

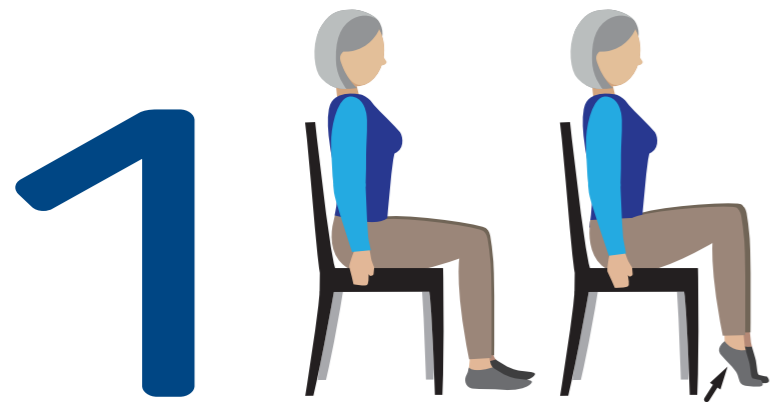
6 Exercises for Strength and Flexibility

Physiotherapists say these simple exercises can help improve strength and movement. Try them daily or at least twice a week.

For every exercise sit up straight in a chair. If possible, sit away from the back of the chair and have your feet flat on the floor.

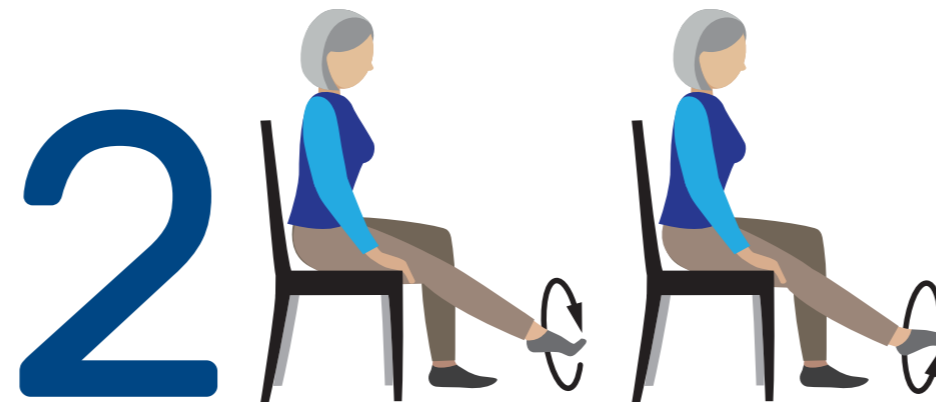


- Make sure the chair you use is sturdy
- Wear supportive shoes
- If you experience chest pain, dizziness or shortness of breath, stop and call your GP or call 111
- A slight soreness the day after exercise is quite normal



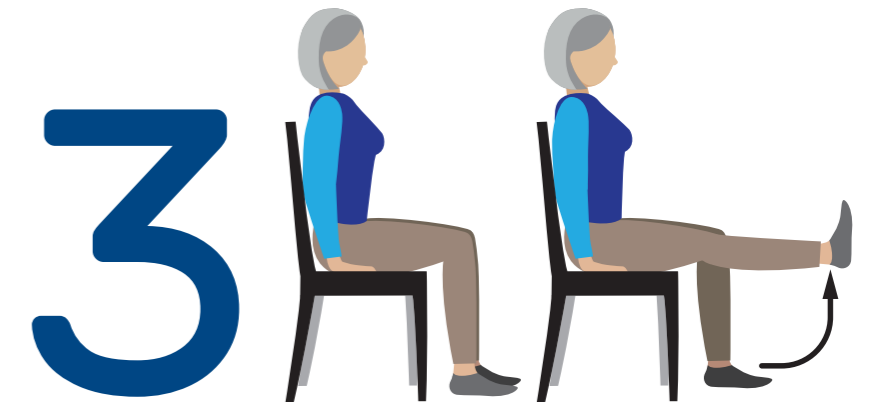
1 Heel Raises

Lift your heels off the floor and lower them. Repeat 10 times.



2 Ankle Circles

Circle your ankles 10 times. Repeat in the opposite direction. Repeat with other leg.



3 Straighten Knee

Straighten your knee and pull your toes up towards you. Hold for 5 seconds. Slowly relax to starting position and repeat 5 times. Repeat with other leg.



4 Seated Marching

Lift your feet off the floor one at a time. Count to 20.



5 Arm Reaching

Place hands on your shoulders, reach up to the ceiling. Repeat 10 times.



6 Seated Rowing

Start with your arms straight out in front. Pull your arms back in a rowing motion. Repeat 10 times.