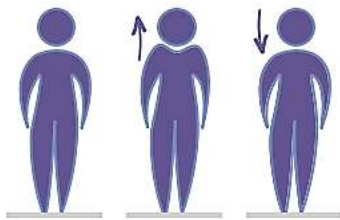


LEVEL 2 | Mobility exercises (Standing).

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.

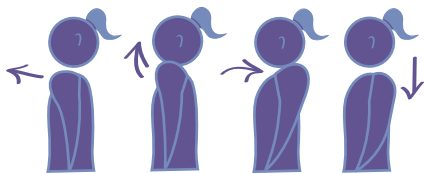
Shoulder Lift | Repeat 4 times.



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

1. Stand tall with good posture.
2. Feet hip width apart, knees soft.
3. Rest arms loosely by your sides in line with hips.
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. Stand tall with good posture.
2. Feet hip width apart and knees soft.
3. Arms resting loosely by your sides in line with the hip.
4. Circle your shoulders:
 - Forward.
 - Up.
 - Backwards.

Then down (keeping the shoulders back when lowering).

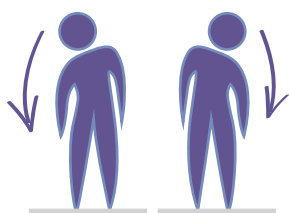
Tip: Keep movements slow and controlled.



Both exercises above can be performed seated (if required).

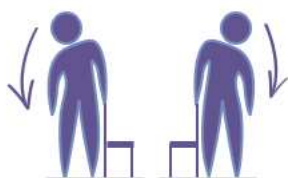
1. Sit in the front third of your chair with upright posture.
2. Legs and feet hip width apart (knees over ankles), arms at sides.
3. Perform exercise exactly as standing.

Side Bends | Repeat twice on each side.



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

1. Stand tall with good posture, feet shoulder width apart.
2. Knees bent directly over ankles and feet facing forward.
3. Arms resting loosely by your sides in line with the hip.
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.

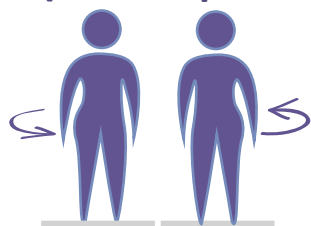


If you require support, you can use a chair until exercise confident.

1. Stand tall next to a chair.
2. Hold onto the chair with your free hand.

3. Perform exercise as instructed above.

Hip Circle | Repeat 4 times in each direction.

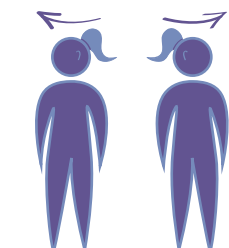


Benefits: Improves hip and lower back mobility.

1. Stand tall with good posture, feet shoulder width apart.
2. Knees bent directly over ankles and feet facing forward.
3. Tummy muscles pulled in.
4. Keeping your spine long and chest lifted.
5. Take both hips to the right side lifting the right hip up towards the ribs (shortening the waist on the right side).
6. Tilt the pelvis to bring the bones towards the face at the same time circling the hips to the left (the waist is now shortened on the left side).
7. Take the hips back to the centre.

Tip: Try to build a smooth continuous motion.

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. Stand tall with good posture, feet shoulder width apart.
2. Knees bent directly over ankles and feet facing forward.
3. Lengthen and lift the trunk upwards.
4. Slowly turn the head and shoulders to the side.
5. Keep shoulders down and arms relaxed by sides - focus on turning the trunk.
6. Return to start position and repeat to other side.

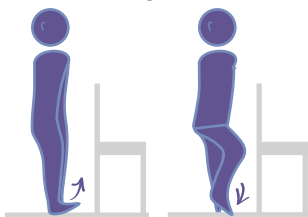
Tip: Make the movements as large as comfortably possible.



Progression:

1. Loosely fold the arms in front of the chest.
2. As the trunk rotates the arms remain in line with the chest and shoulders.

Heel Tap, Toe Tap | Repeat on both sides.



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

1. Stand tall with good posture, knees, and feet hip width apart.
2. Take the outside leg forward and place the heel on the floor - keep the knee slightly bent.
3. Lift the knee and replace the heel with the toe (aim for the same spot).
4. Keep alternating heel to toe achieving a smooth controlled action.

If you require support, you can use a chair until exercise confident.

1. Hold onto a chair with...
 - Two hands.
 - One hand.
 - Fingertips of both hands.
 - Fingertips of one hand.
2. Repeat the exercise as instructed above, using maximum range of ankle movement.