

Brainfit Exercise Physiology
 Nowra Allied Health Centre
 66 Plunkett Street
 Nowra, NSW, 2540

3 Sets / 10 Reps

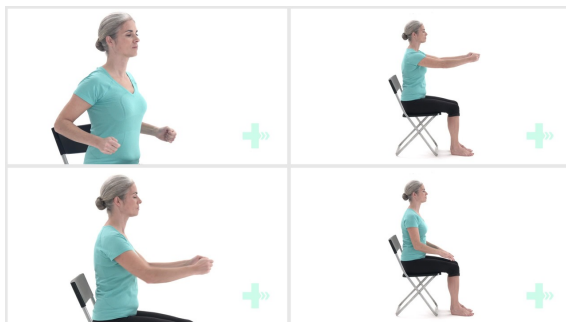


1. Seated adduction ball squeeze

Start in a seated position.
 Place a ball between your knees.
 Squeeze your knees together, placing pressure on the ball while activating the inner thigh muscles.

squeeze pillow for 5 seconds

3 Sets / 10 Reps



2. Seated row with arms

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

3 Sets / 10 Reps / 10 sec duration



3. Ankle circles seated

The ankle circles help with flexibility of your ankles, this is important for walking and balance.

Sit upright with your back supported before straightening your leg to do the ankle circles.

Lift your leg up and begin making large slow circles with your foot in one direction for the required number of repetitions.

Switch legs and make circles with the other ankle in the same direction.

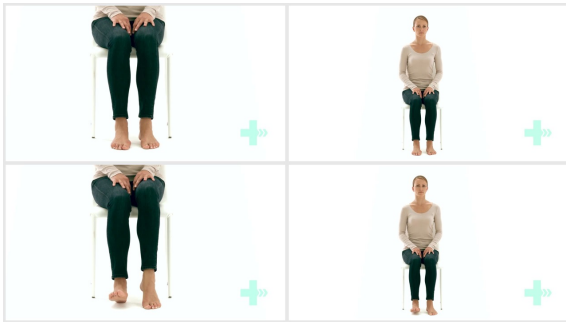
Switch legs again and reverse the direction of the movement, perform the required number of repetitions firstly with one ankle and then repeat with the other.

Try to stretch your ankle as much as you can as you feel the stretch in your ankle, foot, and in your lower leg.



4. AAROM hip flexion in sit

Start in a seated position with your knees bent and your feet flat on the floor.
Lift the knee of your affected leg up towards your chest using your arms.
Hold and then relax.



5. Toes and heel lift

Pull your toes up as far as possible and lower them again.
Lift both heels up so far as possible and lower them again.
Repeat 5 times.

VARIATION:

Pull up your toes of the left foot and the heel of the right foot.
Then pull up the toes of your right foot and the heel of the left foot.
Alternate and repeat 5 times

*Try to do this like foot marching. Lift one toe then the other and get your rhythm.
then try it with heel marching. Lift one heel then the other heel and get your rhythm*