Flexibility and Strengthening Exercises

Exercising can help you stay flexible and strong. Do each exercise slowly. It is important to keep breathing during each exercise.

Your physical therapist will put a check (√) by the exercises you should do. It is important to do each exercise as directed by your physical therapist. It may help to do each exercise at the same time each day.

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 starting position.
  • Repeat this exercise on your left side.

☐ Exercises 2
  • Slowly turn your head to look over your left shoulder.
  • Slowly turn your head to look over your right shoulder.
Exercise 3
- Pull your chin back like you are trying to make a double chin.
- Hold for 5 seconds.
- Relax and return to starting position.

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.
- Breathe in and slowly touch your thumbs together. Breathe in as you do this.
- Breathe out and slowly bring your arms down (thumbs down) behind your back.

Flexibility and Strengthening Exercises
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.
- Slowly turn your upper body and head toward your right.
- Slowly turn your upper body and head back to starting position.
- Repeat on your left side.

☐ **Exercise 8**
- Stand with your hands on your hips and your feet slightly apart.
- Breathe out and slowly bend to the right. Reach your hand to your knee.
- Breathe in and slowly return to starting position.
- Breathe out and slowly bend to the left. Reach your hand to your knee.
- Breathe in and slowly return to starting position.
Leg / Knee / Feet Exercises

☐ Exercise 9
• Sit in a chair with your knees bent and feet flat on the floor.
• Breathe in and slowly kick out your leg, so your toes point up toward the ceiling.
• Breathe out and slowly return your foot to starting position.
• Repeat with your other foot.

☐ Exercises 10
• Sit in a chair with both of your knees bent and feet flat on the floor.
• Breathe in and slowly roll your knees in while you lift your feet out to the side.
• Breathe out and slowly roll your knees out while you bring your feet back together.

☐ Exercise 11
• Stand with your feet slightly apart. Breathe out and slowly lift your knee up to the level of your waist.
• Breathe in and slowly return your foot to the floor.
• Repeat with your other leg.
☐ **Exercise 12**
- Stand with your feet slightly apart. It may help to hold on to a chair for balance.
- Keep your knees together and lift your foot back towards your bottom.
- Push your knee back, but stand up tall.
- Slowly straighten your leg back to starting position.
- Repeat with your other leg.

☐ **Exercise 13**
- Stand with your feet slightly apart. Hold on to a chair for balance.
- Breathe out and slowly move your leg out to the side.
- Breathe in and slowly return your leg to starting position.
- Repeat with your other leg.

☐ **Exercise 14**
- Stand with your feet slightly apart. Face a chair and hold on to the back for balance.
- Breathe out and slowly kick your leg straight back. Do not bend forward.
- Breathe in and slowly return your leg to starting position.
- Repeat with your other leg.
☐ **Exercise 15**
- Stand with your feet slightly apart. Face a chair and hold on to the back for balance.
- Breathe in and slowly rise up on your toes.
- Breathe out and slowly return to starting position.

☐ **Exercise 16**
- Stand with your feet slightly apart. Face a chair and hold on to the back for balance.
- Breathe in and slowly lift the front of your feet up as if you are rolling back on your heels.
- Breathe out and slowly return to starting position.