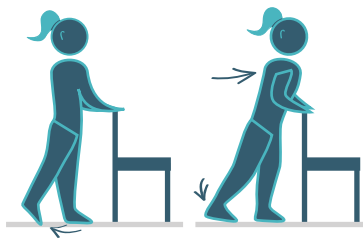


LEVEL 2 | Flexibility exercises (Standing).

Maintaining flexibility is important to aid your muscles and joint health. Aim to do at least one repetition (on each side) of each exercise every day. If you have more time, try to add in 1 or more repetitions of each exercise.

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

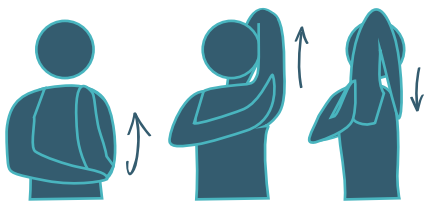
Calf Stretch | Hold for 12 - 20 seconds, each side.



Benefits: Improves flexibility of the ankle joint.

1. Stand tall with correct posture.
2. Feet hip width apart and keeping knees soft.
3. Place both hands on to the back of the chair.
4. Step back with one foot - place the ball of the foot down first, then ease the heel down.
5. Lean forwards slightly, ensuring everything is in-line from the back of the head to the heel.
6. Feel a mild stretch in the calf, move a little deeper.
7. Hold for 12 - 20 seconds.
8. Repeat on the other leg.

Back of Upper Arm Stretch | Hold for 8 - 10 seconds, each side.

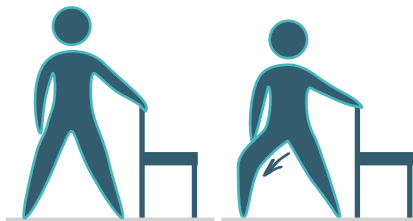


Benefits: Improves flexibility of the shoulder joint.

1. Stand tall with correct posture, feet hip width apart and knees soft.
2. Tighten tummy muscles.
3. Place one hand on the same shoulder and use the opposite hand to ease the elbow towards the ceiling.

4. Try to place the fingers down between the shoulder blades.
5. Feel a mild stretch in the back of the arm.
6. Hold for 8 - 10 seconds.
7. Maintain the arm support as you lower with control.
8. Repeat on the other side.

Inner Thigh Stretch | Hold for 8 - 10 seconds, each side.

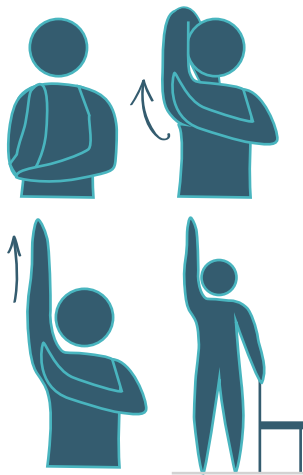


Benefits: Improves hip joint flexibility.

1. Stand tall behind a chair, hold onto the chair with one hand.
2. Feet shoulder width apart or wider.
3. Bend the outside knee slowly, ensuring it is over the ankle until you feel a mild stretch along the inner thigh.
4. Move a little deeper, then hold still for the count of 8 – 10.
5. Return to centre, repeat on other side.

Tip: Try to relax into the stretch.

Upwards Side Stretch | Hold for 4 seconds on each side.



Benefits: Improves spine and shoulder joint flexibility.

1. Stand tall with correct posture, feet hip width apart and knees soft.
2. Tighten tummy muscles.
3. Place one hand on the same shoulder and use the opposite hand to ease the elbow towards the ceiling.
4. Pause briefly and relax the shoulders.

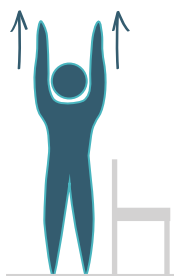
5. Reach the arm up towards the ceiling. If comfortable, release the support arm and place it onto the chair for support.
6. Feel the stretch in the side of the trunk.
7. Move a little deeper, then hold for the count of 4.
8. Maintain the arm support as you lower with control.
9. Repeat on the other side.



This exercise can be performed seated if required.

