

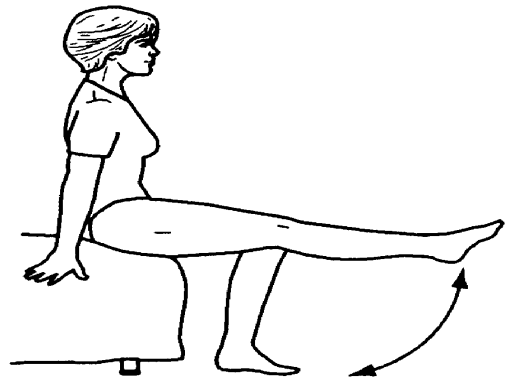
# Conditioning Exercises: Sitting

All of these exercises are done sitting at the edge of the bed or in a chair. Bend your knees and keep your feet flat on the floor.

Do each exercise \_\_\_\_\_ times each, \_\_\_\_\_ times a day.

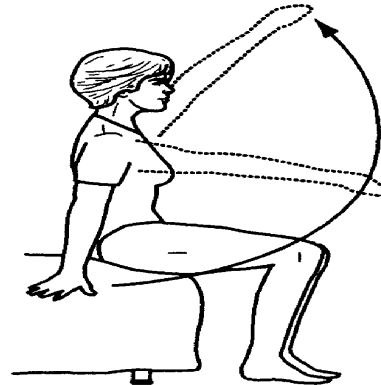
## Flexion / Extension

Straighten your right leg as you breathe out. Return your leg to the starting position as you breathe in. Repeat with your left leg.



## Shoulder Flexion

Start with your arms at your sides. Lift your right arm straight up and over your head as you breathe in. Lower your right arm to your side as you breathe out. Repeat with your left arm.



More on next page →

Learn more about your health care.

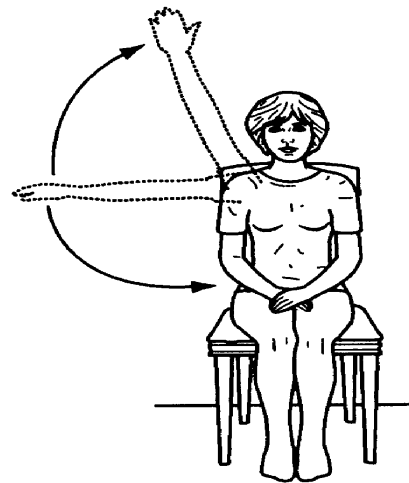
### ❑ Trunk Rotations

Put your hands on your hips. As you breathe out turn your upper body and head toward the right. As you breathe in turn back to the starting position. Then as you breathe out turn toward the left. Return to the starting position as you breathe in. Repeat in each direction.



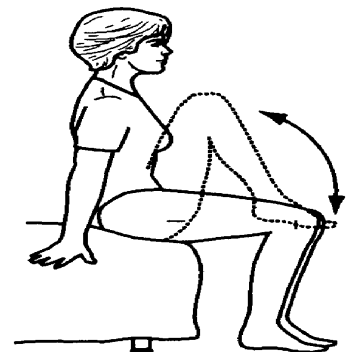
### ❑ Shoulder Abduction

Start with your arms at your sides. Lift your right arm out to your side and up over your head as you breathe in. Lower your right arm to your side as you breathe out. Repeat with left arm.



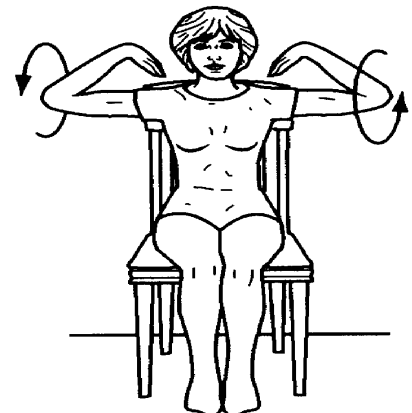
### ❑ Hip / Knee Flexion

Raise your right knee up towards your chest as you breathe out. Lower your leg to the starting position as you breathe in. Repeat with your left leg.



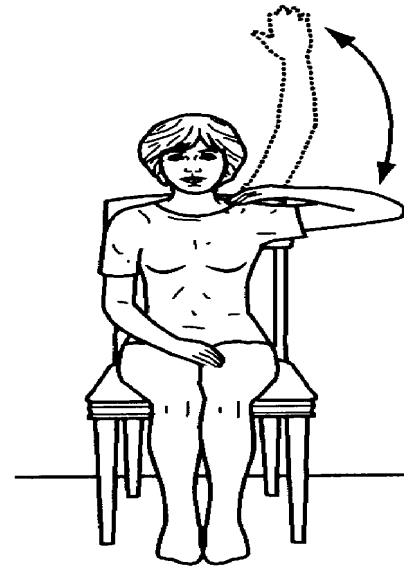
### ❑ Shoulder Circles

Put your hands on your shoulders. Make ten circles forward and ten circles backward with your elbows.



❑ **Shoulder Press**

Rest your right hand on your right shoulder with elbow bent. Bring your arm to shoulder level out to the side. Slowly raise your right arm over your head, straightening your elbow while you breathe in. Lower your right arm and rest your hand on your shoulder as you breathe out. Repeat with left arm.



- **Talk to your doctor or others on your health care team if you have questions. You may request more written information from the Library for Health Information at (614) 293-3707 or email: [health-info@osu.edu](mailto:health-info@osu.edu).**