

Total Body Flexibility and Strengthening Exercises

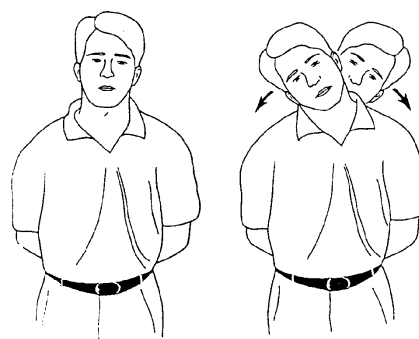
These exercises should help keep all of your major joints flexible and strong. Do these exercises slowly and smoothly. Do not hold your breath during the exercise, as it may cause your blood pressure to rise.

It is your responsibility to follow your exercise program. It may help to schedule a certain time everyday to do your exercises.

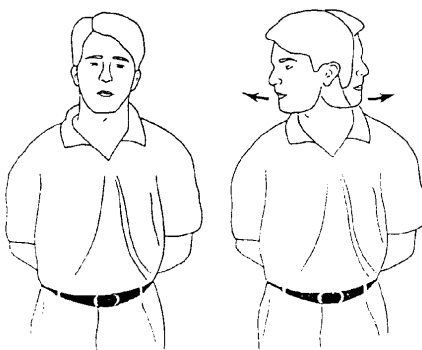
Do these exercises _____ times a day.

Head and neck exercises:

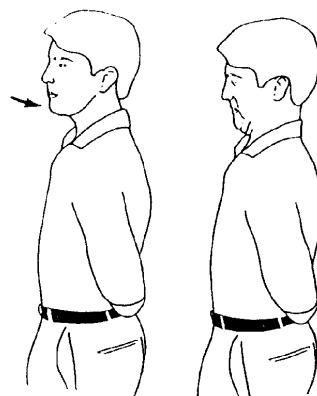
- ☐ Tilt your head to the right as if you are trying to touch your right ear to your right shoulder. Return your head to the normal position. Repeat this exercise to the left.



- ☐ Turn your head slowly and look over you left shoulder. Then turn to look over your right shoulder.

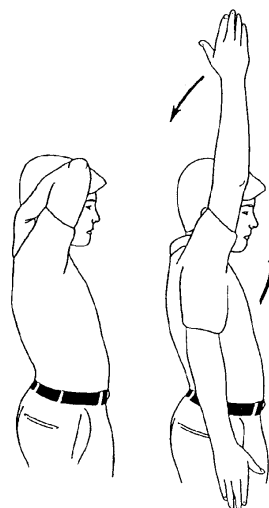


- ☐ Look down and tuck your chin in. Bring your head back up so you are looking straight ahead.

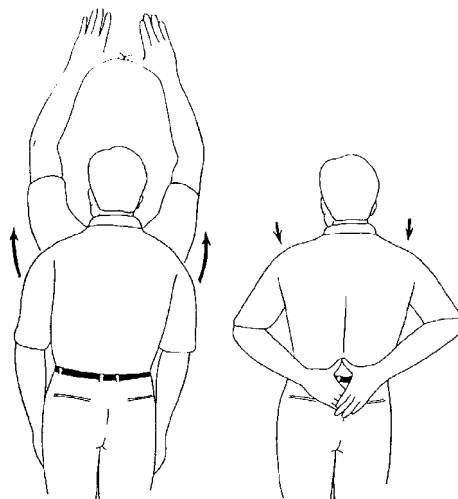


Arm exercises:

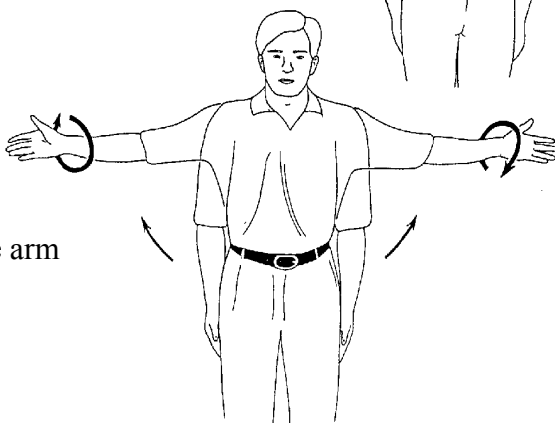
- ☐ Stand with your feet slightly apart and your arms at your sides. Bring your arms straight in front of you and above your head. With your arms above your head, bend your elbows and touch the back of your shoulders. Straighten your elbows. Bring your arms back down to your sides.



