

Chair Exercises to Try

Toe taps

To strengthen the lower legs

1. Sitting in a chair and keeping your heels on the floor, lift your toes high enough that you can feel the muscles along your shin working. (This helps keep blood circulating in your legs and also strengthens the lower leg.)
2. Repeat 20 times.



Heel raises

To strengthen the upper calves

1. Sitting in a chair, keep your toes and the balls of your feet on the floor and lift your heels.
2. Repeat 20 times.



Knee lifts

To strengthen the thighs

1. Seated in a chair, with your arms resting but not pressing on the armrests, contract your right thigh muscles and lift your leg. Your knee and the back of your thigh should be 2 or 3 inches off the seat.
2. Pause for 3 seconds and slowly lower your leg.
3. Complete 8 to 12 repetitions and then repeat with the opposite leg.



Ankle rotations

To strengthen the calves

1. Seated in a chair, lift your right foot off the floor and slowly rotate your foot 5 times to the right and then 5 times to the left.
2. Repeat with the left foot.



Neck stretch

_To relieve tension in the neck and upper back

1. Sitting with your feet flat on the floor, shoulder-width apart. Keep your hands relaxed at your sides.
2. Don't tip your head forward or backward as you turn your head slowly to the right. Stop when you feel a slight stretch. Hold for 10 to 30 seconds.
3. Now turn to the left. Hold for 10 to 30 seconds.
4. Repeat 3 to 5 times.



Upper back

_To relieve tension in the shoulders and upper back

1. Sit in a firm chair. Place your feet flat on the floor, shoulder-width apart.
2. Hold your arms up and out in front at shoulder height, with your palms facing outward and the backs of your hands pressed together. Relax your shoulders so they're not scrunched up near your ears.
3. Reach your fingertips out until you feel a stretch. Your back will move away from the back of the chair.
4. Stop and hold for 10 to 30 seconds.
5. Repeat 3 to 5 times.

