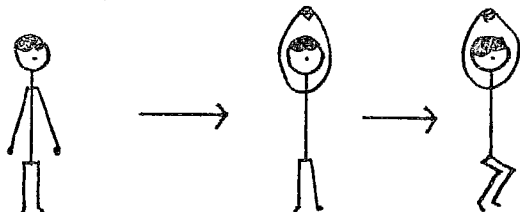


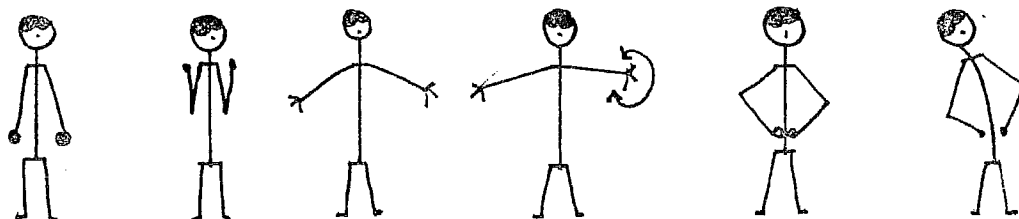
QUICK EXERCISES:

MANDY WILKINSON PHYSIOTHERAPIST
DICK WILLIAMSON MEDICAL CENTRE
VINCENT PALLOTTI HOSPITAL
ALEXANDRA ROAD
PINELANDS
7405

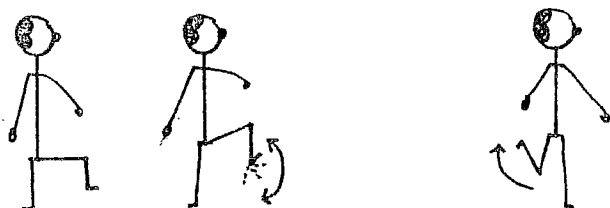
1. Stand up
Feet slightly apart
Toes facing forward
Stretch arms overhead & clasp hands
Bend knees
Lift heels (if you can)



2. Feet shoulder width apart
Toes forward & arms at side
Clench fists
Bend elbows up to shoulders
Extend out to side at shoulder height
Open fist and splay fingers
Turn palms down & then up (rotating arm)
Bring hands onto hips
Side bend to (L) then (R), extend arm overhead if you can



3. Stand with feet apart & toes forward
Lift one knee up to your chest & then the other
(hold on if you need to)
Keep knee up & flex foot up and down (repeat both)
Kick back as if to kick your bottom



4. Stand as above with hands on hips
Bend neck forward (chin to chest)
Bend neck back (look at ceiling)
Turn head to the (L) & then the (R)
Tip head to (L) shoulder & then (R) shoulder

