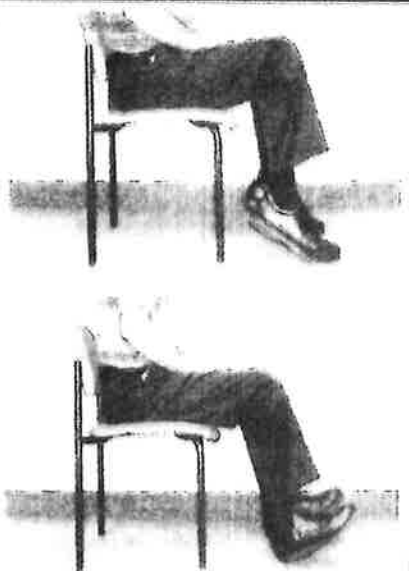




Gaibisels, Linda  
exerc. 1-2 of day

### SEATED ACTIVATION EXERCISES

<p>4.</p> 	<p>Heel Raises - Toe Raises Bend and straighten your ankles.</p> <p>Repeat up to <u>10</u> times.</p>
<p>5.</p> 	<p>Lift your leg up off the seat keeping the knee bent. Return to starting position.</p> <p>Repeat up to <u>10</u> times for each leg.</p>
<p>6.</p> 	<p>Pull your toes up, tighten your thigh muscle and straighten your knee. Hold approximately 5 seconds and slowly lower your foot to the floor.</p> <p>Repeat up to <u>10</u> times for each leg.</p>

Note: The following instructions are only for \_\_\_\_\_

Client Name

For questions or concerns, please call: \_\_\_\_\_

Name & Designation

at \_\_\_\_\_  
Office Telephone Number & Extension

Closing the Gap  
HEALTH CARE

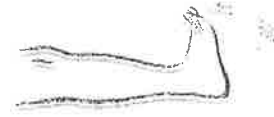
## BED EXERCISES

**Instructions:** Do these exercises \_\_\_\_\_ day.

### Foot and Ankle Pumping

Lying on your back, legs straight:

- Pull feet and toes up, then point toes towards foot of bed.
- Do \_\_\_\_\_ times in a rhythmical manner.



### Ankle Rotations

Lying on back, legs straight:

- Make big circles with your toes.
- Do \_\_\_\_\_ times in a rhythmical manner.



### Knee Tightening

Lying on your back:

- Pull your feet up ankles, tighten your thigh and muscles and press your knees down into the bed.
- Hold for a count of 5, relax. Repeat ~~10~~ times.



### Hip and Knee Bending

Lying on your back:

- Bend at the hip and knee, sliding your heel up the bed. Do not allow leg to roll out, or the heel to leave contact.
- Repeat \_\_\_\_\_ times.



### Buttock Tightening

Lying on your back, legs straight:

- Squeeze your bottom muscles together.
- Hold for count of 5 then relax.
- Don't hold your breath during this exercise.
- Repeat \_\_\_\_\_ times.



### Leg Sliding

Lying on your back with legs straight:

- Pull toes up.
- Keep your toes pointed to ceiling & slide your leg out to side.
- Relax, then slide leg back in. Repeat \_\_\_\_\_ times.



### Knee Straightening

Lying with a tight roll or coffee can wrapped in towel under knee:

- Pull your toes up at the ankle, then straighten knee to lift foot off bed.
- Hold for a count of 5. Repeat \_\_\_\_\_ times.
- Repeat exercise on the other side as above.



- lift your straight leg up 10 times each leg

# The Stretch Programme

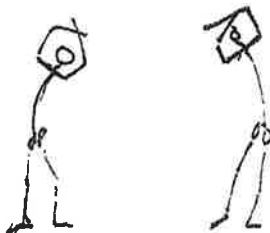
The first four exercises can be done sitting down or standing up. The next three after that must be done standing. Each stretch should be held for at least twenty seconds to achieve a muscular release that lasts eight to twenty-four hours. Relaxed muscles are longer. Longer muscles are stronger and they can produce more. Relaxed muscles also release your nerves and your energy (vitality). Good luck!



1. Stretch arms straight up. Extend hands backward at 90 degrees for twenty seconds. After this lower arms gently and relax shoulders.

