Conditioning Exercises: Sitting

All of these exercises are done sitting at the edge of the bed or in a chair. Bend your knees and keep your feet flat on the floor.
Do only the exercises checked by your therapist.
Repeat each exercises _____ times, _____ times a day.

Exercises

- **Flexion / Extension**
  - Straighten your right leg as you breathe out.
  - Return your leg to the starting position as you breathe in.
  - Repeat with your left leg.

- **Shoulder Flexion**
  - Start with your arms at your sides.
  - Lift your right arm straight up and over your head as you breathe in.
  - Lower your right arm to your side as you breathe out.
  - Repeat with your left arm.
Trunk Rotations
- Put your hands on your hips.
- As you breathe out turn your upper body and head toward the right.
- As you breathe in, turn back to the starting position.
- Then as you breathe out, turn toward the left.
- Return to the starting position as you breathe in.
- Repeat in each direction.

Shoulder Abduction
- Start with your arms at your sides.
- Lift your right arm out to your side and up over your head as you breathe in.
- Lower your right arm to your side as you breathe out.
- Repeat with left arm.

Hip / Knee Flexion
- Raise your right knee up towards your chest as you breathe out.
- Lower your leg to the starting position as you breathe in.
- Repeat with your left leg.
Shoulder Circles

- Put your hands on your shoulders.
- Make ten circles forward and ten circles backward with your elbows.

Shoulder Press

- Rest your right hand on your right shoulder with elbow bent.
- Bring your arm to shoulder level out to the side.
- Slowly raise your right arm over your head, straightening your elbow while you breathe in.
- Lower your right arm and rest your hand on your shoulder as you breathe out.
- Repeat with left arm.