WARM UP EXERCISES
To Improve Movement and Prepare for the Exercises

There are 6 exercises in total
Marching
Shoulder Rolls
Side Bends
Trunk Twists
Ankle Mobility
Side Stepping

You may not have all 6 exercises in your programme
Marching

To Improve Circulation

- In seated or standing with upright posture
- Begin marching your legs
- Continue marching for 10 seconds progressing to 30 seconds when you feel able
- Add an arm swing with one or both arms
- Breath normally throughout
- Try to lift knees evenly with control
Shoulder Rolls
To Improve Arm Movements and Posture

• In seated or standing with upright posture
• Lift the shoulders
• Open your chest (Stick it out!)
• Think about moving both shoulders at the same time
• Squeeze your shoulder blades together
• Repeat 4 times with control/slowly
• Breath normally

Specific Notes For _________________________ Written by _________________________
Side Bends Left & Right
To Improve Movement and Balance

• In seated or standing with upright posture
• Stand with your feet shoulder width apart
• Weight even through both feet, heels down
• Knees bent slightly
• Bend to the side with control, stand upright, pause, and bend to the other side
• Repeat 4 times on each side alternating left and right, 8 in total
• Hips and legs remain still
• Use light support of a chair for confidence if needed
• If performed in seated, keep your buttocks in contact with the chair as you bend
Trunk Twists Left & Right
To Improve Upper Body Movement

• In seated or standing
• Use light support of a chair for confidence if needed
• Twist the upper body to the side
• Only turn the upper body (not the hips)
• Return to the start position and repeat to the other side
• Repeat 4 times on each side alternating left and right, 8 in total

Specific Notes For ___________________________ Written by ___________________________
**Side Stepping**

To Improve Balance and Walking

- In seated or standing with upright posture
- Take a sideways step (both feet move to the side as if stepping over and object)
- Pause to get your balance, and step sideways to start position
- Take a sideways step in the other direction
- Repeat 4 times alternating left and right
- Think about lifting the knee higher and stepping with control

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Specific Notes For ___________________________ Written by ___________________________
Ankle Mobility
To Improve Walking and Balance

• In seated or standing with upright posture
• Place the heel of one foot on the floor, lift the knee and point the toe to the same spot
• Repeat 4 times on each leg
• Look at your foot moving, try to increase movement in your ankle