<table>
<thead>
<tr>
<th>Exercise</th>
<th>Repeat</th>
<th>Hold</th>
<th>Complete</th>
<th>Perform</th>
</tr>
</thead>
<tbody>
<tr>
<td>ANKLE PUMPS - AP</td>
<td>5 Times</td>
<td>1 Second</td>
<td>1 Set</td>
<td>1 Time(s) a Day</td>
</tr>
<tr>
<td>Bend your foot up and down at your ankle joint as shown.</td>
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<tr>
<td>STRAIGHT LEG RAISE - SLR</td>
<td>5 Times</td>
<td>1 Second</td>
<td>1 Set</td>
<td>1 Time(s) a Day</td>
</tr>
<tr>
<td>While lying or sitting, raise up your leg with a straight knee. Keep the opposite knee bent with the foot planted to the ground.</td>
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<tr>
<td>HEEL SLIDES - SUPINE</td>
<td>5 Times</td>
<td>1 Second</td>
<td>1 Set</td>
<td>1 Time(s) a Day</td>
</tr>
<tr>
<td>Lying on your back with knees straight, slide the affected heel towards your buttock as you bend your knee.</td>
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<tr>
<td>Hold a gentle stretch in this position and then return to original position.</td>
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<tr>
<td>SHORT ARC QUAD - SAQ</td>
<td>5 Times</td>
<td>1 Second</td>
<td>1 Set</td>
<td>1 Time(s) a Day</td>
</tr>
<tr>
<td>Place a rolled up towel or pillow under your knee and slowly straighten your knee as your raise up your foot.</td>
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<tr>
<td>SUPINE HIP ABDUCTION</td>
<td>5 Times</td>
<td>1 Second</td>
<td>1 Set</td>
<td>1 Time(s) a Day</td>
</tr>
<tr>
<td>While lying on your back, slowly bring your leg out to the side. Keep your knee straight the entire time.</td>
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<tr>
<td>ELBOW FLEXION EXTENSION - SUPINE</td>
<td>5 Times</td>
<td>1 Second</td>
<td>1 Set</td>
<td>1 Time(s) a Day</td>
</tr>
<tr>
<td>While lying on your back, rest your elbow on a small rolled up towel. Next, bend at your elbow and then lower back down and repeat.</td>
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</tr>
<tr>
<td>SUPINE FLEXION</td>
<td>5 Times</td>
<td>1 Second</td>
<td>1 Set</td>
<td>1 Time(s) a Day</td>
</tr>
<tr>
<td>While lying on your back with your arm at your side, slowly raise it up and forward towards overhead.</td>
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<tr>
<td>Finger Abduction</td>
<td>5 Times</td>
<td>1 Second</td>
<td>1 Set</td>
<td>1 Time(s) a Day</td>
</tr>
<tr>
<td>Start with a fist. Then spread fingers out as far as they will go. Repeat</td>
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</table>
Chair Exercises (BMAT Level 2 - Level 4)

1. **SEATED MARCHING**
   - While seated in a chair, draw up your knee, set it down and then alternate to your other side.
   - Repeat 5 Times
   - Hold 1 Second
   - Complete 1 Set
   - Perform 1 Time(s) a Day

2. **LONG ARC QUAD - LAQ**
   - While seated with your knee in a bent position, slowly straighten your knee as you raise your foot upwards as shown.
   - Repeat 5 Times
   - Hold 1 Second
   - Complete 1 Set
   - Perform 1 Time(s) a Day

3. **BALL SQUEEZE - SEATED**
   - While sitting, place a ball between your knees. Squeeze the ball with your knees and hold.
   - Repeat 5 Times
   - Hold 1 Second
   - Complete 1 Set
   - Perform 1 Time(s) a Day

4. **SCAPULAR RETRACTIONS**
   - Draw your shoulder blades back and down.
   - Repeat 5 Times
   - Hold 1 Second
   - Complete 1 Set
   - Perform 1 Time(s) a Day

5. **AROM FLEXION**
   - While sitting or standing with your arm at your side, slowly raise it up and forward towards overhead.
   - Repeat 5 Times
   - Hold 1 Second
   - Complete 1 Set
   - Perform 1 Time(s) a Day

6. **BICEP CURLS - ALTERNATING**
   - Bend your elbow and move your forearm upwards. As you lower back down, begin bending the opposite elbow upwards.
   - Repeat 5 Times
   - Hold 1 Second
   - Complete 1 Set
   - Perform 1 Time(s) a Day

7. **DIPS IN CHAIR**
   - While sitting in a chair with arm rests, push yourself upwards so that you lift your buttocks of the chair. Then lower down controlled back to normal seated position.
   - If you are unable to lift yourself up, you can perform "pressure releases" so that you simply push to take some weight off your buttocks.

8. **WRIST EXTENSION AND FLEXION - AROM**
   - Bend your wrist back as shown, then slowly return to original position. Then bend your wrist all the way down and return to original position.

Repeat 5 Times
Hold 1 Second
Complete 1 Set
Perform 1 Time(s) a Day