

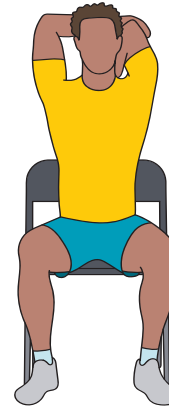
SEATED STRETCH ROUTINE

5 **x** **5** **x** **5**
MOVEMENTS **MINUTES** **TIMES A WEEK**



ANKLE CIRCLES

5 circles clockwise, 5 circles anticlockwise, repeat on the other side.



OVERHEAD TRICEPS STRETCH

Hold for 30 sec, repeat on the other side.



FORWARD FOLD SEATED

Hold 30 – 60 sec.



SEATED SIDE BEND

Hold for 10 sec on each side x 3.



THORACIC EXTENSION STRETCH

Hold 30 – 60 sec.

**This is a full body stretch that can be completed sitting down in a chair.
Any chair or seat will do!**



Government of Western Australia
Department of Health



Cancer Council
WA



SEATED STRETCH ROUTINE

5 **x** **5** **x** **5**
MOVEMENTS **MINUTES** **TIMES A WEEK**

This is a full body stretch that can be completed sitting down in a chair.

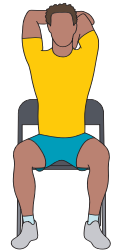
ANKLE CIRCLES

Sit up straight and lift your left leg straight out in front of you, keeping your right foot flat on the floor. Begin to slowly rotate your left ankle in a circular motion, keep this movement small. Complete 5 circles clockwise and 5 circles anticlockwise. Repeat on the other side.



OVERHEAD TRICEPS STRETCH

Sit up straight and lift your left hand to the ceiling, then bend your elbow to bring your left palm towards the centre of your back, resting your middle finger along your spine. Use your right hand to gently press your elbow down to reach further down your spine. Hold for 30 seconds, then change sides.



FORWARD FOLD SEATED

Sit up straight with your feet flat on the floor and hip-width apart. Slowly bend forward from your hips and let your upper body hang down, relaxing your head and neck. Hold this position for 30 to 60 seconds and slowly come back up to seated.



SEATED SIDE BEND

Sit up straight and bend to the left bringing your right arm up and over to the left keeping it stretched out. Place your left palm on the side of your chair for balance. Stay here for 10 seconds and release back to the starting position. Change sides and repeat 3 times.



THORACIC EXTENSION STRETCH

Sit up straight, place your hands on the back of your head with elbows out to the sides. Squeeze your shoulder blades together, and keep your eye gaze forward. Hold for 30 to 60 seconds.

