

Some simple stretching exercises



You should do these stretches every day for 2 to 3 weeks following your surgery. You can do these stretches while sitting in a chair. After the first 2 to 3 weeks, you can also include these stretches as part of your warm-up (before exercise) and cool-down (after exercise).

Repeat each stretch several times. Stretches should be **gentle, slow and steady**. Be careful not to over stretch, none of these stretches should hurt you. **Hold** each stretch for about 10-15 sec.

Neck stretch

Slowly turn your head to look over right shoulder, then back to centre. Turn your head to look over **left** shoulder. Repeat.



Arms above head

With your arm out straight in front of you, at shoulder height, slowly raise it above your head and then lower it to shoulder level. Repeat with the other arm.



Trunk rotation

With your hands on your hips, slowly twist your head and upper body to look towards your left. Then twist to the right. Repeat.



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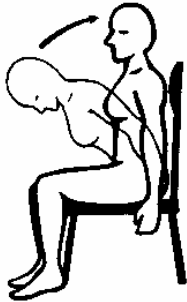
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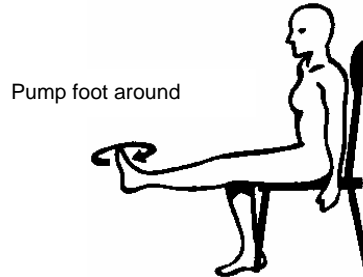
Reverse curl

Sag forward in your chair. Slowly straighten up. Pull your shoulder blades together and tighten your tummy muscles. Hold. Repeat



Leg straightening

Keep your thigh on the chair. Straighten your right leg. Pump your ankle up, down and around. Relax. Switch legs and repeat.



Pump foot up and down

