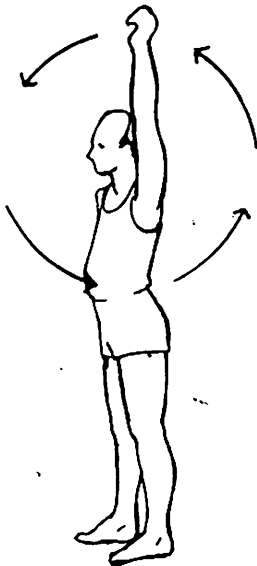


FIG 03 RECONDITIONING EXERCISES

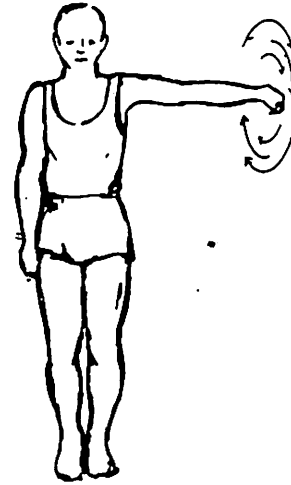
1. Shoulder shrugging: Circling shoulder girdle forward, down, backwards and up. Keep timing constant allowing two full seconds per circle. relaxation encouraged throughout. Continue for 30 seconds. Repeat the exercise three times with short rest intervals between sets.



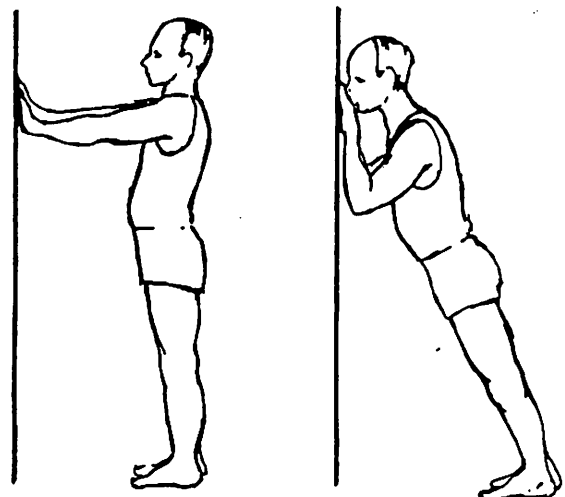
2. Full arm circling: One arm at a time, passing arm as near as possible to side of head, circle arm in as large a circle as possible (10 seconds per circle). Repeat for forty seconds. Repeat the exercise three times with short rest intervals between. Repeat with other arm.



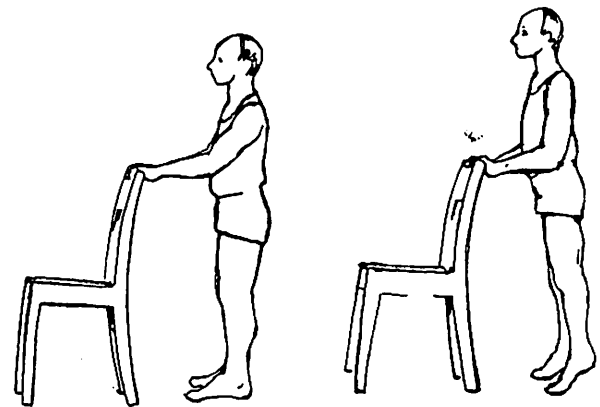
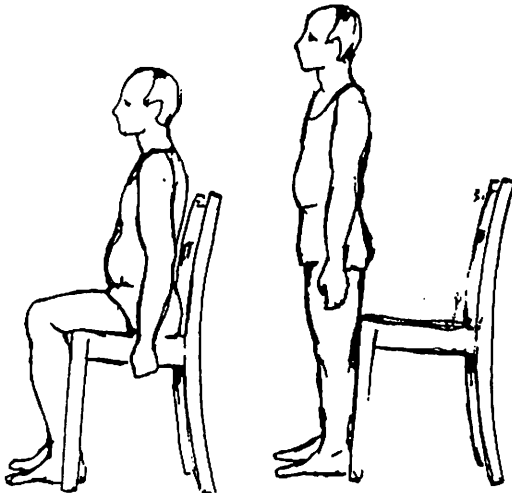
3. Increasing arm circles: Hold the arm away from body at shoulder height. Progressively increase size of circle for a count of six circles in ten seconds then decrease for a further count of six. Repeat for forty seconds. Repeat with other arm.



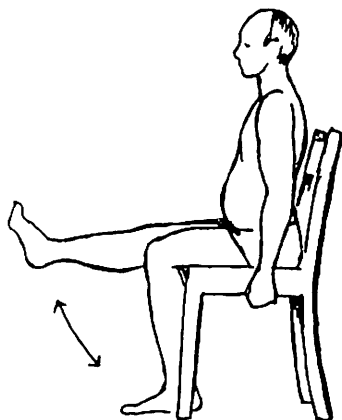
4. Abdominal exercise: Sitting in chair, tighten abdominal muscles, hold for a count of four and then release muscles over four seconds to starting position. Repeat continuously for thirty seconds. Perform the procedure three times with short rest periods in between.
5. Wall press ups: Stand with feet a full arm length distance from the wall, place hands on wall and bend at elbow until nose touches the wall, push arms straight again allowing eight seconds from start to completion. Repeat for 40 seconds continuously to a total of five repetitions. Repeat procedure three times with a short rest in between.



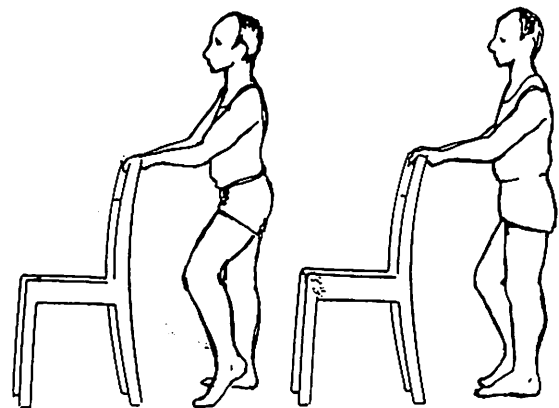
6. Sitting to standing: Using a dining chair, sit, stand, sit allowing ten seconds from start to completion. Repeat continuously for forty seconds to a total of five repetitions. Perform exercise three times with short rests between.



7. Quadriceps exercise: Sitting on chair straighten right knee, tense thigh muscles, hold for count of four, then relax gradually over a further four seconds to a total of five repetitions over forty seconds. Repeat the exercise three times with short rest periods in between. Repeat with left leg.



9. Walking on the spot: holding onto the back of a chair, allow one knee to bend, keeping toes on the ground. Bend other knee, whilst straightening first knee and allow four seconds for complete procedure. Repeat this bending / straightening of knees ie walking on the spot keeping toes on the ground continuously for 40 seconds to a total of ten repetitions. Repeat the exercise three times with short rest periods in between.



8. Calf exercises: Holding onto back of chair, go up on toes, return to floor taking 8 to 10 seconds to complete procedure. Repeat continuously for forty seconds.

10. Step ups: Step up with the right foot onto step then bring up left foot. Step down with right foot then left foot. Allow four seconds for the complete procedure and repeat continuously for 40 seconds. Repeat the exercise three times with short rest periods between.

A final word: it is possible that the type of exercise is not as important as its quantity and regularity. Do not put patients off by too much attention to detail. The important components are enthusiasm and