

EVERYDAY EXERCISES

- Use a straight back chair.
- Go at your own pace.
- Increase repetitions slowly.
- If a movement hurts, don't do it.
- Modify the movements to match your ability.
- Count your movements. This helps you breathe.

1. Neck Stretches

Turn head and look over one shoulder holding to the count of four. Slowly turn head to look over the other



shoulder. Hold for 4 counts. Next, tuck chin to chest and hold for 4 counts. Tip ear toward shoulder and hold 4 counts. Now circle the head down and through the middle to the other side and hold. Repeat the half circle again. Repeat the series 2-3 times.

2. Shoulder Shrug

Lift shoulders up toward the ears, and then press shoulders down. Repeat 6-8 times.



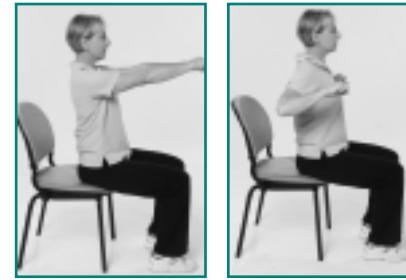
3. Shoulder Circles

Circle shoulders up, back, down and around slowly. Repeat 6-8 times. Circle shoulders up, shrug forward and circle to the front. Repeat 6-8 times.



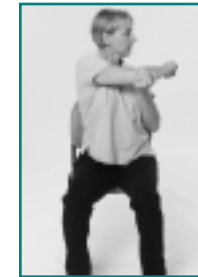
4. Row

Start with arms extended. Pull arms back stretching through the chest and squeezing the shoulder blades together. Elbows are up and back. Return to the starting position. Repeat 6-8 times.



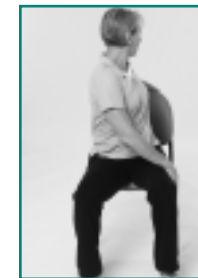
5. Shoulder Stretch

Bring one arm across your body. Using the other hand grasp your arm at the elbow and give yourself a gentle stretch through the shoulder. Hold 20-30 seconds and repeat on the other side.



6. Torso Twist

Sitting on the edge of the chair, turn and look to one side. Grasp the back of the chair or the side of your leg to hold the position. Hold the position for 20-30 seconds and repeat to the other side.



7. Side Bend

Sit tall and extend one arm overhead. Gently lean to the opposite side. Hold and repeat on the other side.



8. Arm Circles

Bring one arm forward and slowly circle the arm up, behind, down and around.



Move each arm 6-8 times each stretching through your range of motion.

9. Arm Raise Front

Sit tall. Take a deep breath as you straighten the arms and bring them overhead as high as you can. Hold and lower your arms as you exhale. Repeat 2-4 times inhaling and exhaling deeply.



10. Arm Raise Side

Take a deep breath as you straighten both arms and bring them up from the side position with thumbs up. Hold and lower your arms as you exhale.



11. Open and Close Hand Stretch

Holding your hands waist high, make a fist by squeezing slightly. Open hands and stretch fingers wide. Repeat 6-8 times.



12. Wrist stretch

With elbows bent and tucked at the waist, bend wrist up and hold for 10 sec. Bend wrist down and hold for 10 sec. Repeat 6-8 times.



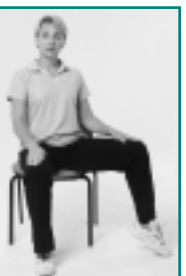
13. March in Place

Sit tall. Lift one knee and then the other in a marching fashion. Repeat 10 - 15 times.



14. Steppin' out

Lift one knee up and move it to one side, touching the toe and returning it back again. Alternate sides 8-10 times.



15. Leg Lifts

Sit tall. Lift one knee up, extend the lower leg, return to bent knee and lower leg to floor. Do 6-8 repetitions with one leg or alternate one leg then the other.



16. Point and Flex

Extend one leg and point then flex the foot. Repeat 8-10 times on each foot.



17. Foot Circles

Extend one leg and circle the foot in one direction, then the other. Circle 6-8 times each.



