

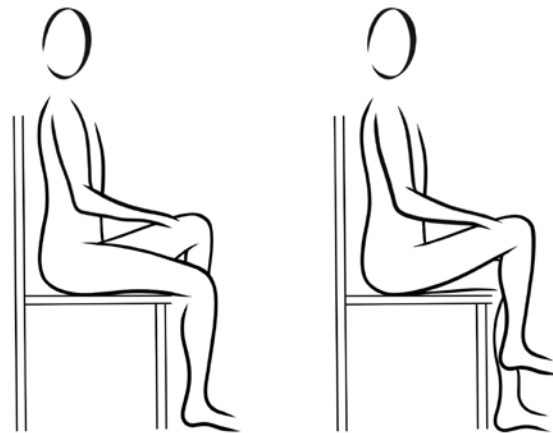
CHAIR EXERCISE ROUTINE

A YouTube style video of this exercise program is available at movingthroughcancer.com

If you or your care team think it is inadvisable for you to walk, try this chair exercise routine. It should take about 10 minutes to complete the whole thing. Build up to one complete set (10 minutes a day), then progress to 2 sets (20 minutes a day) in a session, then finally 3 sets (30 minutes a day). If any of these cause pain near your incision, skip that one and move on to the next one.

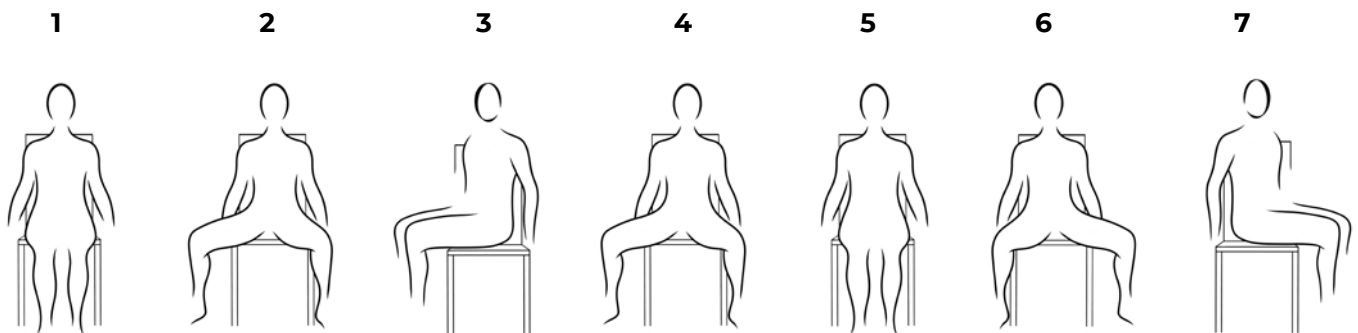
Chair marches:

March in place in the chair for 1 minute.



Quarter turns:

Open right leg by stepping right foot out to right side, move left leg to match it, return to center; open left leg by stepping left foot out to left side, move right leg to match it, return to center. Repeat for 1 minute.