- Stand with your feet slightly apart and your arms at your sides. Turn your hands so your thumbs are pointing away from your body. Move your arms out from your side and up over your head. Touch your thumbs together. Breathe in as you do this. Bring your arms down (thumbs down) behind your back. Breathe out as you bring your arms down.

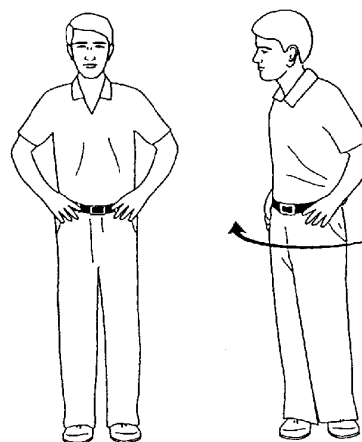


- Stand with your feet slightly apart. Raise your arms out to your side at shoulder level. Make arm circles forward and backward.



Trunk exercises:

- Stand with your hands on your hips and your feet slightly apart. As you breathe out, turn your upper body and head toward the right. As you breathe in, return to the starting position. Then as you breathe out, turn your upper body and head toward the left. As you breathe in, return to the starting position.

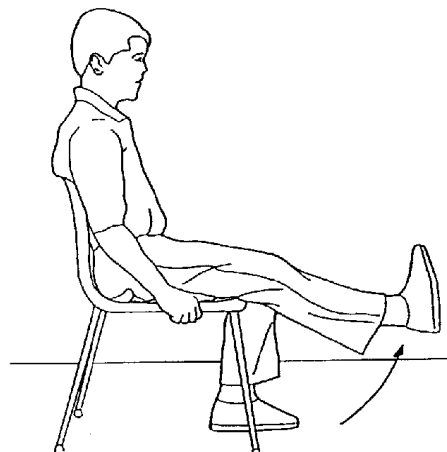


- Stand with your hands at your side and your feet slightly apart. Bend to the right as you breathe out, reach your hand to your knee. Return upright as you breathe in. Bend to the left as you breathe out. Return upright as you breathe in.

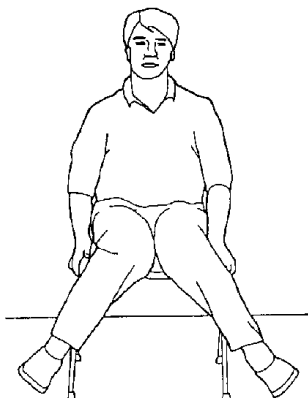
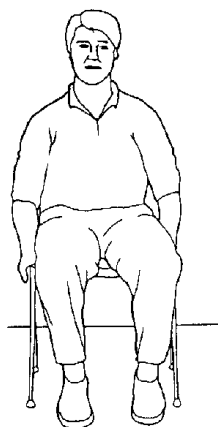


Leg / knee / feet exercises:

- ☐ Sit in a chair. Straighten one knee while you pull your foot up. Breathe in as you do this. Breathe out as you return your foot to the floor.

