

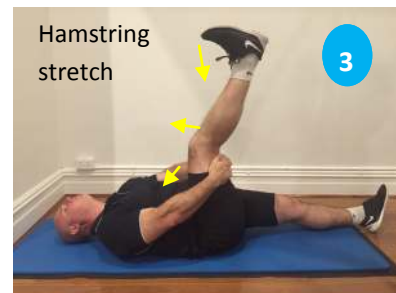
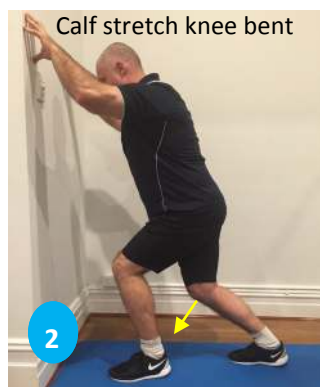
TRAVEL EXERCISE PROGRAM—TO KEEP YOU FEELING FIT & MOBILE

DISCLAIMER: *None of these exercises should cause you any pain. These are general exercises to help keep your joints and muscles mobile and flexible. If you are unsure about suitability of any exercise, consult your physiotherapist. More Than Physio bears no responsibility should you develop pain or injury doing these exercises*

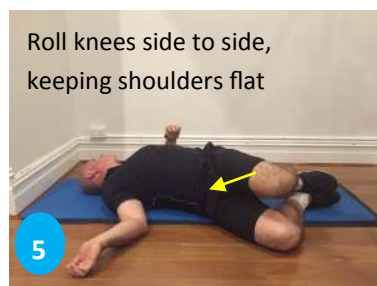
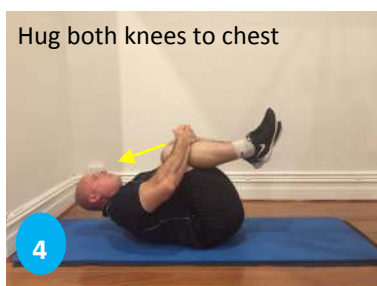
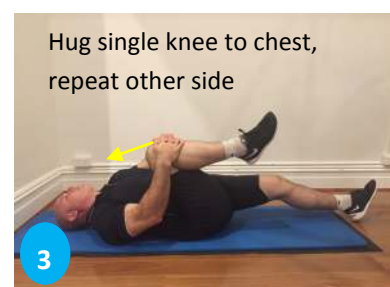
Ankle exercises - Can be done sitting or standing. Move ankle in directions of arrows 15 - 20 times. Repeat both sides.



Calf & Hamstring stretches - hold each position for 30 seconds. DON'T bounce. Repeat both sides



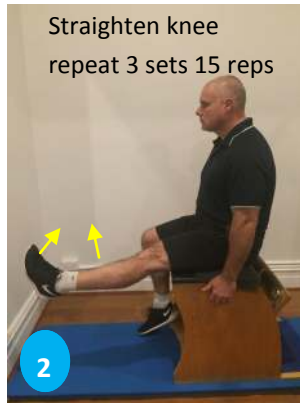
Pelvis and lower back exercises - repeat each 15 - 20 times



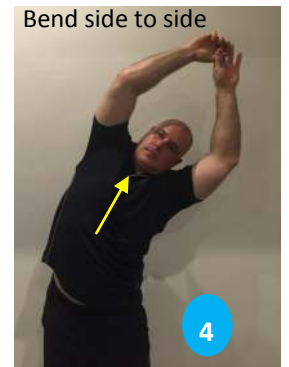
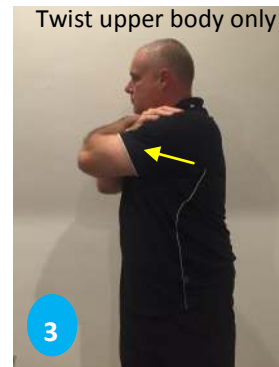
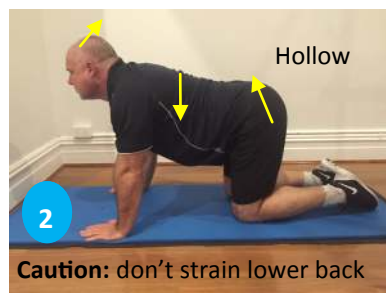
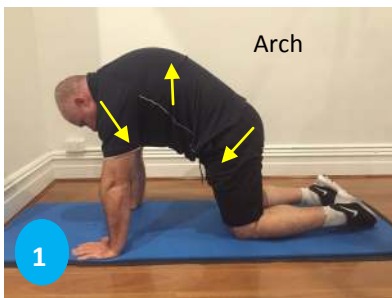
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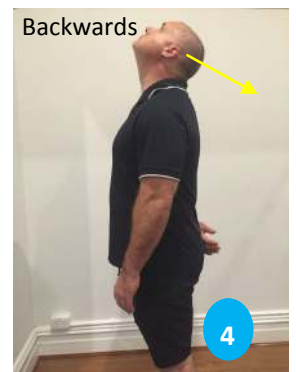
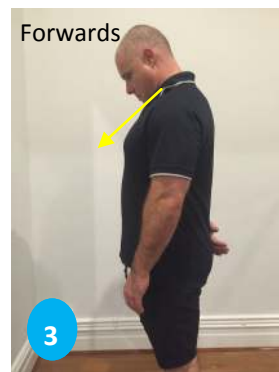
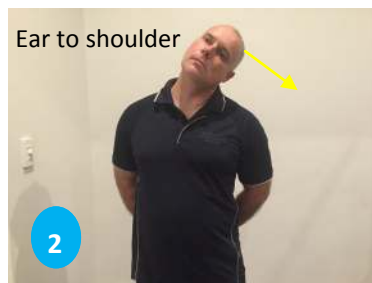
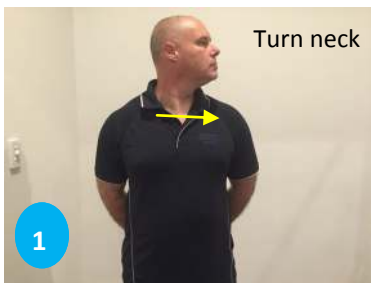
Knee exercises - Repeat both sides



Upper back exercises - perform each of these 15 times both directions



Neck exercises - perform each of these 15 times both directions



Neck stretches - perform each of these both sides holding each for 30 seconds

