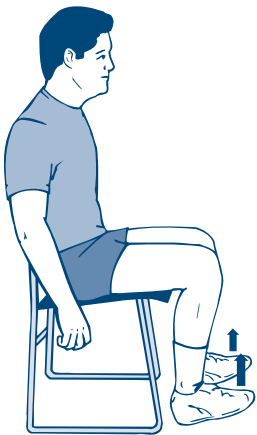


SEATED WARM-UP/COOL-DOWN EXERCISES

Exercise Tips

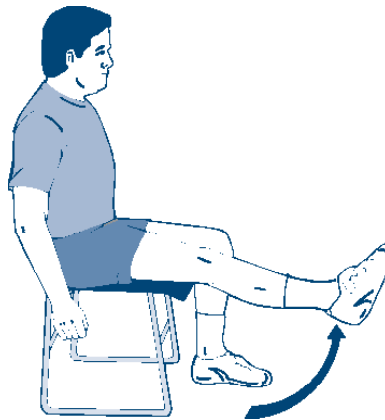
- Keep movement smooth and slow. Don't jerk or move fast
- Do not hold your breath
- Sit with good posture

If you have pain during any of these exercises, stop right away and call your doctor.



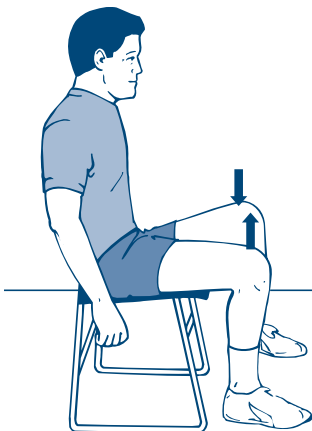
Ankle Pumping

- Start by sitting in a chair with your feet in front of you
- Keep your heels on the floor the whole time
- Use your ankles to move your feet all the way up and down



Knee Straightening

- Start by sitting with your feet in front of you
- Lift one foot off the floor and straighten the leg all the way
- Put your foot back on the floor
- Repeat ____ times on each leg



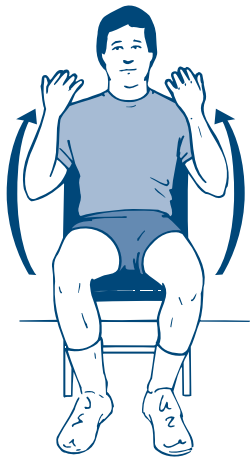
Knee Lifting

- Start by sitting in a chair
- Use your hips to lift each leg up and down, as if you are slowly marching in place
- Repeat ____ times on each leg



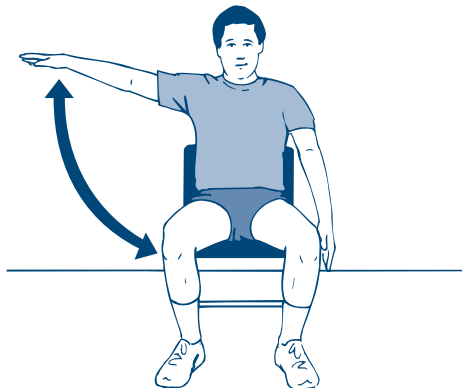
Overhead Reaching

- Start by sitting in a chair with arms by your sides
- Keep your arm straight and lift it out and up until it is pointed toward the ceiling
- Slowly lower your arm to your side
- Repeat ____ times on each arm



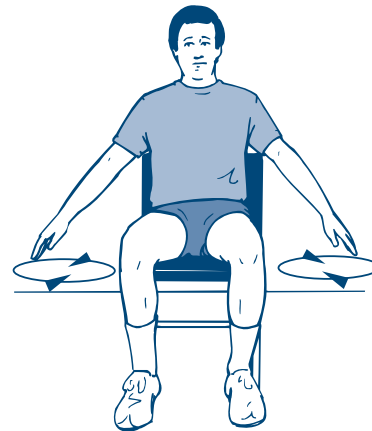
Shoulder Touching

- Start by sitting in a chair with your arms at your sides, palms facing forward
- Bend your elbows until you touch your shoulders
- Lower your hands to your sides
- Repeat ____ times



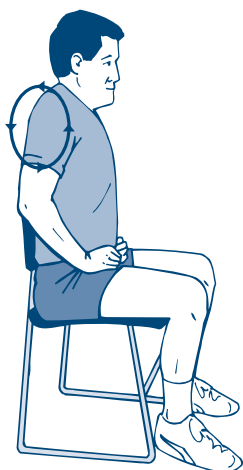
Single Arm Lifts

- Start by sitting in a chair with your arms at your sides
- Keep your arm straight with your palm facing the floor
- Raise one arm out to the side **no higher than your shoulder**
- Slowly lower your arm to your side
- Repeat ____ times on each arm



Arm Circles

- Start by sitting in a chair
- Hold your arms about 1 to 2 feet away from your body and keep them straight
- Make small circles with your arms
- Repeat ____ times in each direction



Shoulder Shrugs

- Start by sitting in a chair
- Move your shoulders in a smooth circular motion by bringing your shoulders up and forward toward your ears, and then down and backward
- Repeat ____ times



Single Shoulder Circles

- Start by sitting in a chair
- Touch your shoulder with your hand and slowly move your elbow in large circles
- Repeat ____ times in each direction on each side

This information is not intended to replace the medical advice of your doctor or healthcare provider. Please consult your healthcare provider for advice about a specific medical condition.



9500 Euclid Avenue, Cleveland, Ohio 44195
clevelandclinic.org/heart

© 2000-2019 Cleveland Clinic. All rights reserved.
 Rev. 7/19