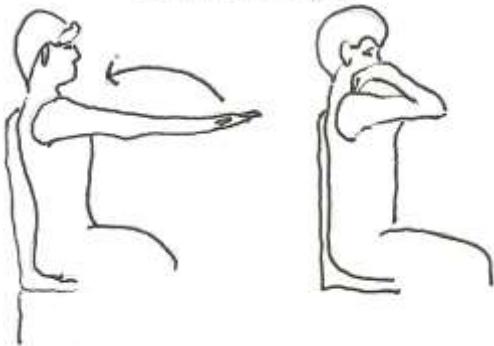


Chair Based yoga and Joint Freeing Home Practice Sheet

- Sit on a dining chair, or a chair with a straight back.
- Breathe through the nostrils, unless congested.
- It is possible to practice shoulder movements and side bends without the arms, if there is a restriction of the arm due to stroke.
- Only exercise if you are feeling well and injury free.

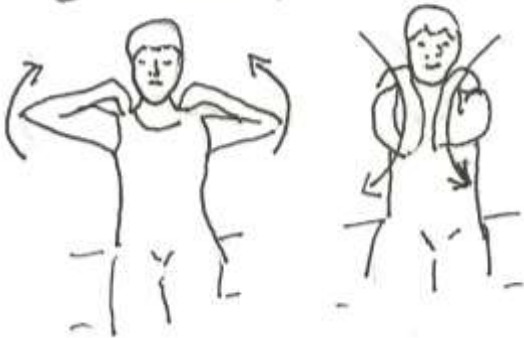
ELBOW FLEX & EXTEND



1)

- Keep shoulders completely relaxed.
- Inhale - extend hands out at shoulder height.
- Exhale bend at elbow so that fingers touch the shoulders.
- Repeat up to 5 times.

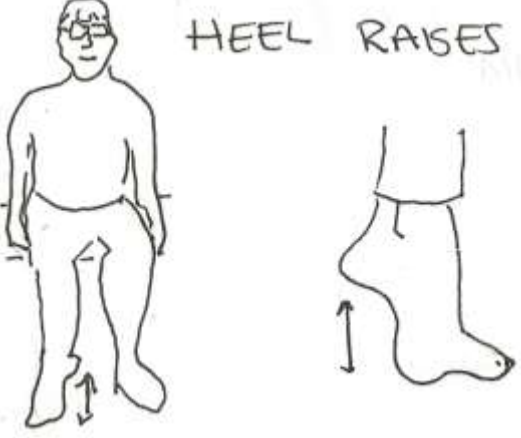
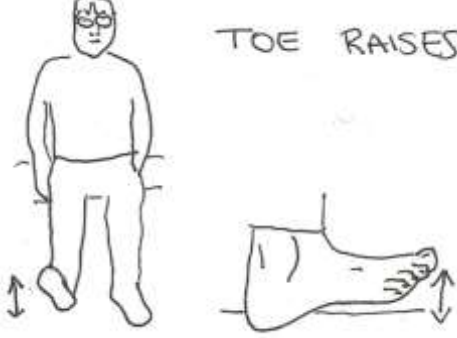
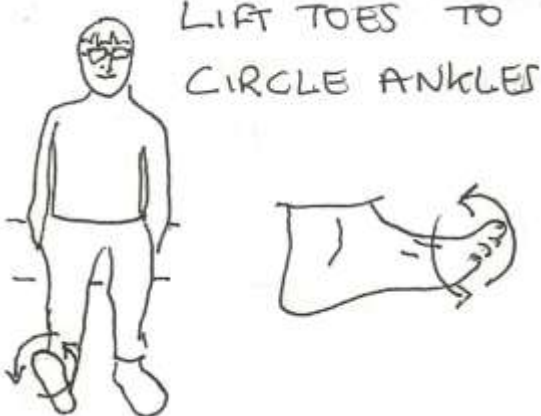
SHOULDER ROTATIONS



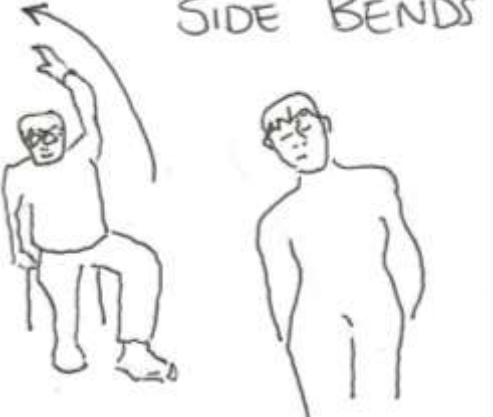


2)

