

Exercise Group #3

Exercise #1 Lateral Arm Raise

Stand upright, with feet shoulder-width apart, knees slightly bent, and arms at the sides. Hold a dumbbell in each hand beside the thighs, with palms turned toward the body. (If you do not have a dumbbell grab a 1 or 2 pound can of something). With straight arms, slowly lift to shoulder height (arms parallel to the floor), pause, and then slowly return arms to the straight position. This exercise can also be done in a seated position using a resistance band or weights. Select a hand weight that allows completion of 8 to 12 repetitions. Rest and repeat about three times.

Exercise #2 Neck and Shoulder Stretch

Stand with feet shoulder-width apart and hands extended down at the side. Gently pull the left arm down, reaching toward the floor with the left hand, and tilt the head to the right. Hold the position for 10-30 seconds while continuing to breathe. Repeat the action, gently pulling the right arm down toward the floor, tilting the head to the left. Alternating between the two sides, repeat the stretch three to five times on each side. Rest and repeat three times.

Exercise #3 Hip Stretch

Sitting in a chair with your feet shoulder-width apart, cross the left leg over the right so that the left ankle is resting on the right knee. Gently lean your trunk forward. Hold the stretch for 10 – 30 seconds and repeat on the opposite leg. Alternating between the two legs, repeat the stretch three to five times on each side. Rest and repeat three times.

Exercise #4 Heel Raise

Stand behind a chair with your feet flat on the floor, hip-distance apart. Lift your (Go up on your toes), pause, then lower your heels to the starting position. Repeat the exercise between 10 and 15 times. Add ankle weights if you have them. Rest and repeat the exercise about three times.