

## Exercises from a sitting position

Do not overdo it. Start slowly and build the number of repetition gradually. Use a firm chair.

### Neck stretches

Side bends: tilt head sideways as if to touch ear to shoulder.

Right: hold 10 seconds, 10 reps  
Left: hold 10 seconds, 10 reps



Chin to chest: bend chin forward to chest.

Hold 10 seconds, 10 reps



### Arm raises

Raise arm up, pause at the top for 2 seconds, and bring down.

Right arm: 10 reps  
Left arm: 10 reps  
Both arms: 10 reps



### Back stretching and strengthening

With legs apart, place hands on each side of knee. Slide hands from knee to ankle and return to upright sitting position.

Right knee: 10 rep  
Left knee: 10 reps



### Seated marching

Alternate lifting knees to chest as if marching.

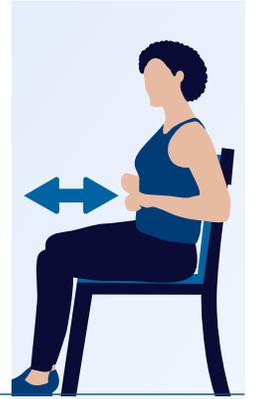
Right leg: 10-15 reps  
Left leg: 10-15 reps



### Rowing

Make sure to sit as straight as possible. Place arm straight out in front and then pull arm back with elbow next to your side.

Right arm: 10 reps  
Left arm: 10 reps  
Both arms: 10 reps



### Ankle range of motion

Point toes up as far as possible and then down as far as possible. Rotate both feet.

Clockwise: 20 reps  
Counterclockwise: 20 reps



### Knee extension

Straighten knee, pause and then lower foot back to floor.

Right leg: 10-15 reps  
Left leg: 10-15 reps



### Small kicks

Straighten and bend knee as in a kicking motion.

Right leg: 10-15 reps  
Left leg: 10-15 reps



This educational pamphlet was developed by Lifeline in collaboration with registered physical therapist Maryellen Madden.