

Notes :

Always check with your physician before becoming much more physically active. Ensure you stand nearby a supportive object/surface for safety. These exercises can safely be done "most days". Start with low repetitions and hold times and gradually increase within your capability.

1 Shoulder circumduction

Duration: 30-60s



Stand up straight and look directly ahead of you. With your elbows straight, move your arms up, in, out, and down in order to form circles that are as large as possible.

2 Standing calf stretch on wall

Reps: 2/side Hold: 30-45s



Put the leg to be stretched behind with the heel on the floor and toes pointing directly forward. Place both hands on the wall and extend the rear knee while pushing the hips forward without bending the back knee until you feel a stretch in your back calf. Hold the stretching position.

3 Standing hip CAR



Reps: 5-10/side

Stand up and create tension in your body: Slightly bend your knees, "screw" your feet into the ground, brace your core, tighten your lats and chest, and make a fist.

When your body is under tension, start by lifting the knee up and then make a big circle with the leg-out to the side and behind you.

Make sure your torso and pelvis stay completely still. Repeat on the other direction

4 Standing knee Curl



Sets: 1-2 Reps: 10-15/side

Stand behind a sturdy chair, holding on for balance. Lift one leg straight back without bending your knee or pointing your toes. Breathe in slowly.

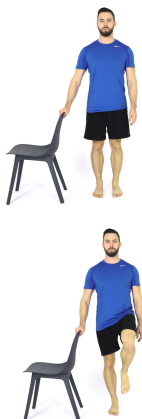
Breathe out as you slowly bring your heel up toward your buttocks as far as possible.

Bend only from your knee, and keep your hips still.

The leg you are standing on should be slightly bent.

Breathe in as you slowly lower your foot to the floor.

5 Single leg stance



Reps: 2-3 Hold: 10-30s/side

Lift one foot and balance yourself on the other leg. Hold onto a solid object to help maintain your balance.

6 Balance in tandem



Reps: 2-3 Hold: 10-30s/side

Stand in a split stance position with your feet on a straight line (toes of the back foot touching heel of the front foot). Hold the position and keep your balance.



Repeat with both legs in the front position. To progress, cross your arms over your chest. Do this exercise near a wall corner or a stable object/surface (counter top, chair).

7 Marching / Hip flexion



Reps: 10-15/side

Stand straight with a steady object in front of you. Put only the tips of your fingers on the object only to keep your balance.

Lift one knee toward your chest while keeping your balance.

Return to the starting position and repeat with the other side.



8 Partial squat



Sets: 2-3 Reps: 5-10

Stand up behind a steady chair with the fingers on the backrest to maintain your balance.

Your weight should be equally distributed between your two feet and they should be at hip's width.

Push your hips backward while you bend the knees and slightly bend the trunk forward to lower yourself toward the ground.

Keep the knees aligned with the center of your feet.

Hold the position for a few seconds then come back up.

Repeat.



9 Plank on table/counter



Reps: 2-3 Hold: 10-30s

Place your hands on an elevated surface such as a counter top or table and your feet back to maintain your body up in a straight line.

Contract your glutes and do not arch your lower back. Keep your body in a straight line from your head to your feet.

Hold the position.



10 Heel raise - Holding railing



Sets: 2-3 Reps: 5-10

Hold on to the railing and rise on your tip toes. Lower under control and repeat.



11 Clamshell

Sets: 1-2 Reps: 5-10/side

Lie on your side with both legs slightly bent. Lift your top leg (injured leg), keeping your pelvis stable, your leg slightly bent and your heels together.

Rotate your hip so that your foot and your kneecap are pointing upward during the movement.

Return to the initial position and repeat.



12 Wall push-ups



Sets: 1-2 Reps: 5-10

Stand about 12 to 18 inches away from a wall while facing it and place your hands on the wall at shoulder level. Keeping your shoulders down and back, gradually bend your elbows to bring your face and forearms to the wall.



13 Hip circles



Reps: 5-10 each way

With your feet hip width apart, begin to rotate the hips in a clockwise direction.

Switch rotation to counterclockwise direction.

The movement is similar to a Hula-Hoop motion.

