Seated Movement

Neck & shoulders

Exercises 01–05

Sit on a firm chair without wheels, with both feet flat.

01 Head turn



Look straight ahead. Slowly turn your head to one side. Face forward, then try the other side.

02 Side neck tilt



Ease one ear toward the same shoulder. Keep both shoulders down. Return to center and switch sides.

03 Shoulder shrug



Let your arms hang. Lift both shoulders toward your ears, then slowly let them settle.

04 Chest opener



Sit tall. Turn your palms forward and open your arms slightly. Gently draw your shoulder blades together, then relax.

05 Seated upper-body turn



Face forward

→



Turn gently

Cross your arms over your chest. Turn your ribs and shoulders to one side while your hips face forward. Return to center and switch sides.

Start with small movements. Stop if you feel dizzy or a movement hurts.

Sources NHS • Sitting exercises | NHS • Flexibility exercises

Strength & Supported Balance

Leg strength with support

Exercises 36–40

Hold a fixed rail or a sturdy countertop. Wear shoes with good grip.

36 Supported mini squat



Hold the rail. Bend your knees and sit back a little, keeping your heels flat. Stand tall again.

37 Standing heel raise



Holding the rail, rise onto the balls of both feet. Pause, then slowly lower your heels.

38 Side leg lift



Hold the rail, toes forward. Lift one leg a little to the side. Lower it slowly and switch legs.

39 Standing hip extension



Hold your support. Keep your chest upright as you lift one nearly straight leg a little behind you. Lower it and switch legs.

40 Standing knee curl



Stand tall

→



Bend the knee

Keep your thighs side by side and hold your support. Bend one knee to bring your heel up behind you. Lower your foot slowly and switch legs.

Start with a small range. Keep hold of the support as you lift and lower each foot.

Sources NHS • Strength exercises | CDC & Tufts • Growing Stronger

Memory & sequencing

Individual practice

Remember the places

Look at where the three objects are. Cover the first grid with paper. Write or draw each object in the same spot on the second grid.

Look at the places

		
		

Mark the same places here
