



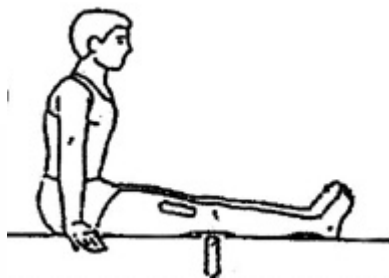
Ankle Exercise

Point toes away from body, bring foot back to neutral position and then bring toes towards your body as much as ankle will move.



Repetitions:

Static Quadriceps



Hold leg in a straight position and push knee down into the bed. Whilst doing so pull your toes back towards you. Hold for 5 seconds and then relax.

Repetitions:

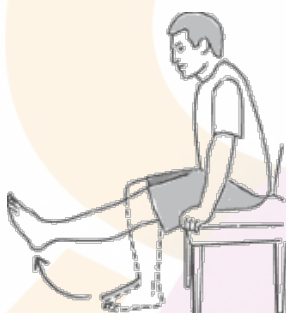
Seated Marching



Sitting on a chair, raise one knee at a time to march on the spot. Carry out this exercise slowly.

Repetitions:

Knee Extension

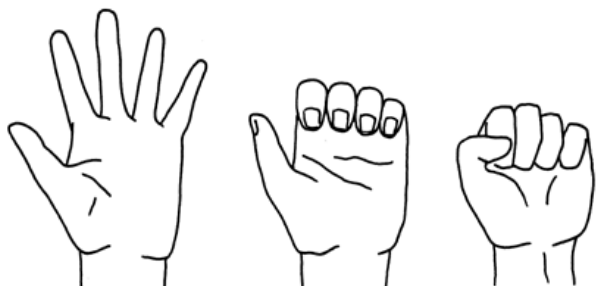


Whilst in sitting straighten one leg at a time and bring toes back towards your body and hold this position for 5 seconds and relax, repeat on other leg.

Repetitions:



Hand Stretches



Stretch your fingers out and then make a fist and relax.

Repetitions:

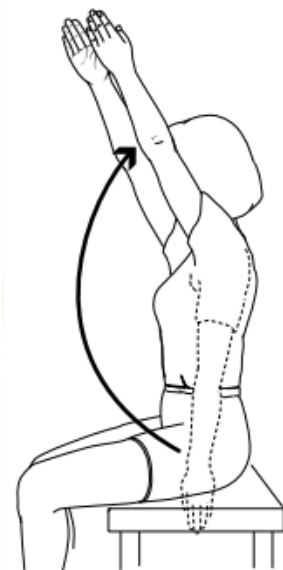
Elbow bend



Bend elbow; moving hand up towards the shoulder then straighten the arm out stretching the hand away from the body.

Repetitions:

Shoulder Exercise



Keeping the arm straight, raise your hand up to the ceiling as far as you can and then gently relax the arm back down to your lap.

Repetitions: