

An easy exercise routine that you can do anywhere

When it comes to improving your mobility, even the smallest amount of activity can help. Here are some exercises that you can do in the comfort of your home or office to improve your movement in a few easy steps.

- For these exercises, you can be seated, or standing. If sitting, you should be able to sit with your feet flat on the floor and knees bent at right angles.
- Avoid chairs with arms, as these will restrict your movement. If your chair has wheels, be careful, and ideally lock them if possible.
- If you are not used to exercising, build up slowly and aim to gradually increase the repetitions of each exercise over time. Try to do these exercises at least twice a week.

Shoulder stretch

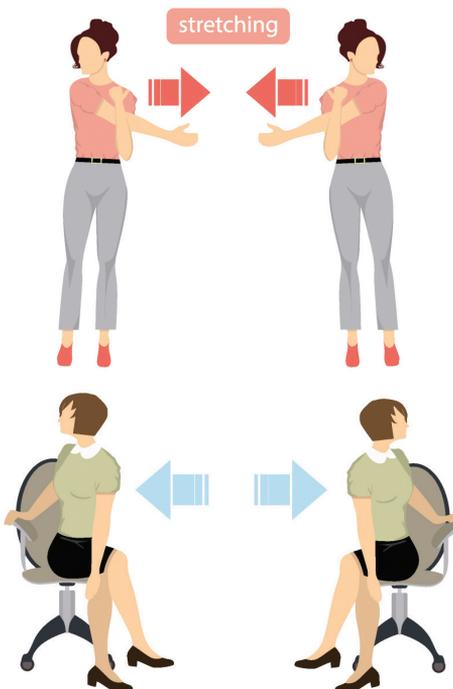
This stretch is good for posture.

1. Stand upright and place your left hand on your left shoulder.
2. While looking to your right, stretch your right arm across to the left side of your body.
3. Hold for 5 to 10 seconds and repeat 5 times. Then repeat steps 1, 2 and 3 for the other arm.

Back stretch

This stretch will aid flexibility in the back.

1. Sit upright with your feet flat on the floor.
2. Without moving your hips, turn your upper body to the left as far as is comfortable. Hold for 5 seconds.
3. Repeat on the right side. Do 5 times on each side.



Leg lift

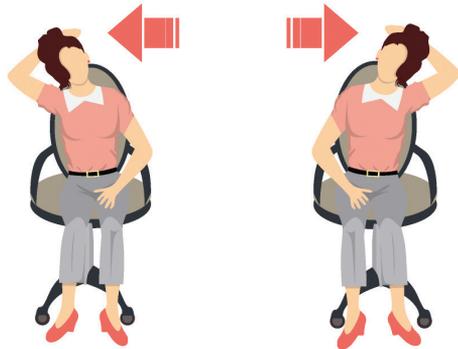
1. Sit upright and do not lean on the back of the chair. Hold on to the sides of the chair.
2. Lift your left leg with your knee bent as far as is comfortable. Place your foot down with control.
3. Repeat with the opposite leg.
4. Do 5 lifts with each leg.
If you are able, you may wish to do both legs at the same time.



Neck stretch

This stretch helps to loosen tight neck muscles.

1. Sitting upright, look straight ahead and hold your left shoulder down.
2. Slowly tilt your head to the right while relaxing your shoulder down. You can place your hand on your head to deepen the stretch, but do not pull or force the movement.
3. Repeat on the opposite side.
4. Hold each stretch for 5 seconds and repeat 3 times on each side.



Ankle stretch

This stretch will improve ankle flexibility and lower the risk of developing a clot.

1. Sit upright, hold on to the side of the chair and straighten your left leg with your foot off the floor.
2. With your leg straight and raised, point your toes away from you.
3. Point your toes back towards you.
4. Try two sets of 5 stretches with each foot. Raise your arms and breathe in as you lower them.
5. Repeat 5 times.

Further information

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For fitness videos

<https://www.nhs.uk/conditions/nhs-fitness-studio/>