

Warm Up Exercises

Just perform the exercises you are happy doing. There should be no pain or strain!

Stand in the best possible upright posture with your feet a shoulder-width apart (lightly holding onto a firm support if required). And with the top of your head (the crown) suspended as if by an imaginary string.

These exercises may also be performed in sitting, preferably on a firm upright chair.

Shoulders

- Shoulder Rolls – big forward circles then backward circles
- Arms Fling
 - o Up and down – relaxed alternate arm swing as in marching
 - o Cross arms over the heart and fling out to the side and back
 - o Cross arms over the heart and fling arms out on alternate diagonal & back
 - o Windmill Action – side bend to the right, putting your weight in your right leg. The left arm goes behind your head, the elbow bends so your left hand touches your right shoulder blade. Your right arm goes behind your back, the elbow bends up so your right hand aims to meet left (or as far as able!). Repeat to the left side.
- Picking Cherries – pick imaginary cherries, one hand at a time, reach up above your head, reach forward, reach to the right then left

Fingers

- Finger Flicking – make a fist, then open and spread your fingers out (repeat)
- Making 'O's with your thumb touching each finger in turn
- Shake your hands out as though shaking off water

Waist

- 'Turning the Millstone' – Turn your waist right then left, keep your pelvis level and your knees aligned over the centre of your feet, allowing your arms to loosely wrap around your body as you turn. Imagine that your spine is the axle and your pelvis the millstone. Keep your head up and look at the horizon not the floor!
- Waist Circles – (big circles, then small) – one way then change direction
- Figure of Eight Circles (around the feet) – one way then change direction

Hips, Knees and Ankles

- Skiing Downhill Action – both arms swing as you bend your hips and knees
- Marching on the Spot
- Stand on One Leg (holding onto a firm support if needed), then with one leg at a time
 - o Ankle, up and down,
 - o Ankle circles, one way then change direction
 - o Shake your foot as though shaking mud off your shoe