

COVID REHAB EXERCISES

EXERCISE	PHOTO
ANKLE ROLLS 10 X 1 BOTH DIRECTIONS	
ALTERNATING KNEE LIFTS 10 X 1 SLOW	
ALTERNATING LEG STEP OVERS 10 X 1 SLOW	
LEG EXTENSIONS 10 X 1 SLOW	
HAMSTRING STRETCH 30-60 SEC HOLD X 1 EACH LEG	
GLUTE STRETCH 30-60 SEC HOLD X 1 EACH LEG	
HIP ROTATIONS 10 X 1 BOTH DIRECTIONS	
ALTERNATING TORSO ROTATION 10 X 1 BOTH DIRECTIONS	

EXERCISE	PHOTO
CHEST FLY & HUG 10 X 1 SLOW	
CHEST STRETCH 30-60 SEC HOLD X 1	
ARM ROTATIONS 10 X 1 BOTH DIRECTIONS	
SHOULDER SHRUGS ROTATIONS 10 X 1 BOTH DIRECTIONS	
SHOULDER STRETCH 30-60 SEC HOLD X 1 EACH ARM	
HEAD TWISTS 10 X 1 BOTH DIRECTIONS	
NECK STRETCH 30 SEC HOLD X 1	
WRIST ROLLS 10 X 1 BOTH DIRECTIONS	

CARDIOVASCULAR EXERCISES	
<ul style="list-style-type: none"> - Treat each day as it feels - some days you can do more / others less - Try to gradually build up the duration of cardiovascular exercise - Go steady with intensity - should always be able to talk - Start with Walking / Cycling and build from there 	
STRENGTH EXERCISES	
<ul style="list-style-type: none"> - For weights use household items if needed - Rest for as long as needed inbetween sets - Keep the rep speed slow & controlled 	
EXERCISE	PHOTO
ABDOMINAL CRUNCH 4-15 x 1-3	
WALL PUSH UP 4-15 x 1-3	
SEATED BICEP CURL 4-15 x 1-3	
SEATED FRONT RAISE 4-15 x 1-3	
SEATED LATERAL RAISE 4-15 x 1-3	
SIT TO STAND 4-15 x 1-3	