



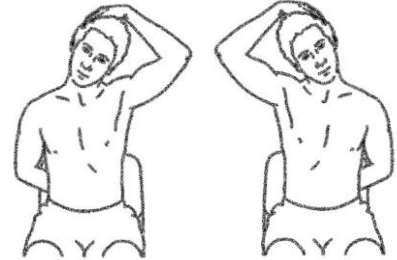
These exercises will help maintain & improve circulation, muscle strength & joint mobility during your recovery

- they need to be executed in sitting on a stool/bed with your feet firmly planted on the floor
- synchronise your breathing with each activity, inhaling on initiation & exhaling when returning to the starting position

NECK STRETCHES

Position: Sitting, straight back, chest out

Exercise: place your hand over on the opposite side of your head. Place the other hand behind your lower back. Gently pull your head down towards your shoulder till you feel a slight stretch. Alternate sides



BREATHING EXERCISES

Position: Sitting, back straight, chest out

Exercise: Inhale deep & slowly through your nose, pinching your scapula together. Exhale slowly through the nose or mouth bringing your shoulders forward towards each other

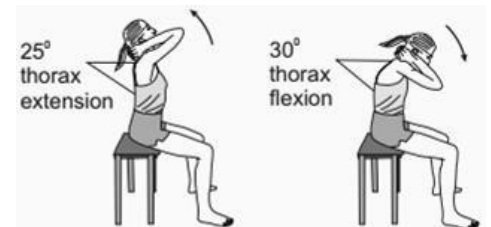


THORACIC MOBILITY EXERCISES

Position: Sitting, hands placed at nape of neck

Exercise: Inhale deep & slowly moving your elbows back, dropping your head backwards & arching your back over the chair

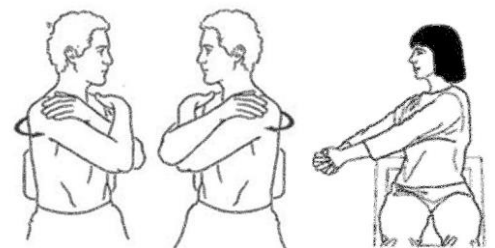
Exhale slowly bringing your elbows, head & neck forward, arching your upper back forward



ROTATION EXERCISES

Position: Sitting, crossing your arms to hold your shoulders, or clasp your hands out stretched in front of you

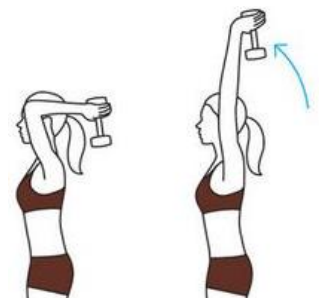
Exercise: Turn as far as you can comfortably go from right to left

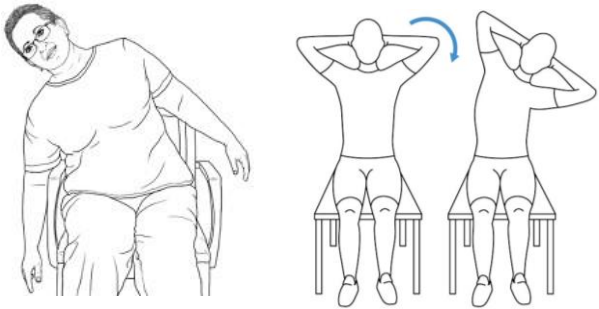
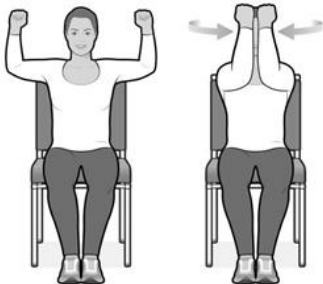
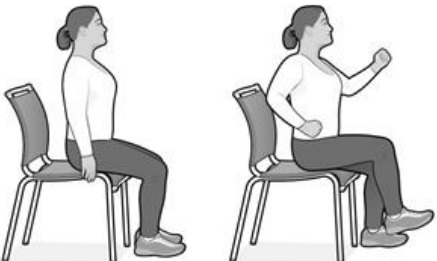
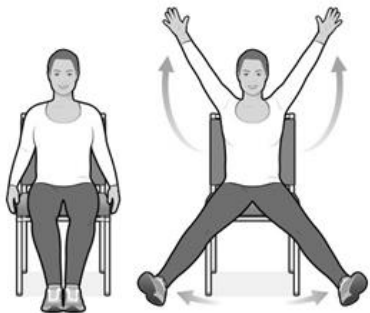



TRICEPS EXERCISES

Position: Sitting, clasp your hands or hold a light weight behind your head

Exercise: Straighten your elbows until your hands are above your head and back down again



<p>SIDE FLEXION/BENDING</p> <p>Position: Sitting – choose the hand & arm position that's most comfortable for you</p> <p>Exercise: Inhale leaning to the side as far as is comfortable without turning your body Exhale returning the upright position</p>	
<p>PECTORAL EXERCISES</p> <p>Position: Sitting, with your elbow & shoulders at 90° to the sides of your body</p> <p>Exercise: Inhale bringing your wrists & elbows towards each other Exhaling move them back out to the side</p>	
<p>MARCHING ON THE SPOT</p> <p>Position: Sitting on the edge of your stool</p> <p>Exercise: raising your knees 1 at a time to mimic marching on the spot</p>	
<p>SEATED STAR JUMPS</p> <p>Position: Sitting on the edge of your stool</p> <p>Exercise: Spread & extend your arms up & legs out away from your body & return in quick bursts</p>	
<p>TOUCHING YOUR TOES</p> <p>Position: Sitting on the edge of your stool</p> <p>Exercise: Exhale leaning forward with your arms aiming to touch your toes Inhaling return to the upright position</p>	
<p>QUADRICEP EXERCISES</p> <p>Position: Sitting on the edge of your stool</p> <p>Exercise: Lift your foot straightening your knee & pointing your toes towards your face. Hold for ____ counts Return & alternate with the other leg. Both legs can be exercised simultaneously</p>	