

Exercise 3. Back of Thigh Stretch

This exercise helps with moving between a seated and standing position.

What do I need?

1 Chair



1. Sit tall, with a straight back and neck.
Place feet hip distance apart.

2. Gently kick one leg out.
Flex the foot, to point toes towards the sky.



3. Lean forward, using your bent knee for support.
Repeat this sequence 4 times, for each leg.