

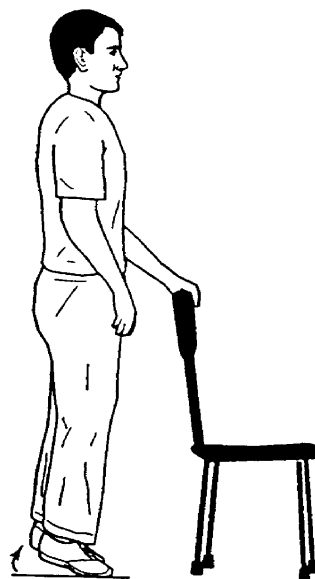
Conditioning Exercises: Standing

Do all these exercises **slowly**. Do not hold your breath during these exercises. If unusual pain occurs in your joints or muscles while you are exercising, do not continue the exercise.

Do each exercise _____ times, _____ times a day.

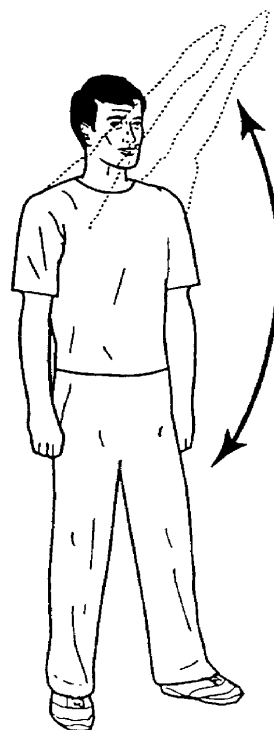
☐ Toe Raises

Stand with your hands on your hips and your feet slightly apart. Rise up on your toes and return to your heels.



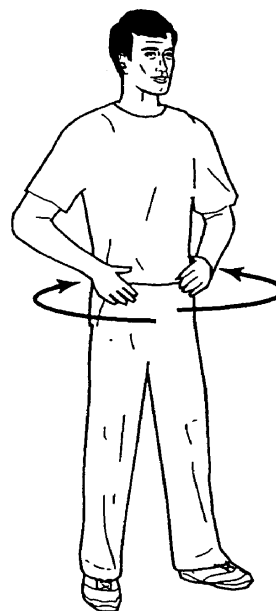
☐ Shoulder Flexion

Stand with your feet slightly apart and your arms at your sides. Raise your arms over your head in front of you as far as you can. Lower your arms to your sides.



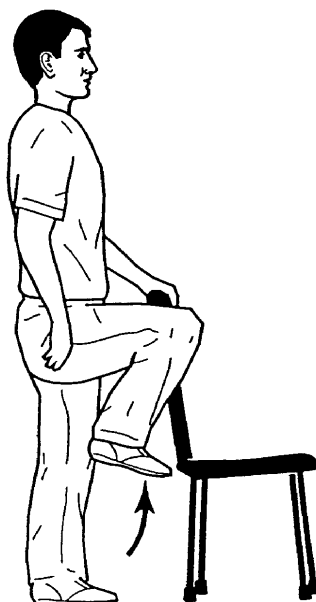
☐ Trunk Rotations

Stand with your hands on your hips and feet slightly apart. Turn your upper body and head toward the right and then turn back to the starting position. Turn toward the left and then back to the starting position.



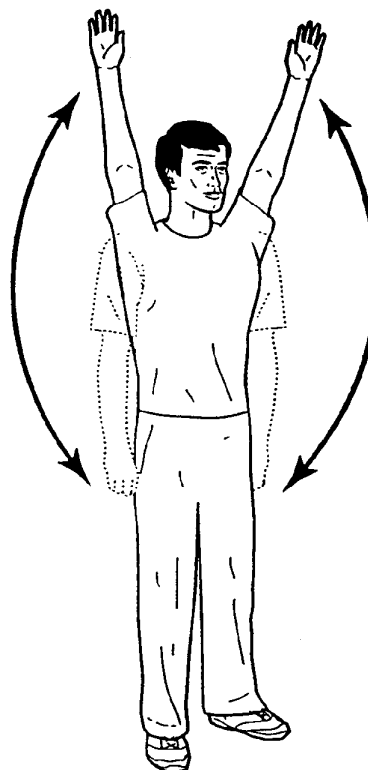
☐ Hip / Knee Flexion

Stand with your feet slightly apart. Lift your right knee up to waist level. Return your foot to the floor. Repeat with your left leg.



