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
   • 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
   • 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
   • 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
   • 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 assistin 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

Arthritis Society