

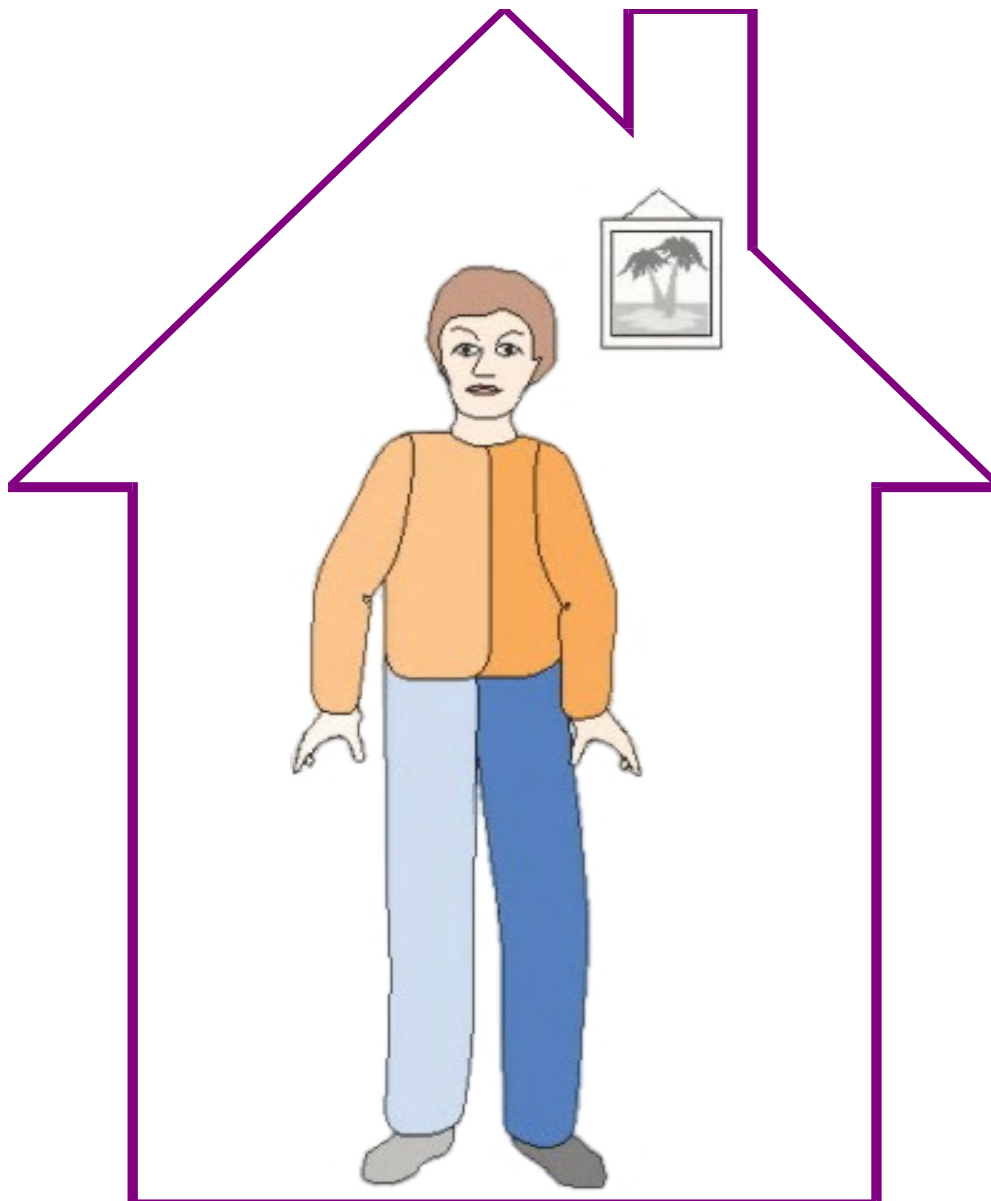
# WARM UP EXERCISES

To Improve Movement and Prepare for the Exercises

There are 6 exercises in total

- Marching
- Shoulder Rolls
- Side Bends
- Trunk Twists
- Ankle Mobility
- Side Stepping

You may not have all 6 exercises in your programme



## Marching

### To Improve Circulation

- In seated or standing with upright posture
- Begin marching your legs
- Continue marching for 10 seconds progressing to 30 seconds when you feel able
- Add an arm swing with one or both arms
- Breathe normally throughout
- Try to lift knees evenly with control

