

1. Scapula retractions

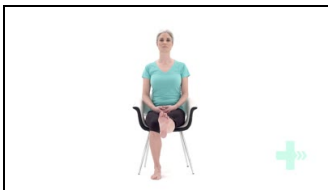
Start in a seated position and place your hands on your hips. Let your shoulders fall forward by rounding the upper back, then squeeze your shoulder blades together, drawing them back and down as your elbows come back. Keep your shoulders pressed down and away from the ears at all times.



2. Seated rowing

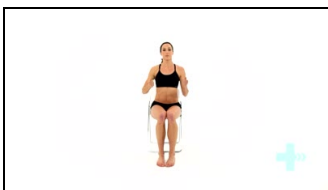
Sit upright, your chest up. Bring your arms extended out in front of you. Pull your elbows back behind you as you squeeze your shoulder blades together. Keep your chest up while doing this exercise.

- Hold band with tension and perform movement over a slow count. Can be performed sitting or standing.



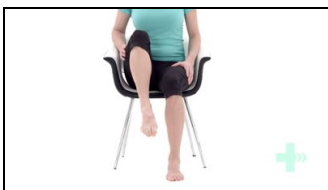
3. Seated knee extension

Sit upright, your shoulders back and down. Extend one leg out in front of you. Flex the knee back to the neutral position and switch legs. Extend the leg out and then flex.



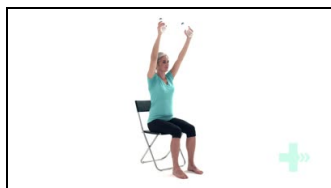
4. Boxing

Sit upright and extend one arm out in front of you at chest height. Return and repeat on each side. Keep your breathing even, maintaining exertion level between 2/10 - 4/10.



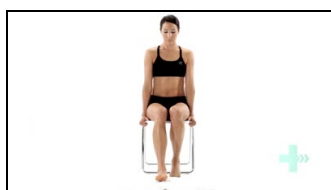
5. Seated Marching

Sit on a chair. Raise one leg at a time, making sure you keep your knee bent. Lift one leg up toward the chest to a height you can manage. Ensure your pelvis, or low back does not tilt back as you lift your leg up (decrease movement if this happens). Breathe evenly throughout exercise. Keep exertion level between 2/10 and 4/10.



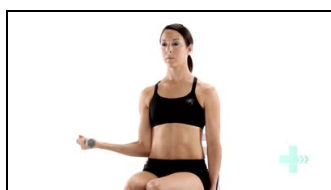
6. Shoulder press with weights seated

The shoulder press exercise strengthens the shoulder muscles and back muscles, which are important for all daily activities. Sit upright in a chair, with your chest out and shoulders pressed back. Bend your elbows, bring your hands up to your shoulders and then push them up above your head. You can do this one arm at a time and be careful not to arch your back. You can increase the demand by using hand weights (or canned goods, or water bottles).



7. Foot Slide / Leg Curl

Start in a seated position. Extend the foot out in front of you. Put pressure on the forefoot and slowly drag the foot back to the base of the chair, keeping even resistance. To reduce friction on the floor, use a laminated or glossy paper under foot (or a nylon sock).



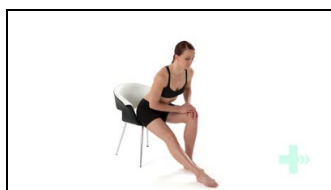
8. Seated elbow curl

Start in a seated position. Move one arm from beside the thigh, while rotating hand, starting with the thumb pointing up and finishing with the palm facing the shoulder. Keep your elbow to your side. To increase resistance, add a canned good, water bottle or small hand weight. Control the movement as you lower the arm back down, and repeat.



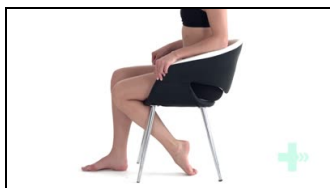
9. Foot Tap

Lift (or slide) one leg out in front and back in toward base of chair. Alternate (if possible) between each side. Breathe evenly throughout the movement, maintaining exertion level between 2/10 and 4/10.



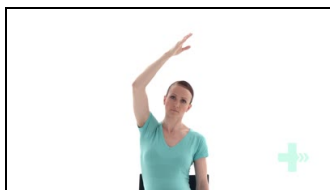
10. Hamstring stretch in sit

Sit in a chair. Place one leg out in front of you, straightening knee (foot on the floor). Keeping your back straight, lean forwards from your hips until you feel a stretch down the back of the thigh. Hold and then relax.



11. Active knee flexion stretch

Sit in a chair and bend your affected knee back as far as possible. Hold this position, then increase the stretch by moving yourself further forwards on the chair.



12. Side flexion stretch

Sit upright on a firm chair. Place one hand securely on the side of the chair and lift the other arm up into the air. To increase balance, cross supporting hand to the other side of the chair. Lean your body away from the side of the elevated arm, allowing your ribs to gently flare out to one side and hold. Release and lower your arm back down and repeat on the other side. Note: lifting the arm assists the stretch but is not vital.

- Cross arm to the other side of the chair. Turn the trunk and raise the other arm up and on a slight diagonal line



13. Pelvic tilting in sitting

Sit upright on a chair or firm surface with your feet hip width apart. Keep your upper body and shoulders still throughout this exercise. Arch your lower back to tilt your hips and pelvis forward so that you sit through your seat bones. Hold this position. Now flex through your lower back so that your pelvis tilts backwards and you are in a slumped position. Aim to move from one position to the other with a smooth slow transition.



14. Chin tucks

Start in a seated position, sitting "tall" with your shoulders pulled back and down. Look straight forward. Tuck your chin in, as to resemble a slight double chin, hold this position. Do not allow your head to move downwards.



15. Two-part neck stretch

Start in a seated position. Move your ear towards your shoulder and hold (no need to use your hand to assist the stretch). Return to a neutral position. Then angle the head looking down towards the knee and gently move the head to look down, past the knee to the floor with a comfortable tension (no need to use your hand to assist the stretch).

- Hold for 30s Don't use your hand to pull neck