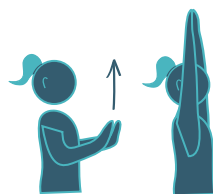
1. Sit tall with good posture, feet hip width apart.
2. Perform exercise exactly as in standing.
3. Take extra care to pull the tummy muscles in.

Double Arm Upwards Side Stretch | Hold for 4 seconds.



Benefits: Lengthens muscles in chest and side of trunk to improve shoulder mobility and posture.

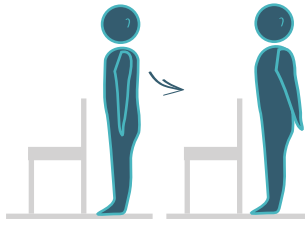
1. Stand tall (close to the chair), feet hip width apart and knees soft.
2. Ensure shoulders remain pressed down and neck long.
3. Raise both hands up above the head - palms close together, facing inward.
4. Feel a mild stretch in the sides of the body under the shoulders.
5. Hold for the count of 4.
6. Release with control turning the palms towards the face to lower.



Alternative: Choose whichever option feels more comfortable.

1. Before taking your hands above your head - place one palm against the back of the other hand.
2. Raise hands above the head to feel the mild stretch, holding for 4.
3. Release with control, palms towards the face to lower.

Chest Stretch | Hold for 10 -12 seconds.

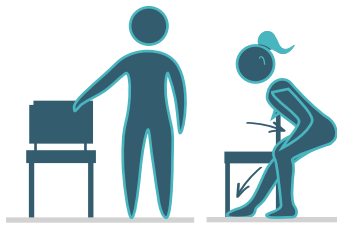


Benefits: Lengthens muscles in chest and side of trunk to improve shoulder mobility and posture.

1. Stand tall (close to the chair), feet hip width apart and knees soft.
2. Tummy muscles engaged.
3. Take the arms backwards, placing them onto the lower part of the bottom - keeping your elbows relatively straight.
4. Lift the chest and draw the shoulder blades together until you feel a mild stretch across the chest.
5. Hold for 10 - 12 seconds, relaxing into the stretch.

Tip: Keep the back of the neck long and the jaw parallel with the floor.

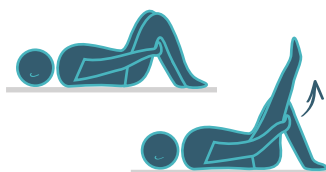
Back of Thigh Stretch | Hold for 10 seconds on each side.



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

1. Standing tall, side on to the chair with one hand resting on the chair (feet hip width apart and knees soft).
2. Slide the leg nearest the chair forwards about half a step - keep the foot as flat on the floor as possible.
3. Ease the hips backwards and down until a mild stretch is felt in the back of the thigh. Keep the chest lifted and over the thighs.
4. Hold for the count of 10 (relax into stretch), then repeat on the other side.

Back of Thigh Stretch (lying) | Hold for 12 - 20 second, each leg.

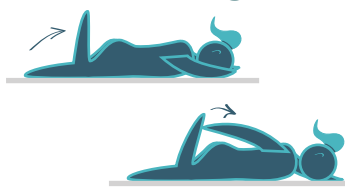


Benefits: Lengthen muscles at the back of the thigh and improve hip and joint flexibility.

1. Lie facing upwards on the floor, knees bent and feet flat on the floor.
2. Take hold of one leg behind the thigh (try to avoid interlocking fingers).
3. Extend the foot up towards ceiling, easing the knee as straight as possible, keeping your bottom on the floor.
4. Feel a mild to moderate stretch in the back of the thigh.
5. Move a little deeper, hold for 12 - 20 seconds, relaxing into stretch.

Tip: Keep head and shoulders resting on the floor throughout.

Front of Thigh Stretch (lying) | Hold for 12 - 20 seconds, each leg.



Benefits: Lengthen muscles at the front of the thigh and improve hip joint mobility.

1. Lie face down with legs comfortably close together, forehead resting on the hands
2. Lift one heel towards the bottom - take hold of foot or trouser leg.
3. Ease the heel gently towards the bottom, until a mild stretch is felt in the front of the thigh.
4. Move a little deeper then hold for 12 - 20 seconds.
5. Release the foot slowly and lower with control, repeat on other leg.