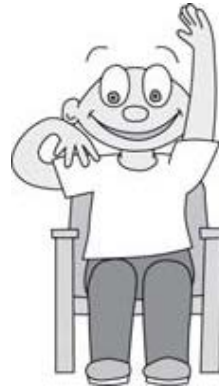


ARM CIRCLES:

Sit up straight in a chair. Keep your feet flat on the floor. Tuck in your tummy. Extend arms out to the sides at shoulder level. Make sure the elbows are straight. Circle the arms to the front 4 times.



HAND REACHES:

Sit in a chair. Place both hands on your shoulders. Extend your arm and reach toward the ceiling with your right hand. Return your right hand to your shoulder and repeat with your left hand. Gradually build up to 8 repetitions with each hand.



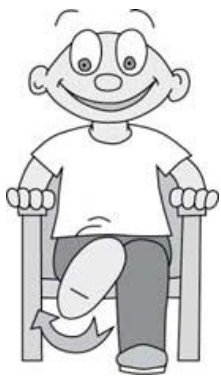
LATERAL STRETCH:

Sit in a chair. Lift your right arm over your head and lean to the left. At the same time, make a C shape with your left arm (as if you were holding a baby). Gently stretch to the left. Change sides and repeat the exercise. Slowly build up to 8 repetitions on each side.



MARCHING IN PLACE:

Sit in a chair. Lift your left knee so that the foot is 6 inches off the floor. Lower your left knee. Lift your right knee so that the foot is 6 inches off the floor. Continue marching, lifting knees up and down.



ANKLE CIRCLES:

Sit in a chair. Extend the right foot out in front. Circle the right ankle in 4 times. Circle the right ankle out 4 times. Repeat with the left foot.



KNEE PULL:

Sit in a chair. Pull your right knee into your chest. Hold the knee in for 4 seconds. Lower the leg. Repeat with the other knee.

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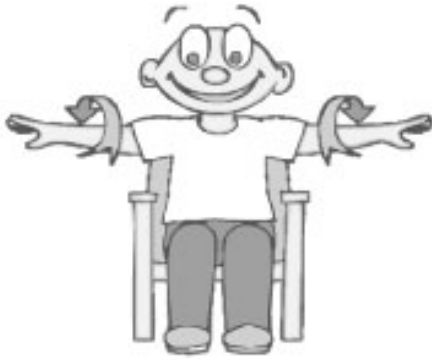
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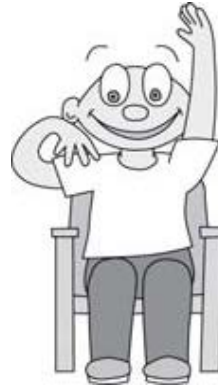
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Vietnamese CHÚ Ý: Nếu bạn nói Tiếng Việt, có các dịch vụ hỗ trợ ngôn ngữ miễn phí dành cho bạn. Gọi số (415) 391-9686 ext. 8160 (TTY: 1-800-735-2929).



手臂轉圈:

在椅子上坐直。雙腳平放在地上。收腹。手臂與肩相平，向兩邊伸展。保持手肘伸直。手臂向前轉圈4次。



伸手運動:

坐在椅子上。雙手放在肩上。伸展手臂，右手向上舉起。把右手放回原位。左手重複以上動作。循序漸進，爭取每隻手做8次整套動作。



伸展運動:

坐在椅子上。抬起右臂，將之伸至頭頂。左手同時做出一個C的形狀（如同抱著一個嬰兒）。輕輕地向左側伸展。換右邊。重複以上動作。循序漸進，爭取完成8次整套動作。



原地踏步:

坐在椅子上。抬起左膝至離地6吋。放下。抬起右膝至離地6吋。放下。重複以上動作。



腳踝轉圈:

坐在椅子上。向前伸出右腳。向內轉動右腳踝4次，再向外轉動4次。左腳重複以上動作。



拉膝運動:

坐在椅子上。把右膝拉向胸前。保持4秒。放下右膝。左膝重複以上動作。

