

Notes :**1 Standing plantar flexion**

Hold onto the back of a steady chair.
Lift your heels up so that you are standing on the front of your feet for a couple of seconds. Then lower back your feet flat on the floor.
Repeat.

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Sets: 2 Reps: 10**2 Hip abduction**

Stand up and hold lightly the backrest of a chair or a countertop/table.
Raise one leg sideways in a controlled movement while keeping your back straight and your foot pointed forward.
Hold for a few seconds at the top of the movement and lower slowly.
Once you've done all the repetitions, repeat with the other leg.

Sets: 2 Reps: 10

3 Partial squat

Stand up behind a steady chair with the fingers on the backrest to maintain your balance.
Your weight should be equally distributed between your two feet and they should be at hip's width.
Push your hips backward while you bend the knees and slightly bend the trunk forward to lower yourself toward the ground.
Keep the knees aligned with the center of your feet.
Hold the position for a few seconds then come back up.
Repeat.

Sets: 2 Reps: 10

4 Marching / Hip flexion

Stand straight with a steady object in front of you.
Put only the tips of your fingers on the object only to keep your balance.
Lift one knee toward your chest while keeping your balance.
Return to the starting position and repeat with the other side.

Sets: 2 Reps: 10

5 Standing hip adduction

Stand up between the backrest of two chairs to keep your balance.
Lift your leg inward in front of the support leg as far up as possible without rotating the trunk.
Lower the leg and repeat.

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Sets: 2 Reps: 10

6 Standing hip extension



Stand holding the back of a chair or a counter.
Lift your leg up behind you, while keeping your back straight and looking directly ahead of you.

Sets: 2 Reps: 10

7 Shoulder circumduction



Stand up straight with your hands on your shoulders.
Move your elbows up, in, down and out in order to make circles with your elbows that are as large as possible.
Repeat in the other direction.
Repeat for the prescribed number of times in each direction.
Relax your elbows.

Sets: 2 Reps: 10

8 Scapula retraction/protraction



Bring your shoulders forward as far as possible. Then, bring them backwards tightening the shoulder blades.

Sets: 2 Reps: 10