

Personal exercise program

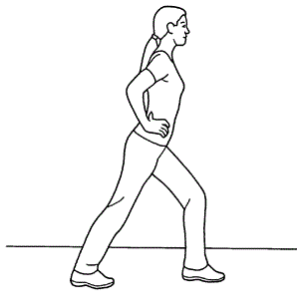
Stretches



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Sit on a chair with one leg straight in front of you. Lean forwards keeping your back straight. Don't let your knee bend.

Hold 30 seconds. Repeat on the other leg.



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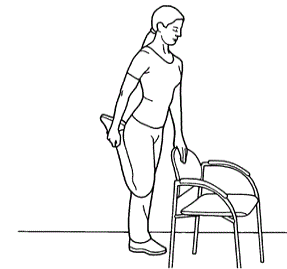
Stand with your feet hip width apart and both feet facing forward and take a step forward.

Keep both feet flat on the ground. Keep your back knee straight. Hold 30 seconds. Repeat on the other leg.



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Reach up and behind your back with one arm. Reach down and behind the back with the other arm. Hold 30 seconds, then switch arms.



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Stand holding on to a solid support with one hand and to the ankle with the other hand. If you cannot reach your ankle rest it on a chair behind you. Hold 30 seconds. Repeat on the other leg.