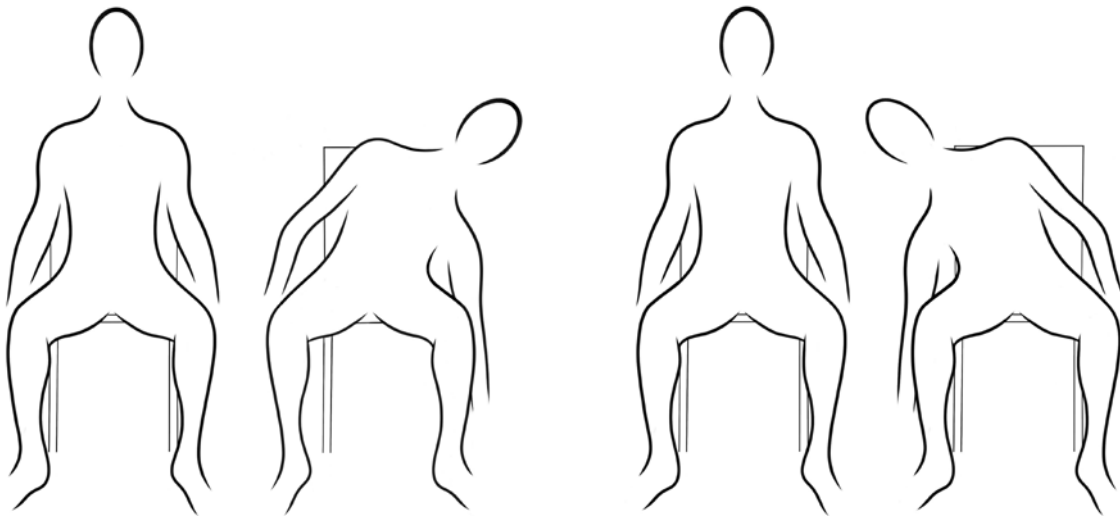


CHAIR EXERCISE ROUTINE

MOVING THROUGH
CANCER

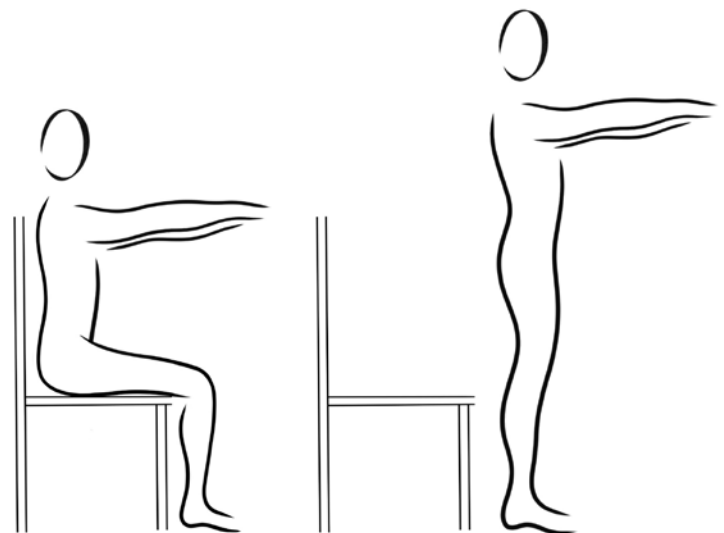
Leaning:

Reach fingers of right hand toward the ground, sit up straight; reach fingers of left hand toward ground, sit up straight.



Stand and sit:

Stand up from the chair and sit down – repeat for 1 minute.



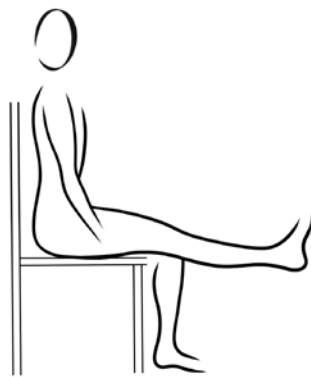
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Leg extensions:

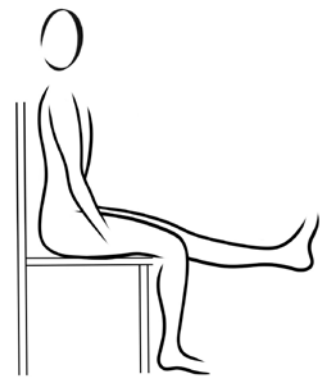
Sit up straight and extend the right leg to horizontal (parallel to the ground), toes pointed to ceiling. Return to starting position, repeat with left leg. Continue for 1 minute.



Side 1



Side 2



Star:

Extend arms and legs out at the same time, like a star shape then return legs and hands to starting position. Repeat for 1 minute.

