



## TOES RAISES

Start with your feet on the ground.

Next, raise up both forefeet and toes as shown as you bend at your ankle. Keep your heels on the ground the entire time. Video # VV9MYLXDN

Repeat 10 Times

Complete 1 Set

Hold 1 Second

Perform 1 Times a Day



## HEEL RAISES

Start with your feet on the ground.

Next, raise up your heels as you press your toes down. Keep your toes on the ground the entire time. Video # VV2NR3769

Repeat 10 Times

Complete 1 Set

Hold 1 Second

Perform 1 Times a Day



While seated with your knee in a bent position, slowly straighten your knee as you raise your foot upwards as shown.

Video # VVPMTJJBW

Repeat 10 Times

Complete 1 Set

Hold 5 Seconds

Perform 1 Times a Day



### SEATED MARCHING

While seated in a chair, lift up your foot and knee, set it down and then perform on the other leg. Repeat this alternating movement.  
Video # VV3HRQ5UJ

Repeat 10 Times  
Complete 1 Set

Hold 5 Seconds  
Perform 1 Times a Day



While sitting in a chair, raise your arms up over head. Hands can be joined together, or done with hands apart.

Video # VV3K8K7N6

Repeat 8 Times  
Complete 1 Set

Hold 1 Second  
Perform 1 Times a Day



### SCAPULAR RETRACTIONS

Sitting tall, squeeze your shoulder blades back and down (opening chest)

Repeat 8 Times  
Complete 1 Set

Hold 5 Seconds  
Perform 1 Times a Day



### SIT TO STAND

While seated in a chair, using arms for assistance, come up into standing. Sit back down slowly.

Have locked walker placed in front of you while doing this exercise. Video # VVECHGKRD

Repeat 5 Times

Complete 1 Set

Perform 1 Times a Day



### DEEP BREATHING

Take a deep breath in through your nose and then slowly let it out through your lips.

Repeat 5 Times

Complete 1 Set

Hold 1 Second

Perform 1 Times a Day