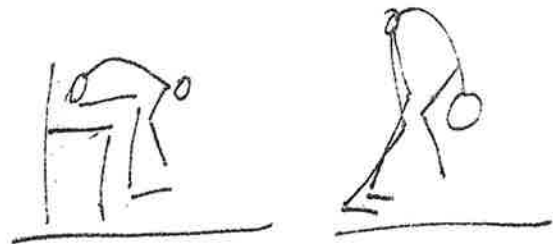


2. Gently raise shoulders. Turn the palms of each hand outwards. Again hold for twenty seconds, then lower and relax.

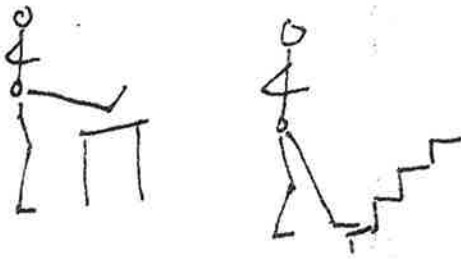


3. Link the forearms together, hands at the elbows. Gently raise both arms up over your head if possible. If not, go as high as you can before you experience pain. (There should be no pain on doing these exercises.) Next, turn your head to face one side. Raise your nose, your elbow, your shoulder and stretch your ribs by

bending your back away from the side you are stretching. If you are sitting, put weight onto the sitting bone on the same side you are stretching. If you are standing, put weight onto the leg on the same side you are stretching. After twenty seconds of holding this position, gently release and tip the opposite direction, nose up first, then elbow, shoulder, stretch ribs and the side down to your leg. After twenty seconds on this side, gently straighten up and lower your arms.



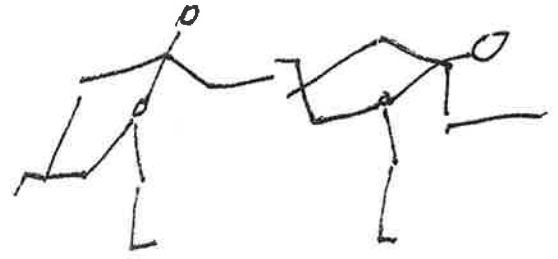
4. As you lower your arms, let your head relax, slumping onto your chest if possible. Sitting, allow your upper back to relax as you gently sink forward. Make sure that there is room for your head to clear the table or desk in front of you as it gently descends toward your knees. Finally, your lower back will relax at your natural limit. If you are sitting, then you will probably feel stretch behind your legs in the hamstrings. Again, hold this for twenty seconds, then rise, straightening your lower back first, then the upper back, finally the neck and last, your head. This can be a very relaxing stretch for your lifeline your spine. If you are doing this one standing, cross your feet one over the other as you bend slowly forward. The rear muscles of the rear leg will get stretched, the muscles of the front leg are there for balance. After twenty seconds of stretch bent forward, gently rise up, cross over your legs the other way and bend forward again. When straightening up, remember to let your head be the last part coming up. Keep that life flowing!



5. Standing, place one leg and foot onto the seat of a chair. Keep the knee straight. (Keep the back vertical and straight too, to protect it from too much stretch.) Gently twist your pelvis and turn your support leg and foot inwards, toward the stretching leg. You should feel a stretch on the back of your leg in the hamstrings (running from your backside to the back of your knee). Hold this for twenty seconds, then place your foot on the ground and raise your other leg onto the chair. Repeat. No forward bend is necessary to achieve a release in these muscles if enough turning is done with your pelvis. This is the only exercise where some pain is gain. If you curl your toes upwards, you will release your calf at the same time.



6. Again standing, face the wall or some heavy desk or table. Place one foot and leg behind you. Move it back, until you can feel stretch down your calf, while your leg is straight and your foot is flat on the ground facing directly forward. When the foot faces straight forward, the ankle joint is square, reducing joint strain. Maintain pressure forward with your hands on the desk, table or wall for twenty seconds. Change legs. Sense the pressure down the calf and into your heel. This will stretch the upper calf on each side. Repeat the stretch on each side one more time, this time bending at the knee. The bend at the knee will shift the load down your calf to the lower fibres, near the ankle. This stretch is especially good to prevent or heal foot pressure problems.



7. This is the last stretch. It is also the most difficult one to do. If you do not have time to do all the stretches, then take time to do this one alone and you will prepare yourself to walk, run or work around the house. If you are in a meeting and things feel like they have stopped happening or you have run into a snag, this stretch can help get things unstuck! This one is called the Flamingo. It received its name from a group of grade one students at my daughter's school. If you can do the stretch, you may feel as energetic as a grade one student too!

Standing, reach down to your ankle, grab hold of your ankle or the cuff of your pant leg, if it is strong enough. Gently and slowly pull the ankle upward until you feel resistance in the muscles of your thigh of the same leg. Next, tip slowly forward, keeping a pull on your ankle or pant leg so that the pressure on the thigh muscles is kept on as you tip forward on the other leg. You should probably feel stretch on the back of the support leg (the hamstrings) as well as on the front of the bent leg. Tip as far forward as you can, until pain or stiffness limits your tipping. If you need to, hold onto the back of a chair or a table top. Hold this for twenty-five seconds, then slowly lower your bent leg. Change support legs and repeat.

8. Congratulations! You're done!

Stretching can be fun and should be done gently.

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