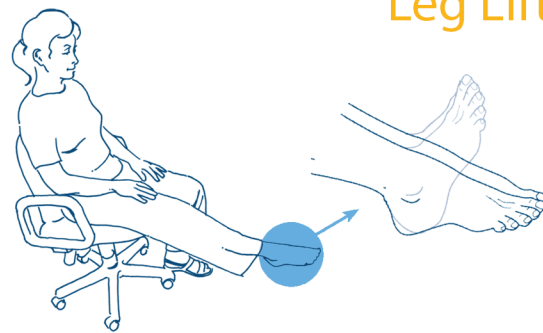
- Sit upright on the edge of a chair or stool with your feet flat on the floor
- Lift heels for three seconds, keeping toes on the floor
- Lift toes for three seconds, keeping heels on the floor
- Return feet to flat position then lift toes for three seconds

## 3 Knee Raises

- Sit upright on the edge of a chair or stool
  - Keeping abdominal muscles tight, lift one knee as high as you can without bending your back (You can assist lifting your knee higher with your hands)
  - Slowly lower your foot down to the floor
- (Note: Avoid this exercise if you've had a total hip replacement)**



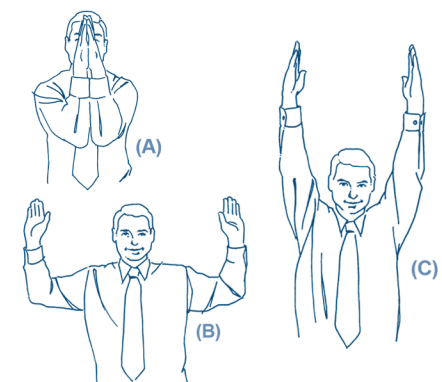
## 4 Leg Lift with Ankle Movements



### Leg Lift with Ankle Movements

- Sit upright, keeping abdominal muscles tight and back supported, then slowly straighten your knee
- With the knee slightly bent, point your toes straight ahead, then reverse to point toes toward the ceiling
- Lower leg
- Repeat with other leg

## 5 Shoulder Stretches

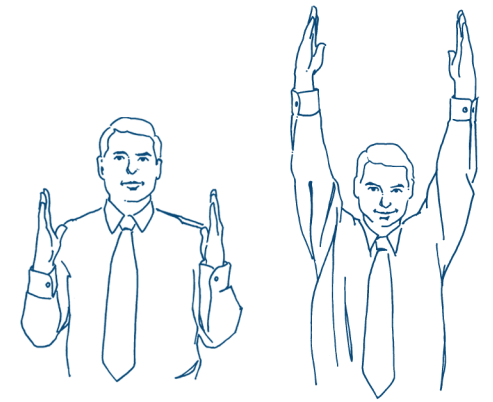


### Shoulder Stretches

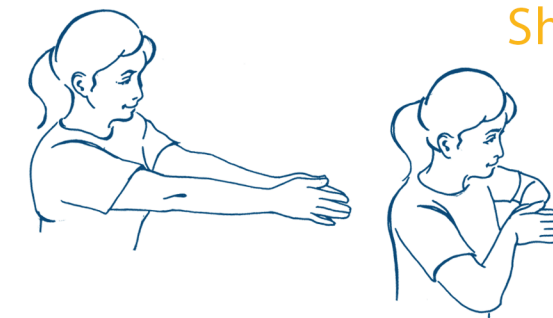
- Sit or stand with good posture, forearms close together in front of the body **(Note: This start position is not suitable for those with osteoporosis)**
- Open arms at shoulder height, elbows bent and palms facing forward, squeezing shoulder blades together
- Stretch arms overhead, keeping elbows out in line with body

## 6 Forward Arm Reaches

- Sit or stand upright with arms at your side, elbows bent and thumbs pointing back toward your shoulders
- Stretch arms overhead
- If one of your arms is weak, you can help it by placing your hand under the elbow and assist in the weak arm to the overhead position
- Lower arms slowly to the start position



## 7

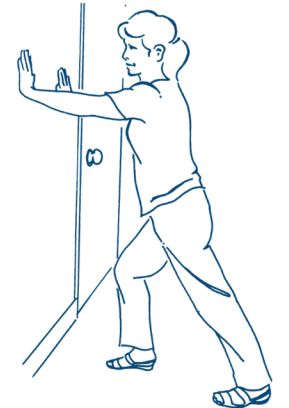


### Shoulder Squeeze & Wrist Stretch

- Put palms and fingers together
- Hold arms stretched out together in front of your body
- Pull hands in towards your chest, making your elbows point outwards to each side
- Press palms together as you move them closer to your body and squeeze shoulder blades together

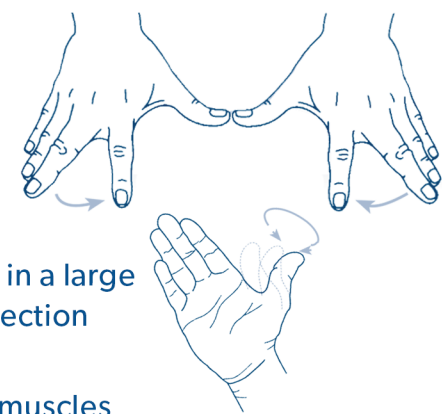
## 8 Hip & Calf Stretch

- Stand upright, keep abdominal muscles tight with arms outstretched and hands against a wall, elbows straight and feet hip-width apart
- Keep shoulders and hips in a straight line as you place one leg behind you
- Bend the knee of the front foot keeping heel of the back foot on the floor to feel the stretch in the calf on the back of the leg
- Hold for 10 to 20 seconds, breathing deeply
- Alternate legs **(Note: If you cannot keep your heel on the floor bring your back foot forward more)**



## 9 Finger Walk & Thumb Circles

- Sit with hands on table, fingers pointing forward
- Slide thumbs toward each other
- Slide each finger one at a time towards the thumb
- After the little finger has completed the "walk", lift your hands and put them down straight



- Move the thumb in a large circle in each direction

## 10 Walking

- Take a walk every day; walking allows you to stretch your back and leg muscles and helps joints from becoming stiff due to inactivity
- Pay attention to good posture; stand tall, chest high and keep abdominal muscles tight