



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

- they need to be executed whilst standing next to a chair/table/counter for support
- synchronise your breathing with each activity, inhaling on initiation & exhaling when returning to the starting position

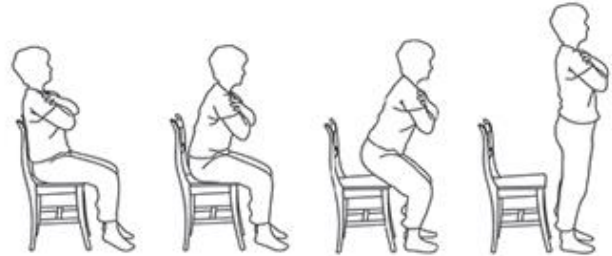
SIT TO STAND

Position: Sitting on the edge of your chair

Exercise: Lean forward over your knees, lifting your buttocks from the seat, straighten at the hips & knees

Return: Flex at the knees & hips return to sitting

Repeat



PARTIAL SQUATS

Position: Standing-Holding on to a chair / counter for support

Exercise: Bend the knees & hips, till you almost in a sitting position. Keeping your back straight
Straighten knees & hips into standing Repeat



TOE to HEEL RAISES

Position: Standing-Holding on to a chair / counter for support

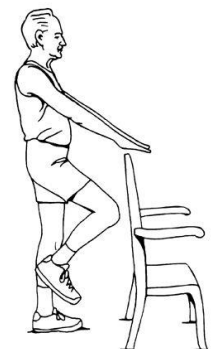
Exercise: Rock back onto your heels (toes off the floor), then roll forward on to flat foot, further forward on to your toes raising your heels off the floor
Repeat



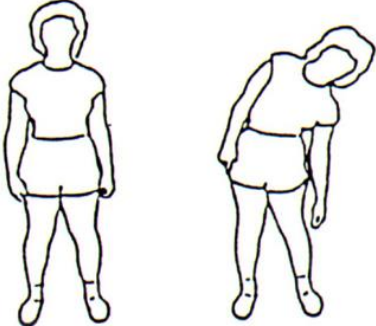



MARCHING ON THE SPOT

Position: Standing-Holding on to a chair / counter for support

Exercise: Raising 1 knee at a time to march on the spot



<p>HIP EXTENSION</p> <p>Position: Standing-Holding on to a chair / counter for support</p> <p>Exercise: Extend your leg backwards, then return forward. Repeat with the other leg & alternate</p>	
<p>HIP ABDUCTION</p> <p>Position: Standing-Holding on to a chair / counter for support</p> <p>Exercise: Extend your leg to the side then back. Repeat with the other leg & alternate</p>	
<p>SIDE FLEXION/BENDING</p> <p>Position: Standing</p> <p>Exercise: Reach down to your side with your arm as far as you can manage without twisting your trunk</p>	
<p>QUADRICEP STRETCH</p> <p>Position: Standing-Holding on to a chair / counter for support</p> <p>Exercise: Keep your hip straight, Bend your knee, try to reach your buttocks with your heel & hold Repeat on the other side</p>	
<p>LUNGES</p> <p>Position: Standing-Holding on to a chair / counter for support</p> <p>Exercise: Stretch your 1 leg back & lower the knee to the ground, return to standing Repeat with the other leg NB: knee of supporting leg should be at 90°</p>	