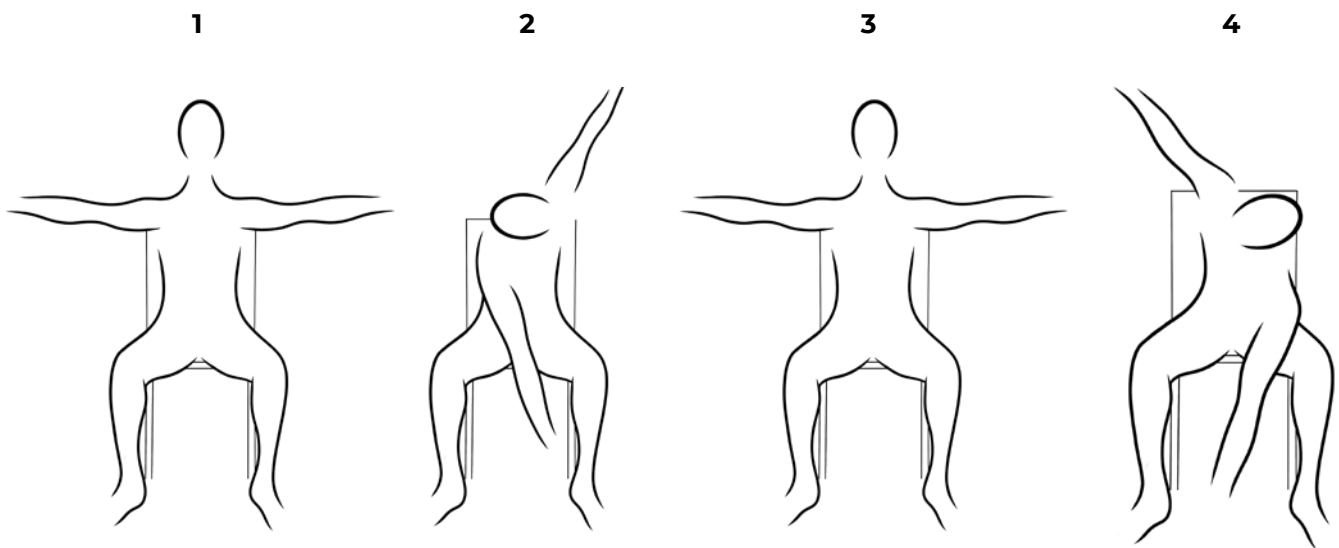


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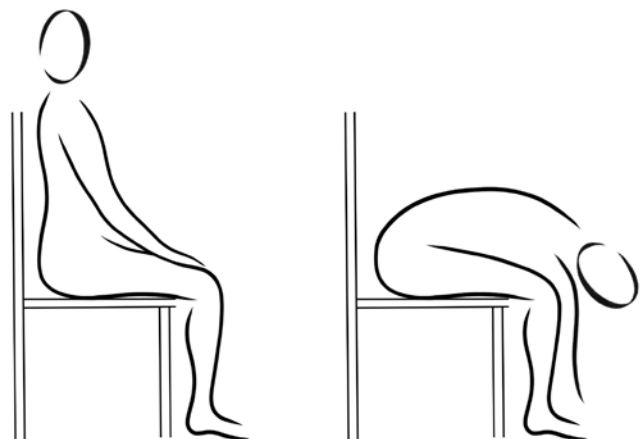
Opposing arm and leg windmill:

Reach right arm to left ankle, left arm behind, and simultaneously right leg forward; return to center and repeat on the other side. Continue for 1 minute.



Forward bend:

With hands behind the head, lead forward toward knees and hold for 2 seconds; return to seated and continue for 1 minute.

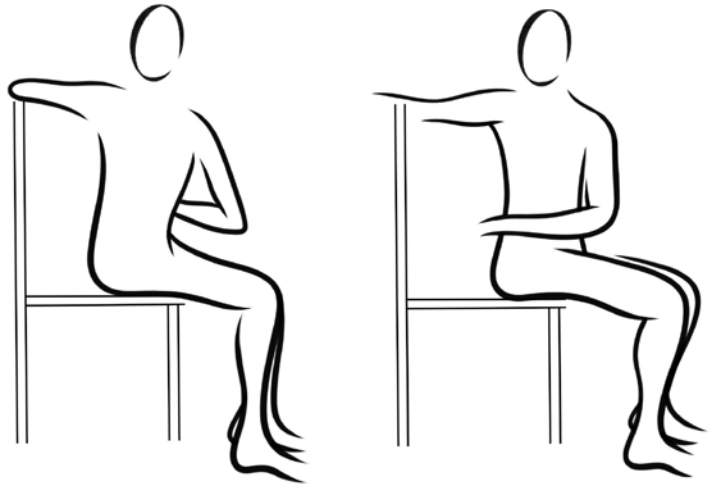


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Chair Turns:

Place the right hand outside the left knee and turn the head and shoulders left, leaving the knees facing front. Repeat on the other side and continue for 1 minute.



Calf raises:

Can be done seated or standing behind the chair, holding on to the back of the chair. Rise up on the balls of the feet and lower back down, repeating for 1 minute.

