



PHYSICAL AND OCCUPATIONAL THERAPY



SEATED HS STRETCH



Sit towards the front of the chair with your back straight. Straighten your left/right leg with toes pointed to the ceiling. Put both hands on opposite thigh. Bend forward through the waist, keeping your back straight. Hold 3-5 seconds. Repeat 10-15 times ____ times/day.



LONG SIT GS



Sit with knee straight and right/left leg flat on table. Loop a towel round the top of your foot. Pull toes towards you and gently bend forward at the waist. Hold 3-5 seconds. Repeat 10-15 times ____ times/day.