

# Warm-up Exercises

- Begin warm-up with 2-3 minutes of easy walking around a room or standing in one place, using arms in a natural stride
- If you have balance issues, have an anchor nearby to offer support, such as a sturdy chair
- Keep your walk and all warm-up movements very light, rhythmic, and pain free (RPE 8-9 Very light)
- Warm-up a total of 5-10 minutes
- Maintain rhythmic breathing. Use “pursed lips breathing if you have a lung limitation\* (see below)

## 1. Cross-Country Ski

Place feet shoulder width apart. Bend both knees moderately while alternating arms slowly and rhythmically in a cross-country ski motion. Repeat 5-10 times on each side.



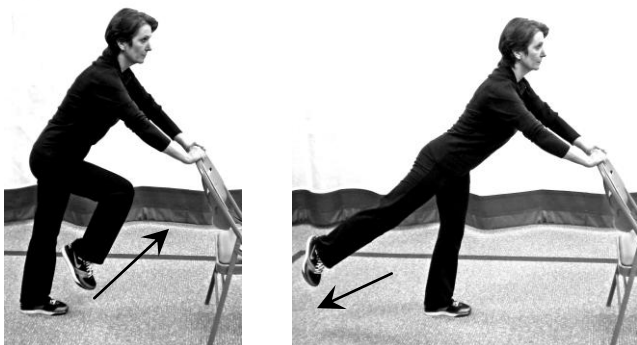
## 2. Wide Side-to-Side Knee Bend

Place feet wider than shoulder width apart, pointing out at a ~45° angle. Bend one knee slightly and then the other, moving side to side in a rhythmic, pain-free motion. Repeat 5-10 times on each leg.

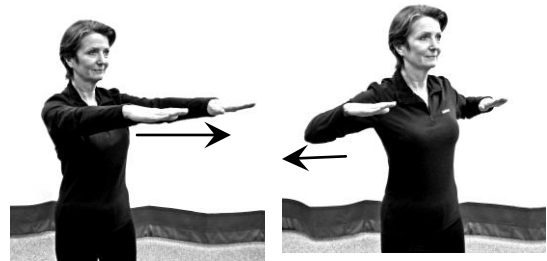


## 3. Leg Tuck & Extend

Rest both hands lightly on the back of a sturdy chair, wall or counter for support. Bend at the hips without rounding the spine. Pull knee of one leg toward chest, then straighten leg behind you avoiding over arching the back when you extend. Repeat 5-10 times on each leg.



## 4. Arm Push & Pull



Stand with feet shoulder width apart. Reach forward with both arms parallel to the floor. Pull both elbows back. Move rhythmically in a full natural pain-free range of motion. Repeat 5-10 times.

## 5. Overhead Rope Climb

Place feet shoulder width apart. Reach overhead with one arm and then the other in a “rope climbing” motion, lifting the ribcage and shoulder blade in a full, pain-free range of motion. Repeat 5-10 times each side.



## 6. Backward Shoulder Shrugs



Hang arms straight at sides. Lift shoulders toward ears and slowly roll *backward* in full circle keeping elbows straight. Tighten the abdominal muscles just a little to protect your back and avoid over-arching the low back. Repeat 5-10 times.

**\*Instructions for “pursed lips breathing”:** Take an easy breath in through nose; exhale slowly and gently through pursed lips, breathing out as long as comfortably possible. Use with all physical exertion