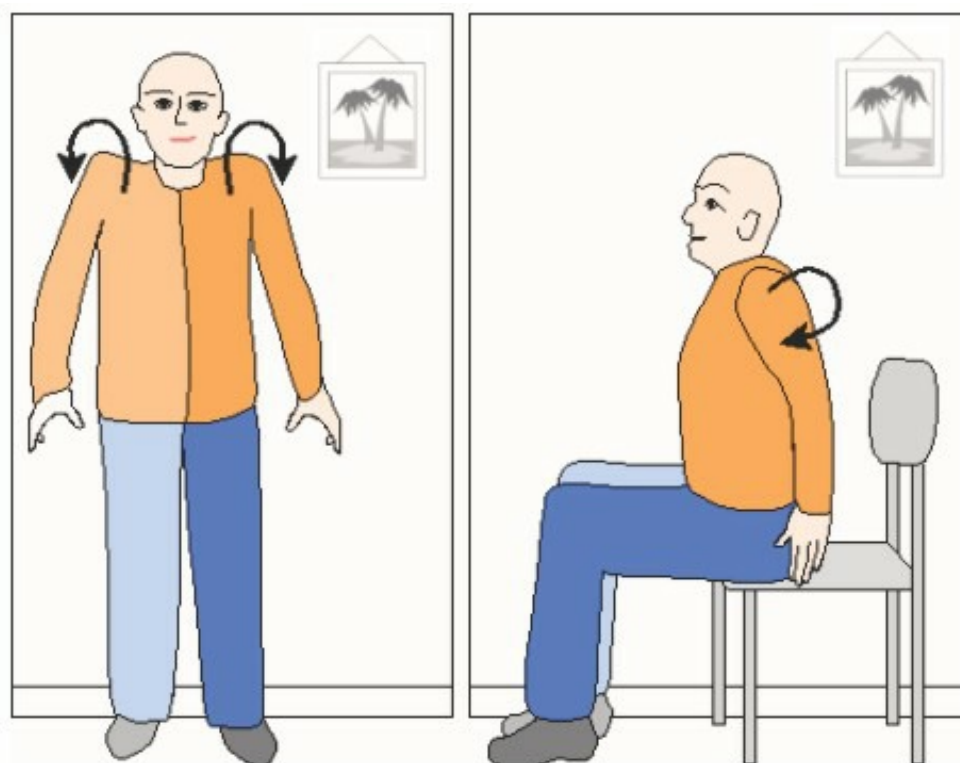


Specific Notes For \_\_\_\_\_ Written by \_\_\_\_\_

## Shoulder Rolls

### To Improve Arm Movements and Posture

- In seated or standing with upright posture
- Lift the shoulders
- Open your chest (Stick it out!)
- Think about moving both shoulders at the same time
- Squeeze your shoulder blades together
- Repeat 4 times with control/slowly
- Breath normally

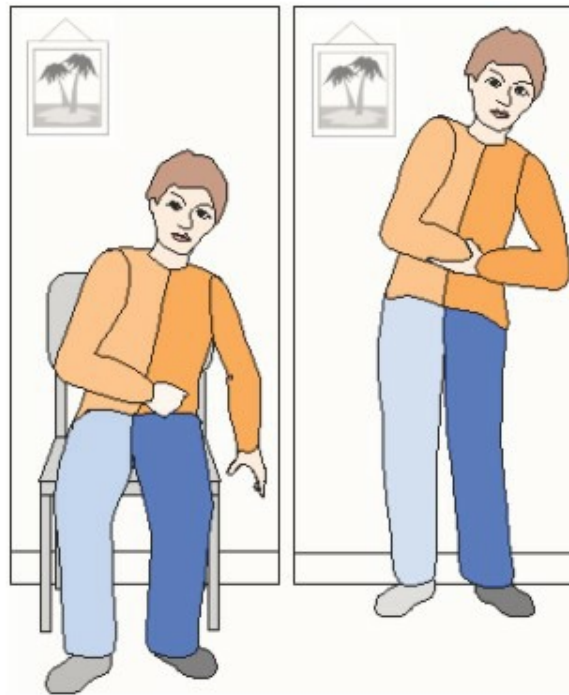


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## Side Bends Left & Right

### To Improve Movement and Balance

- In seated or standing with upright posture
- Stand with your feet shoulder width apart
- Weight even through both feet, heels down
- Knees bent slightly
- Bend to the side with control, stand upright, pause, and bend to the other side
- Repeat 4 times on each side alternating left and right, 8 in total
- Hips and legs remain still
- Use light support of a chair for confidence if needed
- If performed in seated, keep your buttocks in contact with the chair as you bend