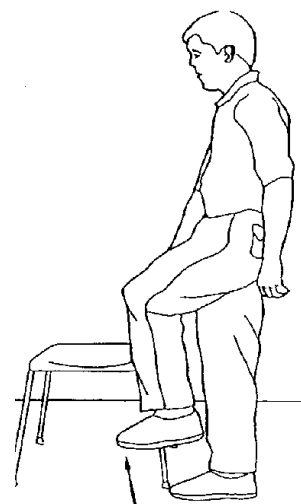
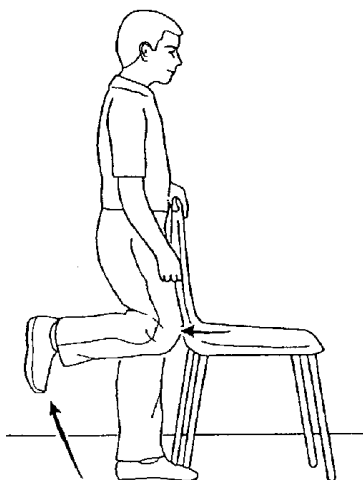


- ☐ Sit in a chair. Roll your knees in while lifting your foot out to the side. Breathe in as you do this. Bring your feet together while rolling your knees out to the side. Breathe out as you do this.

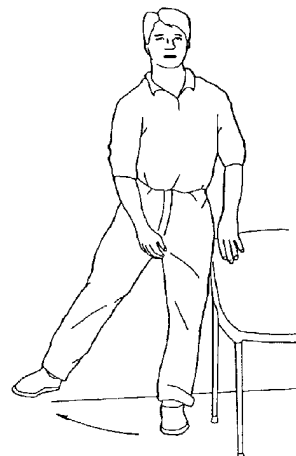


- ☐ Stand with your feet slightly apart. Lift your knee up to waist level as you breathe out. Return your foot to the floor as you breathe in. Repeat this exercise with the other leg.

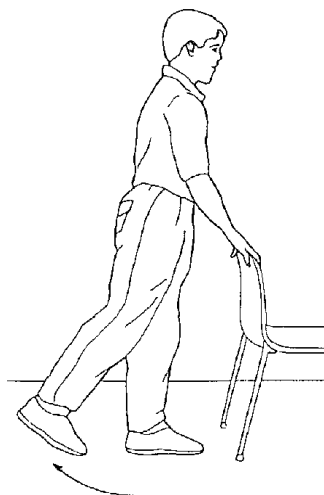
- ☐ Stand with your feet slightly apart. You may want to hold onto a chair for balance. Keep your knees together while lifting one foot towards your buttocks. Push your knee back, but stand up tall. Straighten your leg. Repeat with the other leg.



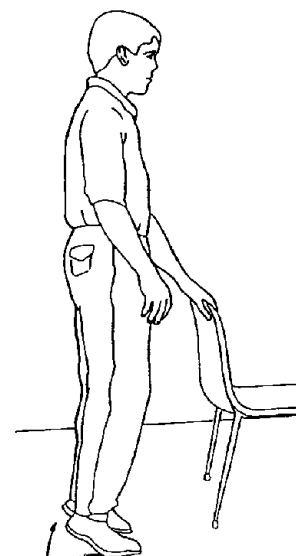
- ☐ Stand next to a chair holding onto it for balance. Move your leg out to the side as you breathe out. Return to the starting position as you breathe in. Do the required number of exercise with this leg. Turn and face the other way and repeat with the other leg.



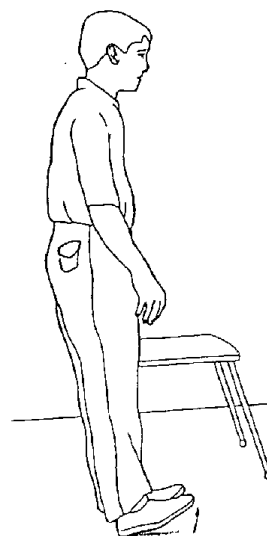
- ☐ Stand facing a chair and hold onto the chair back for balance. Bring one leg straight back from your hip. Breathe out as you do this. Do not bend forward at the waist as you do this. Return to the starting position as you breathe in. Repeat with the other leg.



- ☐ Hold on to a chair back and place your feet so they are slightly apart. Rise up on your toes while you breathe in. Return to your heels as you breathe out.



- ☐ Hold on to a chair for balance with your feet slightly apart. Lift the front of your foot up while you breathe in. Let your toes go down as you breathe out.



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