

Total Body Flexibility and Strengthening Exercises



THE OHIO STATE UNIVERSITY
WEXNER MEDICAL CENTER

These exercises should help keep all of your major joints flexible and strong. Do these exercises slowly and smoothly. Do not hold your breath during the exercise, as it may cause your blood pressure to rise. It is your responsibility to follow your exercise program. It may help to schedule a certain time everyday to do your exercises.

Do only the exercises checked by your therapist.

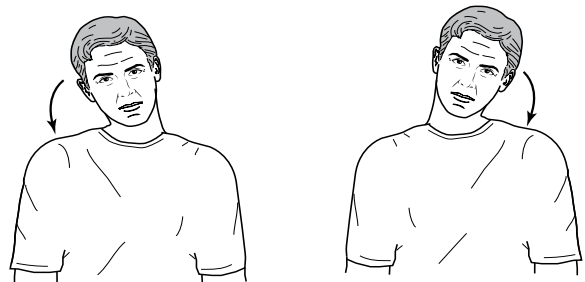
Repeat each exercises _____ times, _____ times a day.

Exercises

Head and Neck

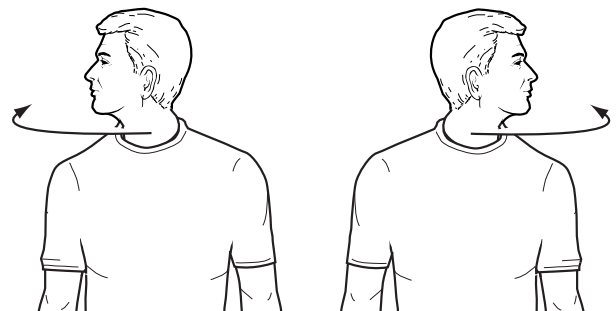
Exercise 1

- Tilt your head to the right as if you are trying to touch your right ear to your right shoulder.
- Return your head to the normal position.
- Repeat this exercise to the left.



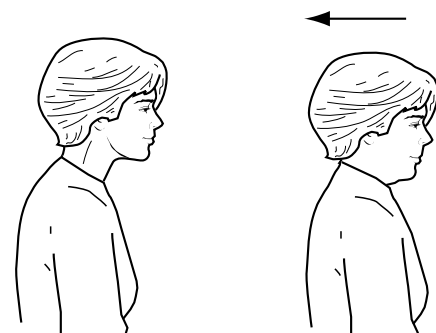
Exercises 2

- Turn your head slowly and look over your left shoulder.
- Then turn to look over your right shoulder.



Exercise 3

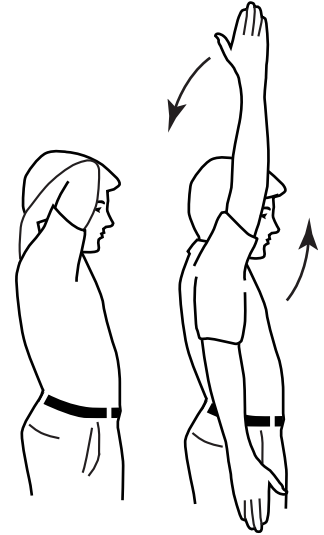
- Look down and tuck your chin in.
- Bring your head back up so you are looking straight ahead.



Arm Exercises

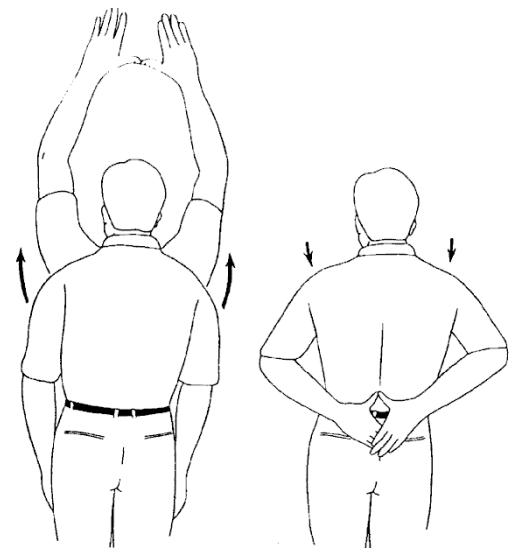
❑ Exercise 4

- Stand with your feet slightly apart and your arms at your sides.
- Bring your arms straight in front of you and above your head.
- With your arms above your head, bend your elbows and touch the back of your shoulders. Straighten your elbows.
- Bring your arms back down to your sides.



