



## 1. PRONE BACK EXTENSIONS

2 Sets / 10 Reps / 2 s hold

Additional instructions:

- Perform lying face down on the floor or bed.
- Hold your arms out to your sides with your elbows bent and hands in-line with your head.
- Lift your arms and chest up off the ground, you should feel a squeeze between your shoulder blades as your hands lift up.
- Pause for 2 seconds at the top then lower your hands and chest back down



## 2. BENCH PUSH UP

2 Sets / 10 Reps

Additional instructions:

- Stand in front of a bench or railing with your hands on the edge and elbows straight.
- Move your legs backwards to place weight onto your arms.
- Keep your body in a straight line and bend your elbows until your chest reaches the bench.
- Push back up to straight arms.



## 3. FORWARD LUNGE

2 Sets / 10 Reps

Additional instructions:

- Find a countertop or wall to use as support.
- Start with feet together and take a large step forward.
- Lower your back leg down so your knee touches the ground and the front knee is bent.
- Push back off the front leg and return to the starting position.

## 4. RUNNERS STEP UP

2 Sets / 10 Reps

Additional instructions:

- Using a step that you're comfortable with and has something to hold onto next to you for balance.
- Step onto step.
- Bring the other knee up high into a runner's stance.
- Hold this position for 1s.
- Step back to the floor and repeat the movement.

## 5. SEATED FIGURE 4 STRETCH

2 Sets / 2 Reps / 30 s hold

- Additional instructions:
- Perform sitting in a chair.
- Bring one leg up and rest the side of the ankle on the opposite knee. (If you are struggling to get your foot into this position then straighten out the bottom leg, this will make it easier to rest the opposite leg on.)
- Hold this stretch for 30s and repeat on each side twice.

## 6. DOORWAY STRETCH

2 Sets / 2 Reps / 30 s hold

- Additional instructions:
- Stand up straight in a doorway.
- Place your affected arm at shoulder height on the door frame.
- Bend your elbow to 90 degrees so that your forearm runs up the door frame.
- Place one foot in front and one behind for stability.
- Keep your spine straight and rotate your body away from the door frame, while gently pushing forwards.
- You should feel a stretch across the front of your chest.

## 7. HIP FLEXOR & QUADRICEPS STRETCH

2 Sets / 2 Reps / 30 s hold

- Additional instructions:
- Start in a standing position. Use a desk for support, and raise one leg behind you grabbing hold of your ankle, or your lower leg.
- Lift your leg as high as possible and try to keep your knee bent at a right angle.
- Hold for a few seconds, and then repeat for the other leg.



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