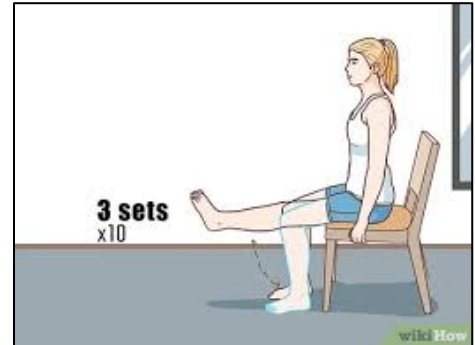


Seated and floor exercises for Barbara Smith

Leg extension from a seated position:

Before you begin: Always try to take a few deep breaths, do a quick body inventory to see what needs a bit of extra attention to release tension or pain. Place both feet on the floor, sitting tall, length in the spine. Have water near by to drink often.

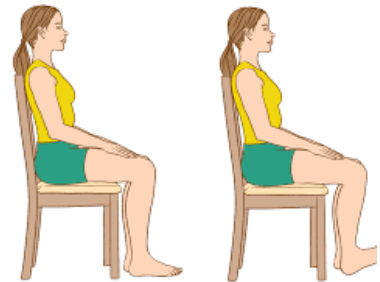
Extend lower leg out and engage quads (top of thigh). Repeat 5-7 times on Rt, then switch to your L. If you feel comfortable, hold in extension for a few counts each time.



Glute stretch with extension:

Pull your knee up into your chest, hands under the knee. Extend the lower leg, drop the knee down if needed. Be mindful of any pain in the lower back. If it feels okay here, you can also soften and round your back, taking your head to your knee on the bend, then lengthen as you straighten. Try variations.

Toe and heel raises for calf strength. Start by lifting up each foot and doing some ankle circles – circle both ways on each foot. Place both feet flat on the floor and lift toes, then heels 5-8 times. Try also to alternate for coordination. Also from this position, **place hands on your knees and lift** your knees just so your foot is about six inches on the floor. Push down with your hands slightly, as much as feels okay on your back. Try 5-7 on each side.



If you are comfortable lying on your back with knees up – this is a nice way to relax the spine and specifically work the lower abdominals.

Tuck the tail bone up, raising just the lower back up and then lengthen back down – this helps to isolate and work these muscles. 5-10 reps.



A



B

If comfortable, add the full bridge. Begin with the previous exercise and follow all the way to the bridge (see below). Use your breath on the lift up, AND the lowering down. Your legs (both quads and hamstrings) will be engaged as well. Make sure your heels are closer to your body so they don't slide out as you raise the hips. Repeat 5-8 times.

Pillow squeeze between legs for inner thighs and pelvis.

Holding pillow between the knees, squeeze together for 5 counts and release. Repeat 5-7 times. If it feels okay, release the knees, one out to each side to allow the muscles to stretch and release.

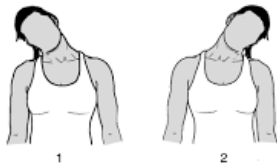


Upper body without twists or bends. Use your arms to extend the spine and wake up the trunk support muscles. Starting with arms down by your side, reach them forward or up in front, lift over your head, open wide (arms to your sides) and back down. Full circle, use your breath and enjoy the ride. Reverse the pattern, lift open to the side first, up over head and back down through the center.



Tactile hand and shoulder stretch:

Rub hands together in front of chest; intertwine the fingers and turn hands to stretch forward, keeping hands connected; reverse hands and stretch forward again (hands are in a fist); lift up over head, release hands and reach to the side.



Head rolls and side neck stretch:

Find what feels best for you on this one. Tilt sideways, roll forward, find the other side. Sit tall and use your breath.