❑ Exercise 5

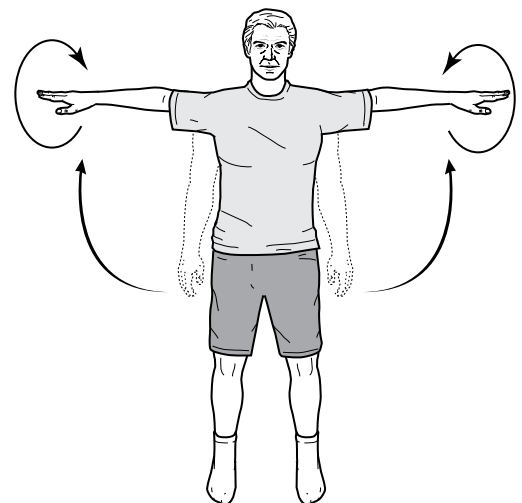
- Stand with your feet slightly apart and your arms at your sides.
- Turn your hands so your thumbs are pointing away from your body.
- Move your arms out from your side and up over your head.
- Touch your thumbs together. Breathe in as you do this.
- Bring your arms down (thumbs down) behind your back. Breathe out as you bring your arms down.



Trunk Exercises

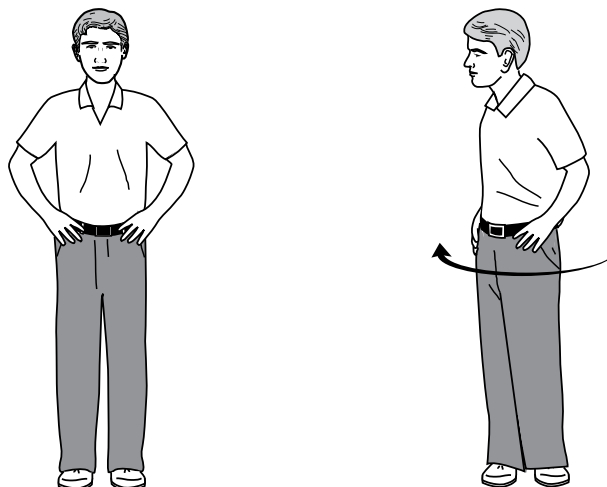
❑ Exercise 6

- Stand with your feet slightly apart.
- Raise your arms out to the side at shoulder level.
- Make arm circles forward and then backward.



❑ Exercise 7

- Stand with your hands on your hips and feet slightly apart.
- Turn your upper body and head toward the right and then turn back to the starting position.
- Turn toward the left and then back to the starting position.



❑ Exercise 8

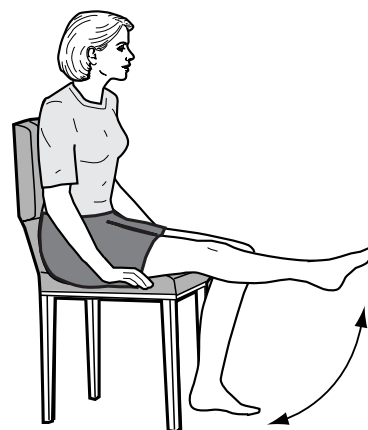
- Stand with your hands on your hips and your feet slightly apart.
- Bend to the right as you breathe out and reach your hand to your knee.
- Return upright as you breathe in.
- Bend to the left as you breathe out and reach your hand to your knee.
- Return upright as you breathe in.



Leg / Knee / Feet Exercises

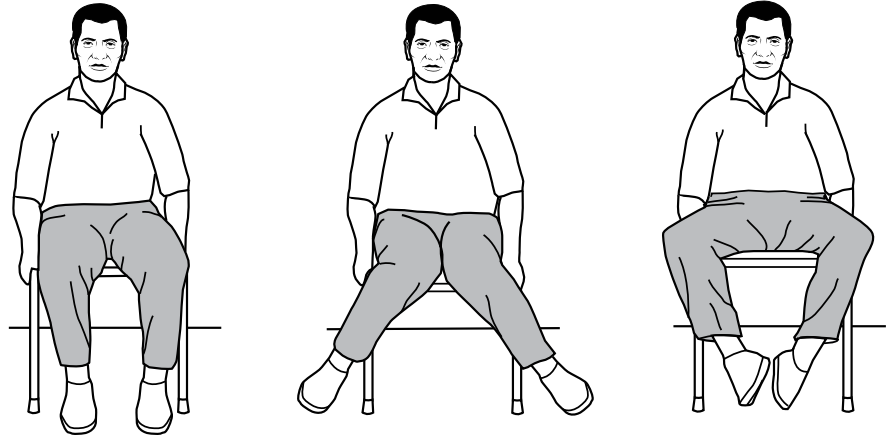
❑ Exercise 9

- Sit in a chair. Straighten your knee, lifting your foot up. Breathe in as you do this.
- Breathe out as you return your foot to the floor.



