

## Seated Exercises



Bend your head forward until you feel a stretch behind your neck. Hold approx.   secs.  
Repeat   times



Turn your head to one side until you feel a stretch. Hold approx.   secs.  
Repeat to other side.

Repeat   times.



Tilt your head toward one shoulder until you feel the stretch on the opposite side. Hold approx.   secs. Repeat to other side.

Repeat   times.



Bend and straighten your ankles.

Repeat   times.



Lift your leg up off the seat keeping the knee bent. Return to starting position.

Repeat   times.



Pull your toes up, tighten your thigh muscle and straighten your knee. Hold approx.   secs. and slowly relax your leg.

Repeat   times.



Lift one up as far as you are able, then return to your side.

Repeat   times on each side.