

Notes :

1 Shoulder roll



Sit or stand tall.
Elevate your shoulders as much as possible, then roll them backwards, and then down.
Repeat

2 Swimming Motions



Raise one arm overhead.
Pretend you are swimming.
As one arm comes down, your other arm goes up.

3 Trunk side bend



Sit on a chair and incline your trunk to the left and to the right, reaching down with your hand on each side.

4 Marching / Hip flexion



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.

5 Standing hip extension



Stand holding the back of a chair or a counter.
Lift your leg up behind you, while keeping your back straight and looking directly ahead of you.

6 Hip abduction



Stand up and hold lightly the backrest of a chair or a countertop/table. Raise one leg sideways in a controlled movement while keeping your back straight and your foot pointed forward. Hold for a few seconds at the top of the movement and lower slowly. Once you've done all the repetitions, repeat with the other leg.

7 Partial squat



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.

8 Calf raise



Hold onto the back of a steady chair. Lift your heels up so that you are standing on the front of your feet for a couple of seconds. Then lower back your feet flat on the floor. Repeat.

9 Wall push-up



Stand in front of a wall and put your hands at shoulder height on the wall. Keeping the back straight, flex and extend the elbows.

10 Balance on one foot



Stand on one foot and hold the position. Do this exercise on a wall corner or near a stable object for balance. Make sure to keep the trunk upright.