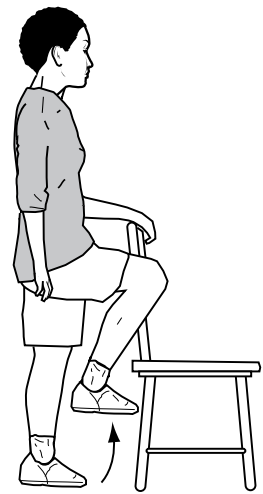
❑ Exercises 10

- Sit in a chair.
- Roll your knees in while lifting your foot out to the side. Breathe in as you do this.
- Bring your feet together while rolling your knees out to the side. Breathe out as you do this.



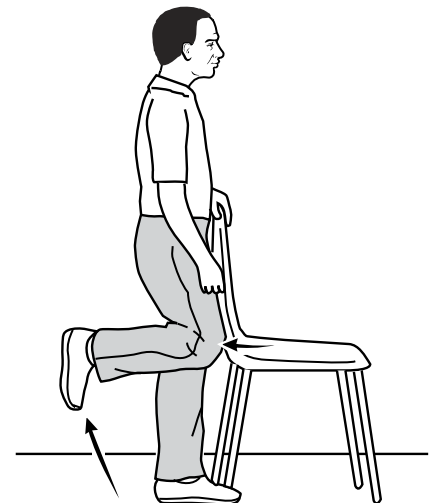
❑ Exercise 11

- Stand with your feet slightly apart. Lift your knee up to waist level as you breathe out.
- Return your foot to the floor as you breathe in.
- Repeat this exercise with the other leg.



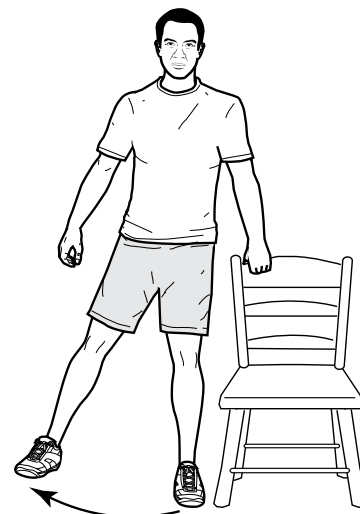
❑ Exercise 12

- Stand with your feet slightly apart. You may want to hold onto a chair for balance.
- Keep your knees together while lifting one foot back towards your buttocks.
- Push your knee back, but stand up tall.
- Straighten your leg.
- Repeat with the other leg.



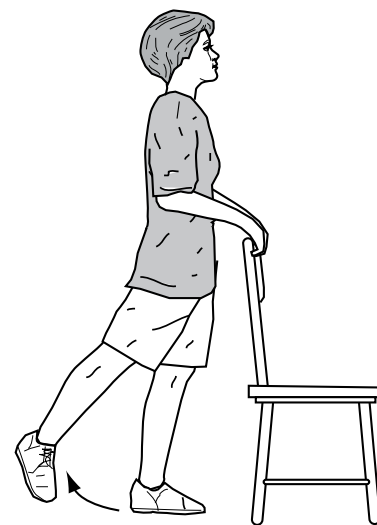
❑ Exercise 13

- Stand next to a chair holding onto it for balance.
- Move your leg out to the side as you breathe out.
- Return to the starting position as you breathe in.
- Do the required number of exercises with this leg.
- Turn and face the other way and repeat with the other leg.



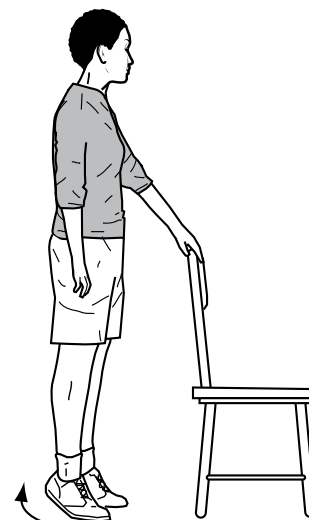
❑ Exercise 14

- Stand facing a chair and hold onto the chair back for balance.
- Bring one leg straight back from your hip. Breathe out as you do this. Do not bend forward at the waist as you do this.
- Return to the starting position as you breathe in.
- Repeat with the other leg.



❑ Exercise 15

- Hold on to a chair back and place your feet so they are slightly apart.
- Rise up on your toes while you breathe in.
- Return to your heels as you breathe out.



Exercise 16

- Hold on to a chair for balance with your feet slightly apart.
- Lift the front of your foot up or roll back on your heels while you breathe in.
- Let your toes go down as you breathe out.



Talk to your doctor or health care team if you have any questions about your care.

For more health information, contact the Library for Health Information at **614-293-3707** or e-mail **health-info@osu.edu**.