

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



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Find more exercises at www.bewegt.li/exercises

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

Exercise for standing activities 2: **Stretching the back muscles**



When seated or standing; place your feet hip width apart.

Bend forward, vertebra by vertebra, try to place your chin on your chest, slowly roll back upward after relaxing.

Repeat 10–15 times



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Exercise for standing activities 3: **Relaxation of lower back**



In a standing position; place your feet hip width apart. Move your pelvis slowly clockwise and anticlockwise.

Repeat on each side 10–15 times in each direction.



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Exercise for standing activities 4: **Stretching the front thigh muscles**



In a standing position; place your feet hip width apart.

Hold one foot and gently pull your heel towards your buttocks, while standing upright. Do not move your thighs out to the side.

Note: If you have a knee problem, hold your trouser leg and gently pull your leg back.

Hold twice on each side for 15–20 seconds



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Exercise for standing activities 5: Strengthening the upper back muscles



Stand upright with the back against a wall; lean your upper body against the wall, try to gently push against the wall with your pelvis, shoulder blades, elbows and your backs of your hands.

Hold the tension for 15–20 seconds, repeat 2 to 3 times

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Exercise for standing activities 6: **Stretching the calf muscles**



In a standing position; with one foot in front of the other facing a wall, and the feet: 2–3 foot lengths apart. Slowly move your front knee towards your wall, hold your upper body upright, keep your rear heel on the ground.

Hold the tension twice on each side for 15–20 seconds

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