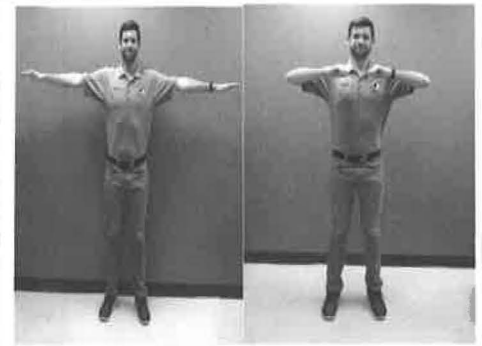




Standing Marching: Lift one knee at a time, alternating them each leg. Repeat 20 times.



Squats: Position legs shoulder length apart. Slowly bend at the hips, keeping back straight and arms forward. Repeat 20 times.



Circling Elbows: Rotate arms out and inward, keep chest up. Repeat 10 times.



Heel Raises: Rise up & down on toes. Repeat x 20. Hold onto something as needed for balance.



Standing Back Extension: Feet apart, hands support the back, gradually go backwards. Repeat 10 times.



Knee to Elbow: Diagonal movement. Bring elbow towards opposite knee and alternate sides. Repeat x 20.



Calf Stretch: Stand away from wall and put one foot behind. Lean forward, keep back heel on the ground. Hold 30-60 sec.



Arm Circles: Circle arms forward and backward as you march in place. Repeat 10 times each.



Wall Pushups: Stand ~ 2ft away from a wall, place hands at shoulder height. Bend elbows and straighten. Repeat 20 times.



Lunge and Punch: Step with right leg forward into lunge with the left arm punch forward. Repeat with opposite arm/leg. Alternate 20 times.



Single Leg Stand: Hold onto something as needed for balance. Hold for one minute.

- ALL SHOULD BE PERFORMED PAIN-FREE.
- BREATHE DEEPLY DURING EXERCISE. DO NOT HOLD YOUR BREATH.



Sunrise Ergonomics

Sunrise Physical Therapy Services, Inc.

Phone: Ventura: 805.644.1273 Oxnard: 805.983.0811

www.sunrisept.com

Twitter: @sunrisepts