- Keep fingers on shoulders
- Inhale - lift elbows
- Exhale – elbows together and down
- Repeat up to 10 times
- Repeat in other direction

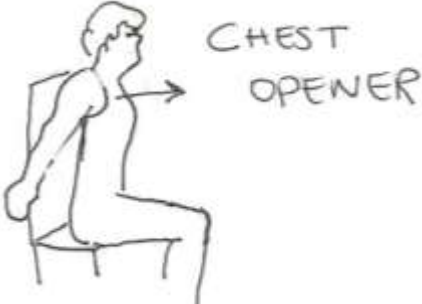


Chair Based yoga and Joint Freeing Home Practice Sheet

 <p>HEEL RAISES</p>	<p>3)</p> <ul style="list-style-type: none"> • Feet parallel, flat on the floor • Inhale - lift heels • Exhale - lower heels • Repeat up to 10 times
 <p>TOE RAISES</p>	<p>4)</p> <ul style="list-style-type: none"> • Feet parallel, flat on the floor. • Inhale – lift toes • Exhale – lower toes • Repeat up to 10 times.
 <p>LIFT TOES TO CIRCLE ANKLES</p>	<p>5)</p> <ul style="list-style-type: none"> • Lift toes. • Rotate toes in the same direction with the inhale and the exhale. • Repeat the opposite way. • Repeat up to 10 times.


Chair Based yoga and Joint Freeing Home Practice Sheet

<p>SIDE BENDS</p> 	<p>6)</p> <ul style="list-style-type: none"> • Sit tall, hold edge of chair with left hand • Inhale – sweep right arm over head • Exhale – side bend towards left side • Inhale – straighten up • Exhale – Lower arm • Repeat up to 5 times. • Practice on other side
<p>HIP ROTATIONS:</p>  <p>LIFT KNEE SUPPORT WITH HAND ROTATE</p>	<p>7)</p> <ul style="list-style-type: none"> • Lift right knee and support with hand • Rotate the knee in one direction • Move with inhale/exhale • Repeat up to 10 times • Practice both directions • Practice on both sides
<p>ROTATION OF TRUNK</p> 	<p>8)</p> <ul style="list-style-type: none"> • Inhale - Sit tall, away from the back of the chair • Exhale - rotate shoulders, twisting body to the right • Inhale – return to start position • Exhale – rotate to the left

Chair Based yoga and Joint Freeing Home Practice Sheet

	<ul style="list-style-type: none"> • Use bent arms if easier • Repeat up to 5 times.
 <p>CHEST OPENER</p>	<p>9)</p> <ul style="list-style-type: none"> • Clasp the back of the chair • Inhale – draw shoulder blades together, moving chest centre forward. • Exhale – move into relaxed start position. • Repeat up to 5 times
 <p>LATERAL NECK FLEXION</p>	<p>10)</p> <ul style="list-style-type: none"> • Keep shoulders completely relaxed. • Exhale - lower ear towards right shoulder • Inhale – lift head to centre • Exhale – lower ear towards left shoulder • Inhale – lift head • Repeat up to 10 times
 <p>HEAD ROTATION</p>	<p>11)</p> <ul style="list-style-type: none"> • Sit tall, keep shoulders completely relaxed • Exhale – rotate head to the right • Inhale – back to the centre

Chair Based yoga and Joint Freeing Home Practice Sheet

	<ul style="list-style-type: none"> • Exhale – rotate to left side • Inhale – to centre • Repeat up to 10 times.
<p>RELAXATION & BREATHING</p> 	<p>12)</p> <ul style="list-style-type: none"> • Set a timer for 5 minutes • Use the whole of the back of the chair to support your back, especially the lower back. • Both feet flat on the floor • Join thumb and index finger, or rest right hand in left hand. • Rest the back of the hands in lap or on thighs so that the arms are supported and become relaxed • Allow whole of your body to become still and heavy. • Feel the support of chair and ground underneath your feet. • Inhale – all the way down to your feet • Exhale – allow breath to move back out