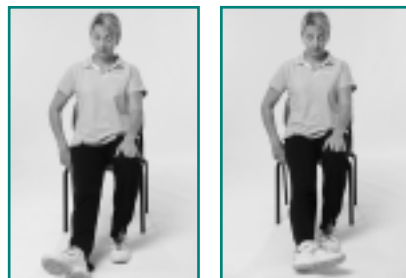
18. Toe and Heel Lifts

Lift both toes off the ground, and then lift the heels up off the ground. Repeat 10 times.



19. Hip Stretch

Straighten one leg out in front. Allow the foot to rotate to the outside and then rotate the foot to the inside so the entire leg is moving from the hip. Repeat 3-4 times.



20. Hamstring Stretch

Sitting on the end of a chair, extend one leg straight out and bend the other at the knee. Bend forward from the hip, resting one elbow on the bent knee leg. Reach toward the toe with the other arm. Feel the stretch on the straightened leg. Hold the position for 20-30 seconds then repeat on the other leg.



21. Quad Stretch

Turn to one side in the chair. Hold onto the chair so you can extend the knee towards the floor until you feel the stretch in the quadriceps muscle. Hold 20-30 seconds and repeat with the other leg.



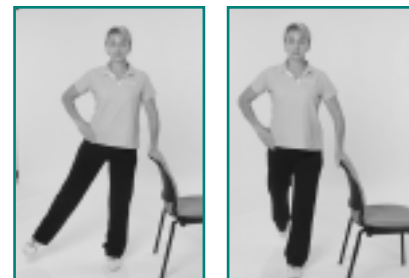
22. Seated Abdominal Work

Sitting on the end of your chair, place both hands on the knees and tuck the chin to the chest. Slowly roll back using your abdominal muscles to control how far you go back and then return to the starting position. Start with 2-3 repetitions and increase up to 8-10. Challenge yourself. Remember you have the back of the chair for safety.



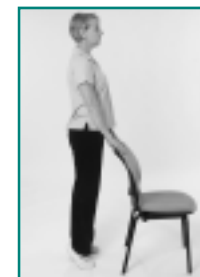
23. Leg Lifts

Using the chair for balance; balance on the inside leg and lift the outside leg to the side 8-10 times. Now slowly lift the leg to the back 8-10 times. Remember to stand tall, with shoulders back and abdominal muscles tight to support your back.



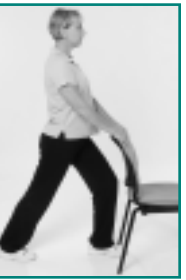
24. Calf Raises

Using a chair or countertop for balance slowly rise up on your toes as high as comfortable, then lower to the floor. Repeat 6-8 times.



25. Calf Stretch

Using a chair or countertop for balance, step forward with one foot while stepping back with the other foot. Bend the front leg and keep the back heel flat to the floor. Lean forward to feel the stretch in the calf muscle. Hold for 20-30 seconds. Repeat with the other leg forward.



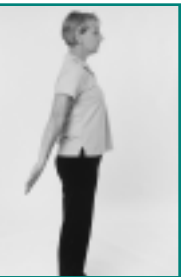
26. Balance

Using a chair or countertop for support, lift one foot up off the floor. Practice balancing on one foot then the other. Try to hold for 10 counts. Increase the hold as you improve.



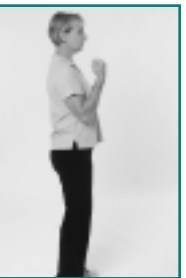
27. Tricep Press

Standing tall with hands at your side and palms up, press both arms up and back from the shoulder, then return to the starting position. Repeat 8-10 times.



28. Bicep Curl

Standing tall with hands at the side, palms up, bend arms at the elbow keeping the elbows tight to the waist. Extend the arms back down to the side. Repeat 8-10 times.



For more information, contact Gundersen Community & Preventive Care Services at (608) 775-4717 or go to gundersenhealth.org/wellness.

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