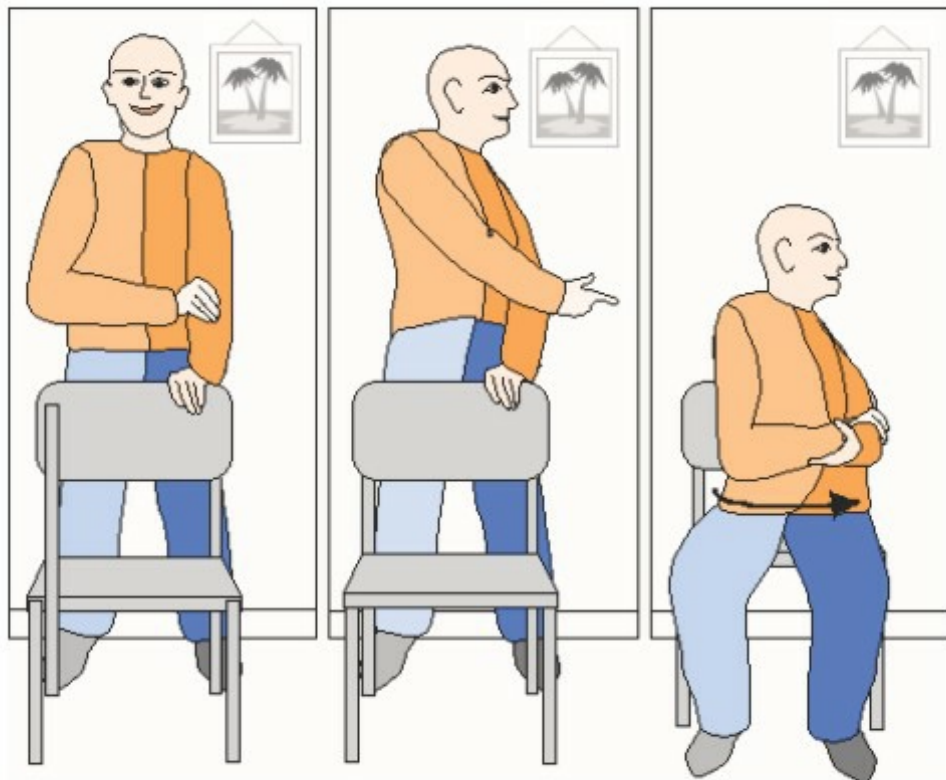


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## Trunk Twists Left & Right

### To Improve Upper Body Movement

- In seated or standing
- Use light support of a chair for confidence if needed
- Twist the upper body to the side
- Only turn the upper body (not the hips)
- Return to the start position and repeat to the other side
- Repeat 4 times on each side alternating left and right, 8 in total

