Stage 1 (Regain) Exercises

Stretch and Flex movements

Repeat this section twice

Shoulder Roll 4 on each side
Rotate shoulders in a forward direction making big circles with them and then rotate them backwards. Keep your back straight and breathing normal.

Buttercup Stretch 4 on each side
Stretch out to the side, reaching down with one arm and reaching over your head with the other. You will feel a stretch down the elevated arm.

Knee Push away 4 on each side
Lifting one knee up and extending the knee slow and controlled. Focusing on stretching the leg out.

Chair Pull with rotation 4 on each side
Hold the side of the chair with one arm, and rotate around with your whole torso as far as feels comfortable.

Guidance notes:
• Slow and controlled movements
Stage 1 (Regain) Exercises

Strength movements

Repeat this section twice

Diagonal toe tap 8 on each leg
Bringing one knee up towards your body and kicking out diagonally to the opposite side. Placing the toe on the floor and return your foot back to the centre. Alternate this movement on each leg.

Rowing 16 times
With feet firmly on the ground. Lean forward from the hips and reach both arms out. Bring your body back to the centre and pull your arms in as if you are rowing.

Guidance notes:
- Move to where feels comfortable focusing on the end point as a hold

Knee lifts 8 on each leg
Lift each knee up in turn as high as feels comfortable

Seated Cycle 4 on each leg
Left one leg up and rotate in a forward circular motion as if cycling with one leg. Try and keep your foot from hitting the floor
Stage 1 (Regain) Exercises

Coordination movements

Double reach throughs **8 each side**
With one hand extended out the other hand will go over and under. Start the movement slow and see if you can speed it up.

Knee lifts **8 on each leg**
Lift each knee up in turn as high as feels comfortable

Soft Cardio movements

Sit to stand test
Using the sides of your armchair for support. Time how long it takes you to go from seated to standing safely.

Guidance notes:
- You may notice your heart rate increase this is normal