

Notes :

1 Neck side to side roll



Do half-circles toward the left then toward the right with your head.
Use the gravity for the movement.



Sets: 1 Freq: 2-3/wk Duration: 40s

3 Tennis ball throw: One ball



Sit with a ball in one hand.
Throw or move the ball to the other hand.
Repeat.



Sets: 1 Freq: 2-3/wk Duration: 40s

5 Ankle mobility, alphabet



Trace the alphabet with your foot.



Sets: 1 Freq: 2-3/wk Duration: 20s/side

7 Leg open - close "V" (toe to heel) + lateral raise



Sit on a chair with a nice and tall posture, feet on the ground.
Extend a little bit the knee with the goal to reach the ground with your heel. (You want to do the leg movement in front of you but with a little angle (like the picture))



Keeping the pelvis stable, flex the knee to lower the foot on the floor and come back to the initial position. Repeat the movement alternately.
You can add an upper limb movement : lateral raise.
-Bring your arm towards the sky laterally. It's not necessary to go further than the shoulders height.

Sets: 1 Repts: 2 Freq: 2-3/wk Duration: 60s

2 Pendulum



Stand up straight beside a chair or a countertop/table.
Using the chair for support, lean your body forward so that your arm is hanging loosely towards the ground.
Sway your arm forward, outward, backward, and towards the inside to draw a circle.
Start with little circle and move one to larger circle.
Use the gravity to increase the rotation.



Sets: 1 Freq: 2-3/wk Duration: 40s/side

4 Wrist circumduction



Join your hands together and rotate your wrists in both directions.
Make sure that only your wrists move; your arms should stay still.



Sets: 1 Freq: 2-3/wk Duration: 40s

6 Stepping (toe to heel) + reaching stars



Sit up straight in a chair with your feet comfortably apart on your toes (no towel).
Bring one leg to the front and touch the ground with your heel. Bring back your leg in the initial position. Do the same movement with the other leg and repeat alternately.



When you feel like it you can add the upper limb movement (reaching the stars) : press the arm towards the sky.

Sets: 1 Repts: 2 Freq: 2-3/wk Duration: 60s

8 Anterior lunge with support + hip extension



Stand next to a table or a counter top and hold on to it with one hand. Take a step forward to perform an anterior lunge. Make sure your knee doesn't go past your toes. Alternate legs.



*You can go a little bit lower than the image shows.
*After the lunge, you change your bodyweight on your front leg and you're stable you can lift your leg towards the back (it's not suppose to bet high, just to feel the contraction)

Sets: 1 Freq: 2-3/wk Duration: 40s/side

9 Shoulder box + press



Stand with your chin tucked in, your arms to the side and elbow at 90 degrees. Bring your elbows towards the sky laterally until you reach your shoulder height. Rotate your arms upwards, keeping your elbows at 90 degrees and perform a press up straight over the head. Perform the steps in reverse order and return back to the starting position, keeping your head, shoulder blades and body stable.

Sets: 1 Reps: 2 Freq: 2-3/wk Duration: 20s

11 Bent-over lateral raises (no dumbbells)



Sit and bend over with back straight. Lift your arms directly on the side in line with the shoulders. Do not lift higher than the shoulders. Keep the head in line with the spine and do not poke the chin forward as you lift.

Sets: 1 Freq: 2-3/wk Duration: 30-40s

13 Open - close hip + shoulder rotation



Sit on a chair. Slightly lift up your feet of the floor and move your legs laterally (like the picture). You can do one side at a time. Return to the middle and repeat. You can add the upper limb movement which is a shoulder rotation. Tuck your elbows 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.

Sets: 1 Reps: 2 Freq: 2-3/wk Duration: 60s

15 Resisted plantar flexion



Sit straight on a chair with your feet flat on the floor. Flex the ankle to go on the tip of your toes, raising the heel off the ground. Lower and repeat.

Sets: 1 Freq: 2-3/wk Duration: 30s

10 Seated twist (hand clap or with ball)



Sit upright on a chair with feet wide open. First, reach both arms together in front of you, then twist to towards the back in bring back the ball in your other hand. Repeat on the other side.

Sets: 1 Freq: 2-3/wk Duration: 30-40s

12 Cross stepping (toe to heel) + punch



Sit up straight in a chair with your feet comfortably apart on your toes (no towel). Bring one leg to the front and touch the ground with your heel (you have to cross the axis in a way that when your heel touch the ground it's in line with the other leg. Bring back your leg in the initial position. Do the same movement with the other leg and repeat alternately. When you feel like it you can add the upper limb movement (reaching the stars) : press the arm towards the sky.

Sets: 1 Reps: 2 Freq: 2-3/wk Duration: 60s

14 Opposite arm and leg lift



Sit up nice and tall in your chair with your back away from the backrest. Activate your core muscles, and bring one arm overhead and the opposite leg up off the floor. Lower your arm and leg as you lift the opposite arm and leg.

Sets: 1 Freq: 2-3/wk Duration: 60s

16 Toe raise



Sit up straight in a chair with your feet slightly apart. Keeping your heel on the ground, lift your forefoot up as high as you can. Return to the initial position and repeat. To progress, repeat with a weight above your foot.

Sets: 1 Freq: 2-3/wk Duration: 30s

17 Hip flexors stretch on chair



Sit on the edge of a chair and extend one leg back, keeping one cheek on the seat. Keep your back neutral. You should feel a comfortable stretch on the front of your hip. Hold the position as recommended and breathe normally.



Sets: 1 Reps: 1-2 Freq: 2-3x/wk Duration: 30-60s

18 Seated hamstrings stretch



Sit on the edge of a sturdy chair with one leg straight out in front of you and the other knee bent. Stick your hips back while keeping your back straight, as you bend forward to feel a stretch behind your straight leg. Hold the position for the recommended time.



Sets: 1 Reps: 1-2 Freq: 2-3/wk Duration: 30-60s

19 Calf stretching



Steady yourself in a split stance using a chair or wall. Keep your feet pointed forward and flex the front knee until you feel a stretch in your rear calf. Keep the back heel on the floor. Hold the position for a few moments or according to the recommendations.



Sets: 1 Reps: 1-2 Freq: 2-3/wk Duration: 30-60s

20 Adductors stretch



Sit in a chair, facing the back of it. With your legs spread, move towards the back of the chair so as to stretch your groin muscles. Hold the position.



Sets: 1 Reps: 1-2 Freq: 2-3/wk Duration: 30-60s