

# Small Goals

“before I get my coffee I will do these (or just some) exercises”.

## Lateral Neck Flexion

Simply flex your neck to the right and then to the left for a set of 10.

## Forward Neck Flexion

In a seated/standing position, relax your neck forward, then raise head and ONLY look to the ceiling for a set of 10. Do not drop head backwards.

## Shoulder Rolls

In a seated/standing position, roll your shoulders forward for a set of 10 & then back-wards for a set of 10.

## Back stretches

In a seated position, roll your head, then shoulders forward. Continue to roll forwards until you are lying across your thighs and your head is relaxed over your knees. Stay for 3 breaths. Roll back upwards to sitting position for a set of 5.

## Chair Squats

Using the seat of the chair, stand up with your feet hip width apart. Hold both arms straight and directly out in front of you at shoulder height and hold. Bend your knees until seated. Stand up again and repeat for set of 20.

## Chair/Desk -Push Ups/Dips Triceps:

Start at the edge of the chair with your body forward and knees flexed, and then flex your elbows. Next drop your torso downward, then extend your elbows and elevate your torso. Remember to breathe while doing these. Consider 2 sets of 10.

## Leg Crossover Stretch

In a seated position, cross your legs and then rotate your upper torso towards your top crossed leg. For example, if you cross your right leg over your left leg, then gently rotate (twist) your torso to the right side. Keep both seat bones flat upon the chair. Hold this position for 10-20 seconds. Do 2 sets of 5 repetitions on each side.

## Seated Leg Extension (Leg Kicks)

In a seated position, extend and kick out one leg in front of you for a set of 20. Next, do the other side for a set of 20.

## Single Leg Lifts

In a seated/standing position, extend one leg in front you and keep it elevated and ex-tended. Lift and hold the extended leg for a set of 20 then do the other side.

## Circle Leg Lifts

in a seated position, with one leg extended in front with your toes pointed, make small circles with your extended leg in one direction then reverse the direction for a set of 5-10 in the opposite direction.

## Arm circles. Seated/standing

Hold both arms out to the side at 90 degrees. Keep them straight with hands extended. Circle left then right arm forwards for 10, then backwards for 10. Circle both arms together forward for 10 and backwards for 10.

## Calf Raises

Seated calf raises can be done with the toes pointing forward, outward, or inward. While seated with the back straight and shoulders squared lift your heels and contract your calves for 2 sets of 10 each. These exercises will really help with lower extremity circulation. Or do them standing hold back of chair.

## Foot and ankle circles

In a seated position, extend one leg in front with your toes pointed. Make small circles from your ankle, with your whole foot. Rotate in one direction then reverse the direction for a set of 5-10. Now do your other foot.

## Foot & Ankle

In a seated position-extend both legs, or one leg at a time, to a straight leg position. Point your whole foot/feet forward (from the ankle through to toes) for several seconds. FLEX your foot/feet by pulling your whole foot back towards your abdomen and hold. Repeat. Consider 2 sets of ten. These exercises really help with lower extremity circulation.