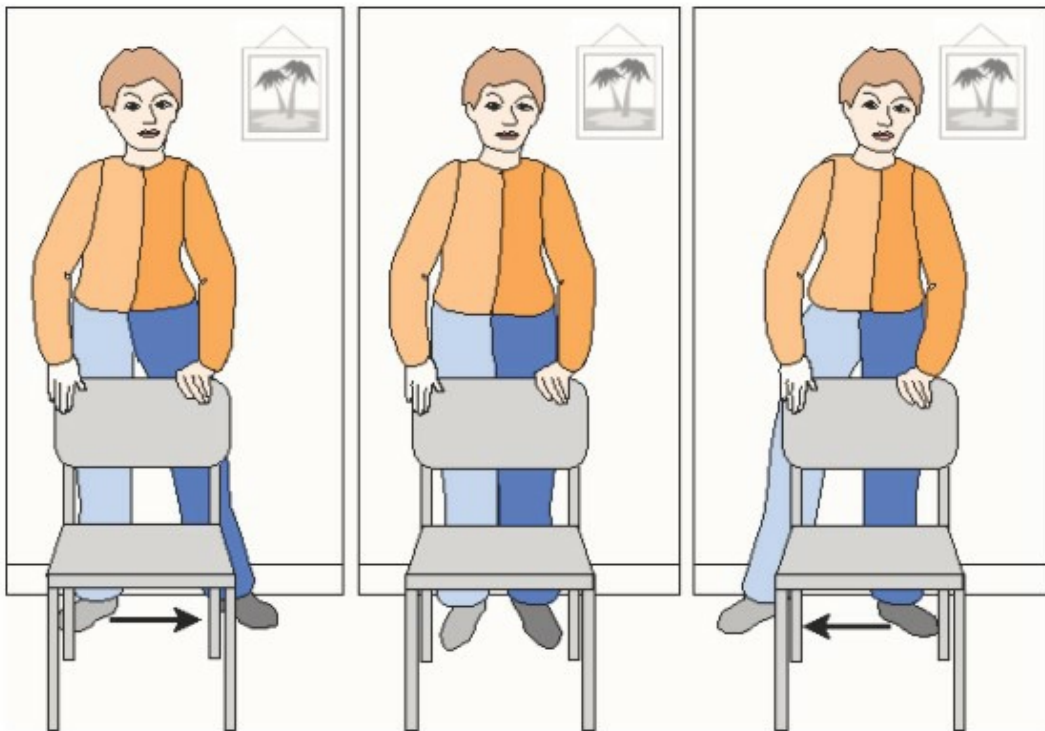


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## Side Stepping

### To Improve Balance and Walking

- In seated or standing with upright posture
- Take a sideways step (both feet move to the side as if stepping over an object)
- Pause to get your balance, and step sideways to start position
- Take a sideways step in the other direction
- Repeat 4 times alternating left and right
- Think about lifting the knee higher and stepping with control

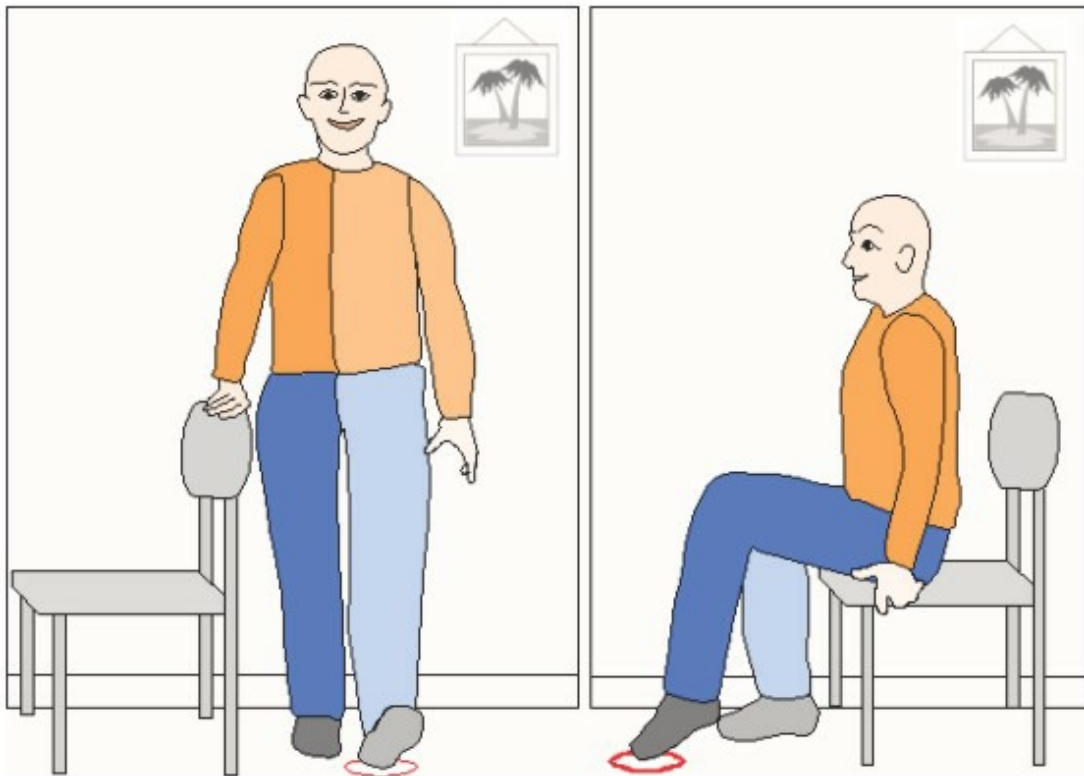


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# Ankle Mobility

## To Improve Walking and Balance

- In seated or standing with upright posture
- Place the heel of one foot on the floor, lift the knee and point the toe to the same spot
- Repeat 4 times on each leg
- Look at your foot moving, try to increase movement in your ankle



Specific Notes For \_\_\_\_\_ Written by \_\_\_\_\_