

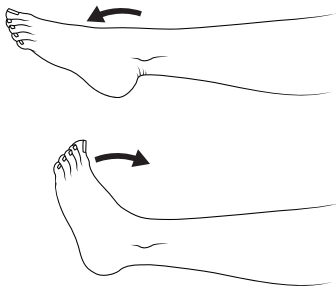
# General Internal Medicine

## Wellness Exercises

Do all these exercises 3 times every day (morning, afternoon, and evening).

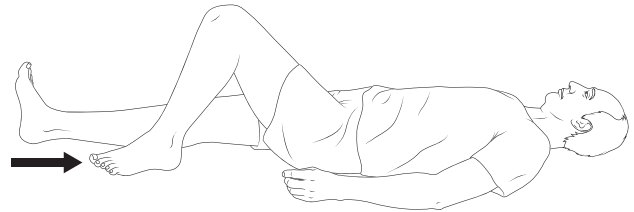
### 1. Ankle pumps

- Bend your ankle to move your feet up and down.
- Repeat 10 times for each foot.



### 2. Heel slides

- Lie on your back.
- While keeping your foot on the ground, slide your heel in towards your bum.
- Repeat 10 times for each leg.



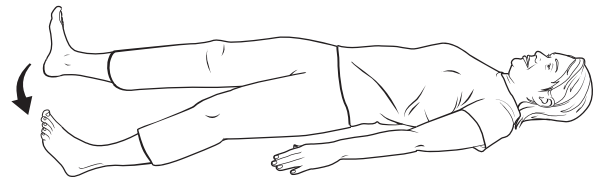
### 3. Leg lifts

- Lie on your back.
- Lift your leg as high as possible while keeping leg straight.
- Slowly bring your leg down.
- Repeat 10 times for each leg.



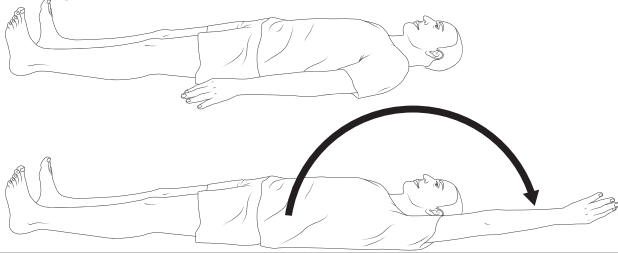
### 4. Snow angels

- Lie on your back with your legs straight out.
- While keeping your toes pointed to the ceiling, slide your leg out to the side as far as possible.
- Bring your leg back to the centre.
- Repeat 10 times for each leg.



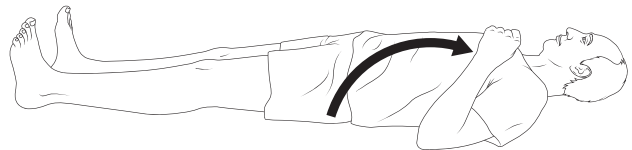
## 5. Arm lift

- Sit up straight in a firm chair or lie flat on your back. Choose the position that feels most comfortable.
- Place your arms at your side with your palms facing down.
- Keep your elbow straight and slowly lift arm as far over your head as you feel comfortable.
- Slowly lower arm back to your side.
- Repeat 10 times for each arm.



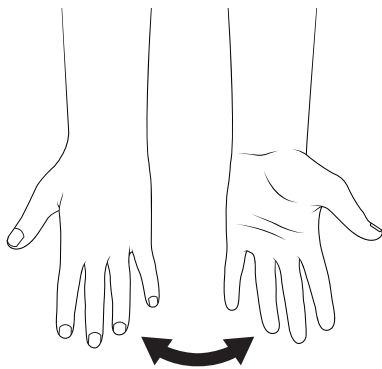
## 6. Elbow bends

- Sit up straight in a firm chair or lie flat on your back. Choose the position that feels most comfortable.
- Place your arms at your side.
- Bend your elbow so that your hand touches your shoulder.
- Straighten your elbow again so your hands are back at your side.
- Repeat 10 times for each elbow.



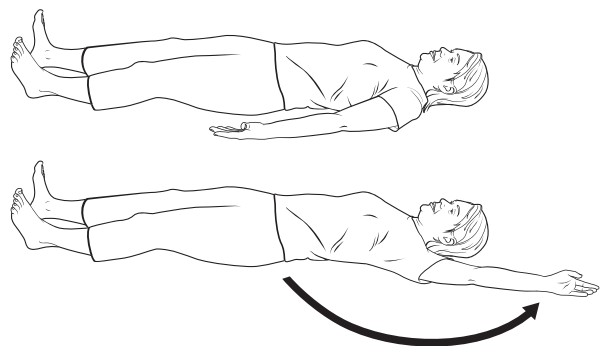
## 7. Palm up and down

- Sit up straight in a firm chair or lie flat on your back. Choose the position that feels most comfortable.
- Place your arms at your side.
- Roll your wrist so that your palm is facing up.
- Roll your wrist again so that your palm is facing down.
- Repeat 10 times for each wrist.



## 8. Arm slide

- Sit up straight in a firm chair or lie flat on your back. Choose the position that feels most comfortable.
- Place your arms at your side with your palms facing up.
- Keep your elbow straight and slowly lift arm out to the side and as far over your head as you feel comfortable.
- Slowly lower arm back to your side.
- Repeat 10 times for each arm.



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