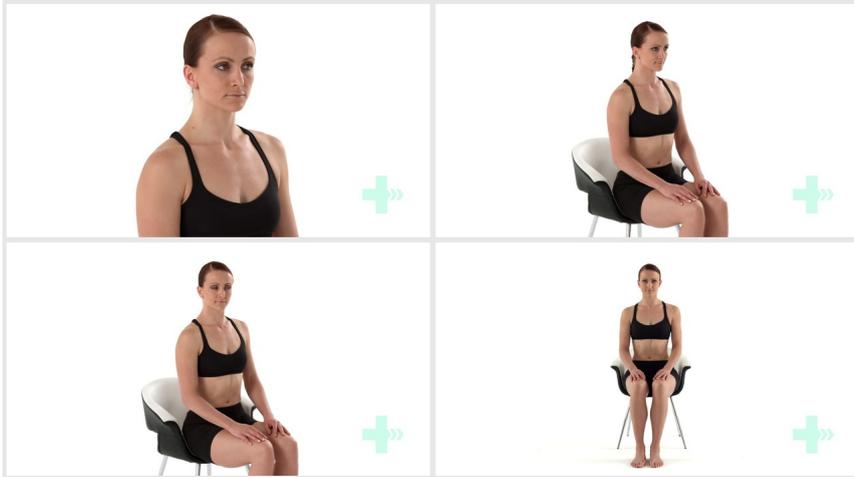


EiWell

1. AROM cervical rotation

1 Set / 1 Rep



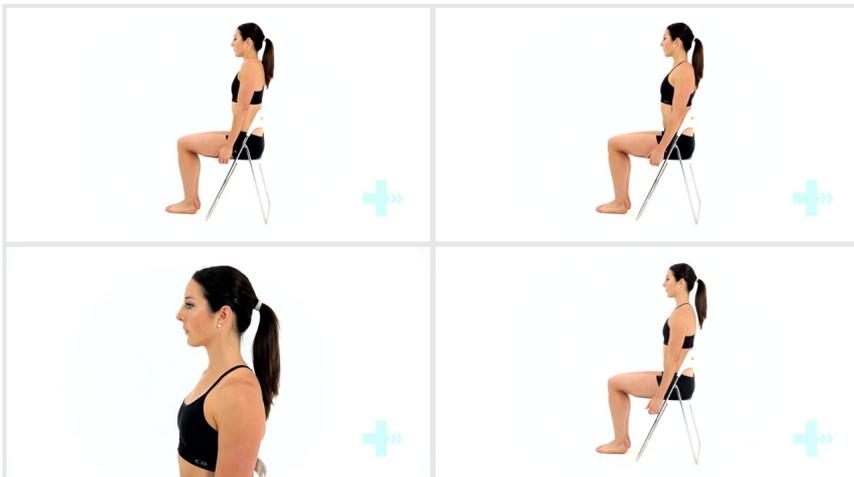
Sit upright in a chair looking straight ahead.

Look over one shoulder as far as you can, moving only your head, not your body.

Return back to the starting position and then relax and repeat.

2. Shoulder circles

2 Sets / 10 Reps

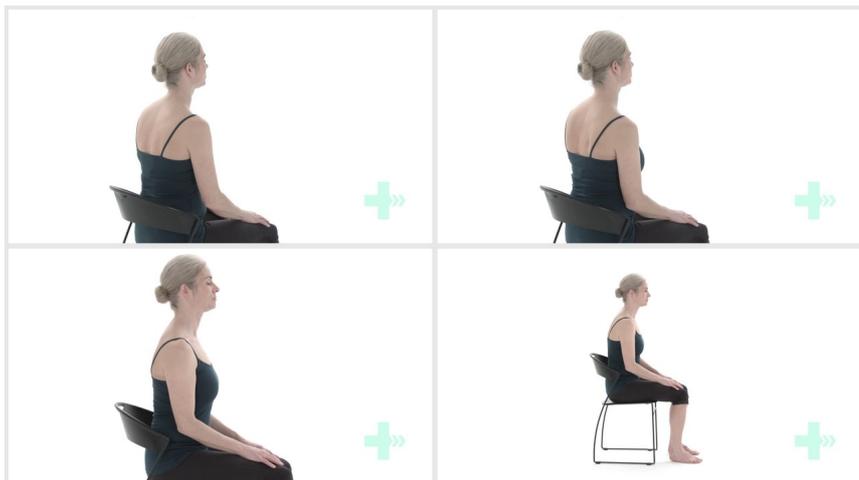


Roll your shoulders in a circle, pulling them forwards, up, back and down.

Imagine you are moving them around a clock face.

3. Scapula retraction sitting unsupported

1 Set / 10 Reps / 5 s hold



Sit up straight on a chair.

Do not lean onto the back of the chair.

Place both hands onto your lap.

Use a small movement to bring your shoulder blades back and down.

Hold this position before relaxing your shoulders again.

Do not move your back during this exercise.

4. Sit to stand from chair

1 Set / 10 Reps



Start in a seated position.

Bring your bottom to the edge of the chair with your feet back underneath you.

Try to do this exercise without using your hands.

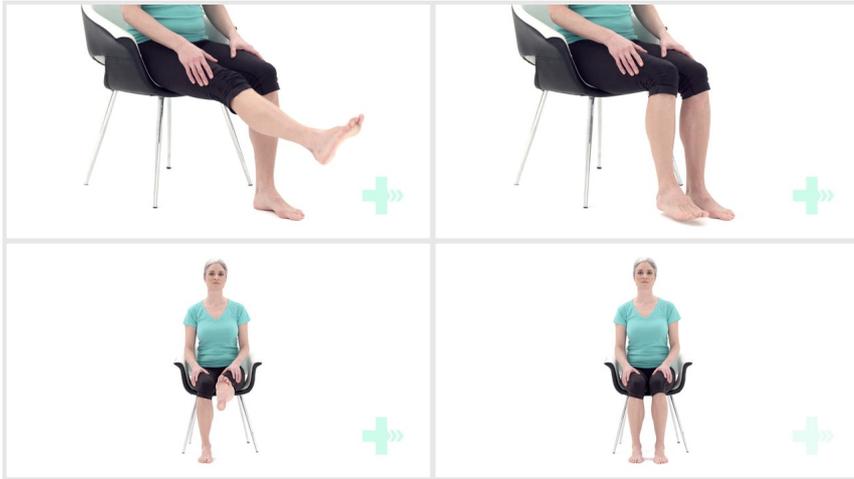
Stand up until you are completely upright and then gradually sit back down.

Control this movement and then repeat.

If you do need to use your hands, try to limit their use as much as you comfortably can.

5. Knee extension in sitting

1 Set / 10 Reps / 3 s hold



Sit on a chair.

Stretch one leg out and keep it in that position for the required duration.

Return your leg to the starting position and then repeat with your other leg.

6. Ankle circles seated

1 Set / 6 Reps / 10 sec duration



The ankle circles help with flexibility of your ankles, this is important for walking and balance.

Sit upright with your back supported before straightening your leg to do the ankle circles.

Lift your leg up and begin making large slow circles with your foot in one direction for the required number of repetitions.

Switch legs and make circles with the other ankle in the same direction.

Switch legs again and reverse the direction of the movement, perform the required number of repetitions firstly with one ankle and then repeat with the other.

Try to stretch your ankle as much as you can as you feel the stretch in your ankle, foot, and in your lower leg.