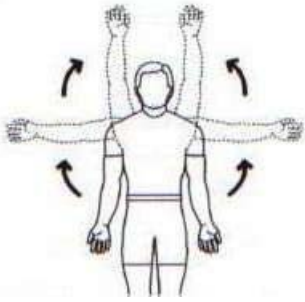


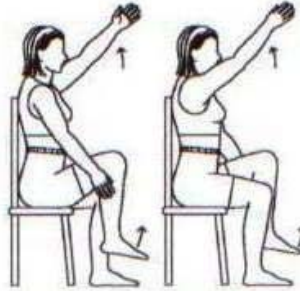
# Chair Exercises

All exercises should be performed gradually, progressing repetitions with a goal of 2 sets of 15 reps each unless stated otherwise.



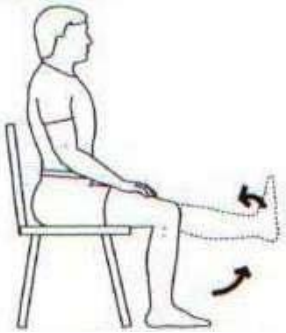
## Arm Abduction

- .Sit or stand with arms at side, palms forward.
- .Lift arms out and upward above head as shown.
- .Return to start position.



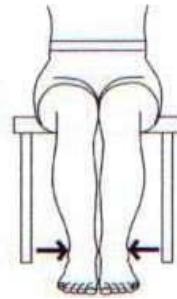
## March with Arm Raise

- .Sit in chair with hips and knees at 90 degrees.
- .Lift up left leg and right arm as shown.
- .Lower arm and leg.
- .Repeat with opposite pattern.



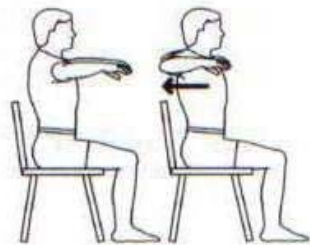
## Knee Extension

- .Sit on a chair, knee bent.
- .Keep a proper curve in low back, as shown.
- .Flex left foot upward, while straightening knee, then lower.
- .Repeat stretch with other leg.



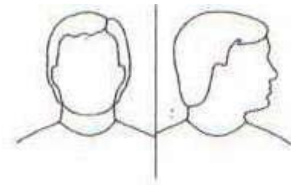
## Hip Rotator Squeeze

- .Sit with knees bent, ankles together.
- .Push ankles together.
- .Do not allow thighs to move, or knees to separate.



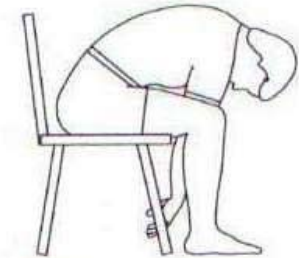
## Shoulder Squeeze

- .Sit with proper posture.
- .Raise arms to shoulder height, out to sides elbows bent.
- .Squeeze shoulder blades together, and relax.



## Neck Rotation

- .Sit in chair with good posture, back supported.
- .Turn head to right, then left.



## Spine Stretch

- .Sit in chair with knees apart.
- .Slowly bend forward and reach between legs.
- .Hold stretch for 20 seconds and return to sitting position and repeat 4 times.



## Trunk Rotation

- .Sit in chair
- .Turn toward back of chair.
- .Grasp chair and gently pull trunk further.
- .Hold for 20 seconds, return to start position and repeat 4 times.