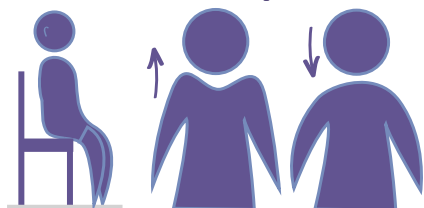


## LEVEL 1 | Mobility exercises (Seated).

Mobility is important for everyday activities. You can do these exercises every day, aim to do these exercises a minimum of three times a week.

**Remember not to hold your breath when holding the exercises and to breathe regularly and evenly throughout.**

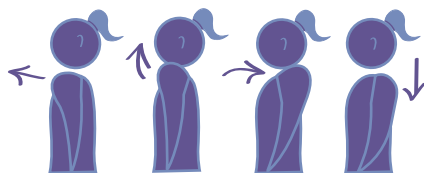
### Shoulder Lift | Repeat 4 times.



**Benefits:** Improves shoulder movement, releases shoulder tension, and helps to improve posture.

1. Sit in the front third of your chair with upright posture.
2. Legs and feet hip width apart - knees over ankles.
3. Rest arms loosely by your sides.
4. Lift both shoulders up towards your ears.
5. Control your shoulders down and away from the ears as far as possible, at the same time lengthening your neck.

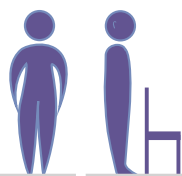
### Shoulder Circles | Repeat 4 times.



**Benefits:** Improves shoulder movement, releases shoulder tension, and helps to improve posture.

1. Sit in the front third of your chair with upright posture.
2. Legs and feet hip width apart - knees over ankles.
3. Rest arms loosely by your sides.
4. Circle your shoulders forward - up - backwards - then down, keeping the shoulders back when lowering.

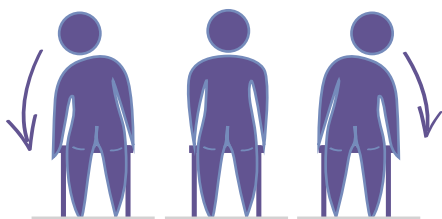
**Tip:** Keep movements slow and controlled.



**Progression:** Try both exercises above while standing.

1. Stand tall with good posture, feet hip width apart.
2. Knees soft, arms resting loosely by sides in line with hip.
3. Perform exercise exactly as seated.

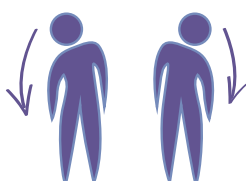
## Side Bends | Repeat twice on each side.



**Benefits:** Improves mobility of the spine and helps improve balance and reaching down to the floor.

1. Sit in the front third of your chair with upright posture.
2. Legs and feet hip width apart - knees over ankles.
3. Rest arms loosely by your sides.
4. Keep tummy muscles pulled in and ribs lifted.
5. Slide your arm down in line with the hip (allow your back and neck to bend sideways).
6. Return to centre, check posture, repeat on other side.

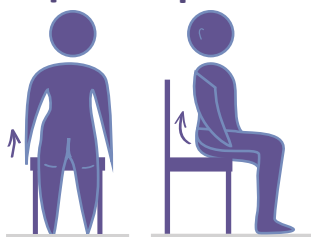
**Tip:** Keep weight even on sit bones, avoid lifting one buttock off the seat when leaning to the side.



**Progression:** Try and repeat this exercise when standing.

1. Stand tall with good posture, feet hip width apart, knees soft.
2. Rest arms loosely by sides in line with hip (free hand on chair).
3. Perform exactly as seated.

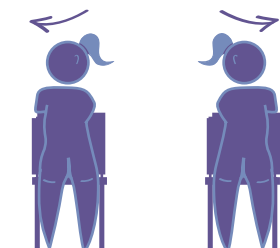
## Hip Lifts | Repeat 4 times in each direction.



**Benefits:** Improves hip and lower back mobility.

1. Sit in the front third of your chair with upright posture.
2. Legs and feet hip width apart - knees over ankles.
3. Tummy muscles pulled in.
4. Lift one buttock of the seat taking the hip towards the ribs.
5. Lower with control and repeat on other side.

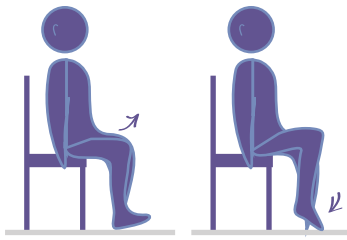
## Trunk Twists | Repeat twice on each side.



**Benefits:** Improves movement in the middle and upper parts of the spine and maintains good upper body movement.

1. Sit in the front third of your chair with upright posture.
2. Legs and feet hip width apart, knees over ankles and arms at sides.
3. Keeping both thighs firmly on the seat, take the right arm backwards and hold the chair back close to the seat.
4. Place the left hand on the right knee.
5. Lengthen and lift the trunk upwards.
6. Then slowly turn the head and shoulders towards the back hand.
7. Return to start position and repeat to other side.

## Heel Tap, Toe Tap | Repeat 4 times in each direction.



**Benefits:** Improve movement in the ankles, reduce ankle stiffness and improve ankle stability.

1. Sit in the front third of your chair with upright posture.
2. Legs and feet hip width apart.
3. Support the back by holding the chair seat with both hands.
4. Place the heel of one foot on the floor under the knee.
5. Then lift the knee and aim to place the toe on the same spot.

**Tip:** Ensure movement is slow, controlled and is as big as possible.

### Progress to **LEVEL 2** Mobility exercises (Standing).

Once confident in performing these 6 mobility exercises seated, you can progress to standing.

Adaptations and technique pointers for performing these exercises standing can be found on the LEVEL 2 mobility exercise cards.