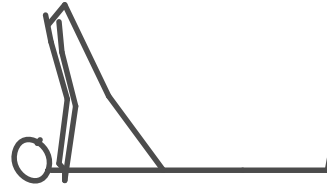


Morning Exercises



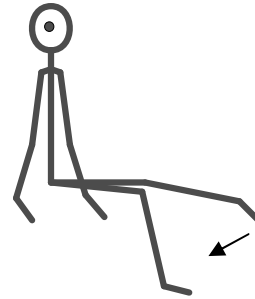
Name: leg stretch
No: 3 times
 Holding onto ankles pull gently to extend legs and spine.



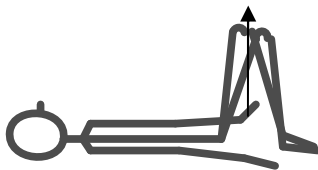
Name: hamstring stretch
No: 3 times
 Lifting whole leg while keeping leg straight.



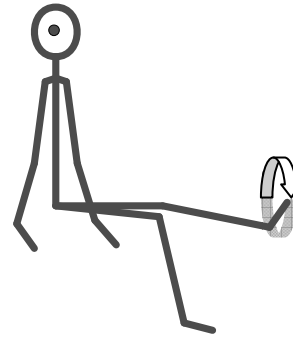
Name: leg compression
No: 3 times
 Push both knees towards the chest holding onto ankles.



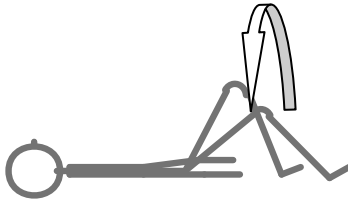
Name: calf stretch
No: 3 times
 WHILE LYING DOWN> Lifting foot and holding ankle pressure forward and then down.



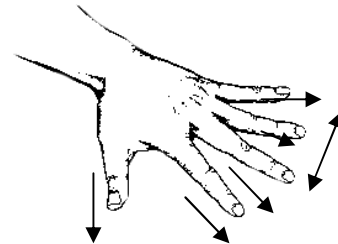
Name: skiing
No: many
 Hold feet waist width apart. I will move my legs from side to side. Make sure feet are held firmly but not too tight so as to prevent movement.



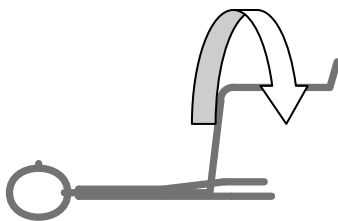
Name: ankle rotation
No: 3 times x3
 WHILE LYING DOWN> Lifting foot and holding ankle rotate clockwise and anti clockwise.



Name: hip flex
No: 3 times
 Cross one leg over another by the knee. Hold foot on bed from moving. Push away from you towards the outside. Repeat on other side.



Name: Hand Stretch
 Pull down each finger and then spread the fingers out wide.



Name: Groin Stretch
No: 3 times
 Leg at 90 deg. Holding at knee and the ankle gently push away from groin and then towards it. Repeat on other side.