

Warm up at a Glance

Open eyes

Head Raises (3)

Neurological check: (10 times each).

1. Thumb and finger apposed.
2. Open, and close all fingers.
3. Flip palms
4. up, then down. Arms straight out,
5. then again with elbows bent.
6. Play the piano while sweeping arms left, and right.

Foot, and Leg warm up: (10 times each).

1. Pull off sheets/blankets, and flex toes up, and down (toward head, and away)
2. Flex ankles toward each other, and apart
3. Roll legs with toes together, and apart
4. Move feet apart, and together
5. Raise knee halfway up to chest, and down, 10x on each side

Now time to sit up: Place feet on the floor (10 times each).

1. Push toes into the floor, raising the heels.
2. Raise toes, pushing heels into the floor.
3. Raise one knee toward the chest, 10 times on each side.

Now you are ready to walk, or exercise, or shower, etc.

Stretch Programme: Hold each position for 20 seconds at least.
(This gives a physiological change that lasts up to 24 hours.)

Sitting:

1. Hands over head.
2. Raise shoulders.
3. Arms over head, flex torso to one side, then 20 seconds later to the other side.
4. Separate knees, allow arms to descend between, as you deflate your posture, sagging down with hands toward the floor. 20 Seconds later, straighten lower back first, then mid back, finally chest, and neck last.
5. Place one leg upon a seat, standing on the other. Slightly incline forward, stretch behind knee, and flex toes toward the head.

Standing:

1. Runner's stretch, with hands on the wall, one knee flexed, the other straight to the ankle. Rear foot planted straight forward. After 20 seconds switch legs, and repeat.
2. Repeat the Runner's stretch, this time with both knees bent, so not so far back with the feet.
3. Flamingo Stretch. Standing on one leg, catch the other ankle, and flex that knee, so both are side by side, then tip forward, allowing the bent knee to float up behind you. Repeat with other side.

Well done!!!!