



**Notes :** You may choose to do the upper body exercises in a seated or standing position. Start slowly with a few repetitions and increase them as you feel more comfortable. Try to increase gradually the range of motion and avoid painful movements. You might feel some tensions in your joints or muscles but you should not be feeling any increasing pain.

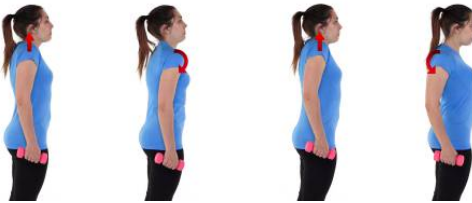
### 1 Forward half circle



Sit in a good upright posture.  
Drop your head forward, bringing your chin towards your chest, initiating the motion with a chin nod.  
With your head down in this position, rotate to the right and left in an arc motion. Only use the front half of the circle, not coming back into the back half of the extension.

Reps: 10-15 Freq: daily Tempo: Slow

### 2 Shoulder shrugs



Stand or sit tall. With arms on your sides:  
Shrug your shoulders and rotate them forward, then lower them.  
Shrug your shoulders and rotate them backward, then lower them.  
Progression: add low weight dumbbells in your hands.

Reps: 10-15 Freq: daily Tempo: SLOW

### 3 Shoulder circumduction



Stand or sit tall with your hands on your shoulders.  
Move your elbows up, in, down and out in order to make circles with your elbows that are as large as possible.  
Repeat in the other direction.

Reps: 10-15 Freq: daily Tempo: SLOW

### 4 Shoulder external rotation



Stand or sit tall with your elbows tucked in by your sides, and position your forearms so that they are perpendicular to your upper arms. Move your hands out to the side, and as far away from each other as you can, while keeping your elbows in contact with your sides.

Reps: 10-15 Freq: daily Tempo: SLOW



### 5 Hand squeeze: iso. strength



Stand or sit tall. Place the palms of your hands together in front of you.  
Gently push your palms together.  
Relax your arms and repeat.

Reps: 10-15 Freq: daily Tempo: SLOW

### 6 Bilateral shoulder flexion 45 °



Stand or sit tall and slowly lift your arms out at 45 degrees until they are overhead.  
Focus on your shoulder blades positioning: try to keep them down and back as you lift the arms.

Reps: 10-15 Freq: daily Tempo: SLOW

### 7 Active trunk rotation



Sit tall, cross your arms on your chest and slowly twist your trunk to one side.  
Slowly return to the neutral position and repeat to the other side.

Reps: 10-15 Freq: daily Tempo: SLOW

### 8 Penguin



Stand up against a wall or sit tall.  
Bend sideways to one side, then to the other.

Reps: 10-15 Freq: daily Tempo: SLOW



### 9 Ankle mobility, alphabet



In the seated position, trace the alphabet with your foot.  
Repeat with the other.

Reps: A to Z Freq: Daily Tempo: SLOW

### 10 Sit to stand



Sit on a chair that has been placed against a wall to prevent slipping.  
With your feet slightly apart, and your hips at the edge of the seat, reach forward with your arms as you lift your hips up from the seat to stand.  
Slowly return to sitting.

Reps: 10-15 Freq: daily Tempo: SLOW

### 11 Seated hip flexion



Sit tall. Keeping your knee bent, lift your knee up towards your chest. Do not roll your pelvis backwards as you lift. Lower and repeat.

Reps: 10-15 Freq: daily Tempo: SLOW

### 12 Plantar flexion on two legs



Stand with your hands on a chair or table for balance.  
Raise on your tiptoes without bending the knees.  
Lower under control to come back to the starting position and repeat.

Reps: 10-15 Freq: daily Tempo: SLOW



### 13 Standing knee Curl



Stand with your hands on a chair or table for balance.  
Keep your knees in line as you lift one foot back towards your buttock  
Bend only from your knee, and keep your hips still.  
Return the foot back to the floor and repeat.

Reps: 10-15 Freq: daily Tempo: SLOW

### 14 Multidirectional mini lunge (12-1-2-3 o'clock)



Imagine you are standing in the centre of a clock. Take a step forward (towards 12 o'clock).  
Keep the knee over the front foot and heel on the floor. The back knee should remain straight.  
Return to the initial position.  
Execute the second step going towards 1 o'clock.  
The third step is towards 2 o'clock.  
The fourth step is towards 3 o'clock.  
Keep your hips facing forward as much as possible.  
Repeat on the other side.

Reps: 3 Freq: daily Tempo: SLOW

### 15 Single leg stance balance



Stand in front of a counter. Lift one leg off the ground so as to stand on one foot. Try to keep standing without holding on.

Hold: 30 sec.