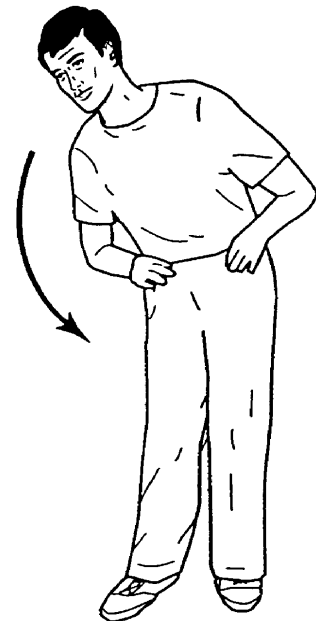
☐ Shoulder Abduction

Stand with your feet slightly apart and your arms at your sides. Move your arms out from your side and up over your head. Return your arms to your sides.



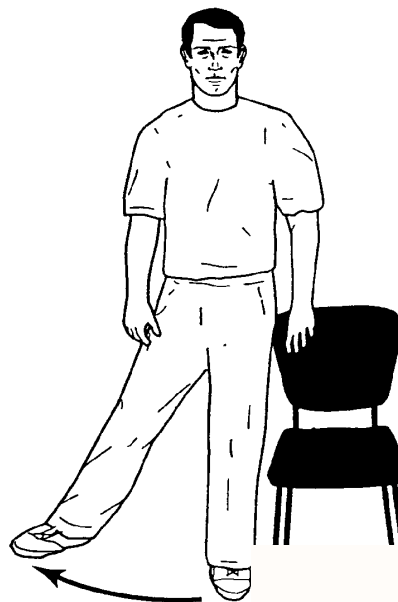
☐ Trunk Lateral Flexion

Stand with your hands on your hips and your feet slightly apart. Bend to the right and then return to an upright position. Bend to the left and then return upright.



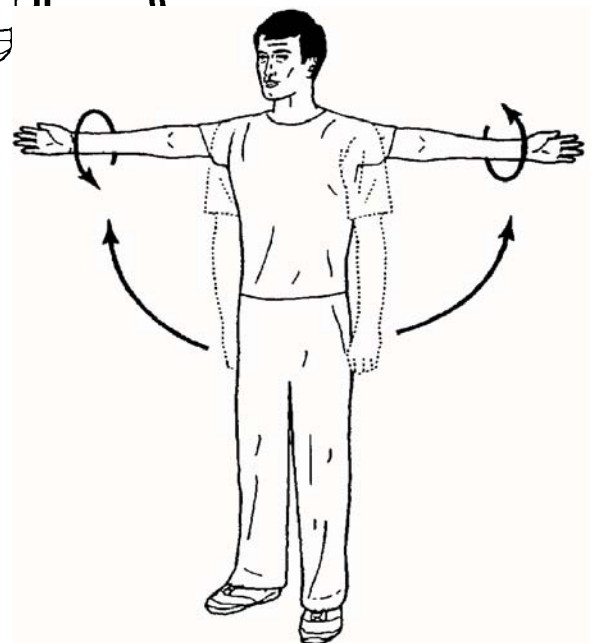
☐ Hip Abduction

Hold onto a chair for balance. Move your leg out to the side then return to the starting position. Repeat with your other leg.



☐ Shoulder Circles

Stand with your feet slightly apart. Raise your arms out to the side at shoulder level. Make arm circles forward and then backward.



If you would like more written information, please call the Library for Health Information at (614)293-3707. You can also make the request by e-mail: health-info@osu.edu.