

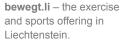
Exercise for standing activities 1:

Vein pump



When seated or standing; place your feet hip width apart Roll the feet backward deliberately and hold the tension in the end position.

Repeat 10–15 times



Find more exercises at www.bewegt.li/exercises

The exercises were provided by Mr Dieter Beh from the Überruh Rehabilitation Clinic in Isny, Allgäu, Germany.





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