

Premiere Products Exercises Chapter

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movement is medicine for your balance system these exercises will help you feel less dizzy and improve your balance by retraining your brain to understand movements these exercises will be

this session is ideal for people who have completed aquatic physical therapy and would like to continue exercises on their own lap swimming is not allowed in the warm water pool

limit exercising in excessive heat or humidity allow adequate resting periods listen to your body make exercise part of your daily routine do the highlighted or marked exercises times a

pull toes up and then return to the floor sit with feet flat on the floor lift heels off the floor up and down sit in a chair with feet flat on the floor lift your leg off the floor slowly lower to start position

aerobic resistance balance and flexibility exercises start by choosing an aerobic activity that you can do almost daily such as taking 5 minute walks throughout the day or parking farther away so you will

you can do these exercises while you are in bed to help strengthen your lower body and improve your blood flow this helps prevent blood clots for each exercise start with 1 set of 10 repetitions reps

eight to 10 different exercises utilizing the major muscle groups of the body are recommended one to four sets of between eight and 20 repetitions are recommended

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