

Graded Exercises



Allina Health

General Information

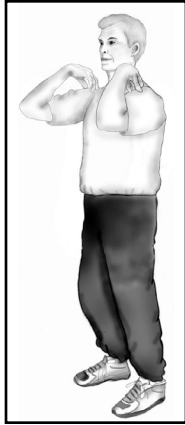
- Start your exercises by taking 5 deep breaths.
- Do each exercise for 2 minutes. Rest 1 minute between exercises.
- Do these exercises 2 times each day.

METS 1.8

- Start with your arms straight down at your sides (pose 1).
- Raise both hands to shoulder level in front of your body (pose 2).
- Extend your arms straight out to the sides (pose 3).
- Return your hands to shoulder level (pose 4), then return them to the sides of your body (pose 1).



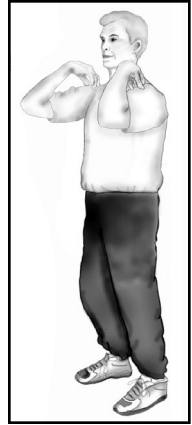
pose 1



pose 2



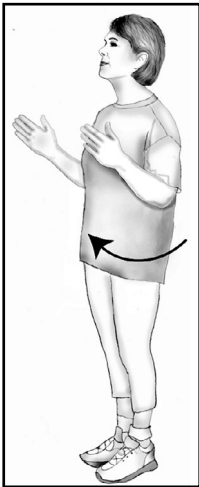
pose 3



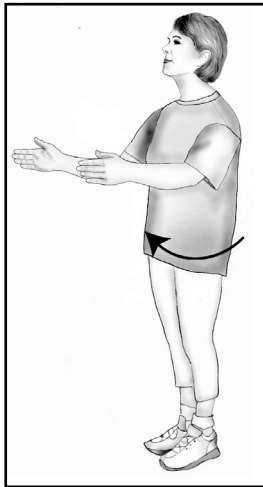
pose 4

METS 2.6

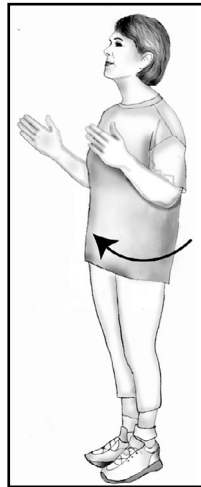
- Bend your arms up to your chest. Do not put your hands on your shoulders. (pose 1).
- Slightly bend your elbows and punch your arms forward (pose 2).
- Bend your arms up to your chest. (pose 3).
- Swing your arms straight back (pose 4).
- Bend your arms up to your chest. (pose 5).



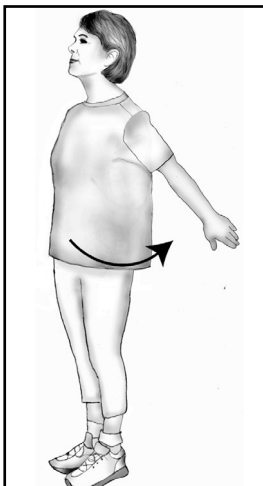
pose 1



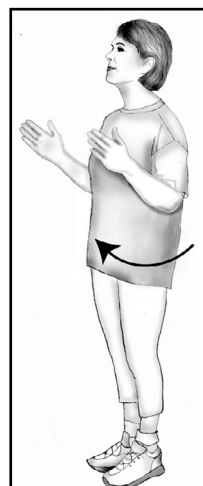
pose 2



pose 3



pose 4



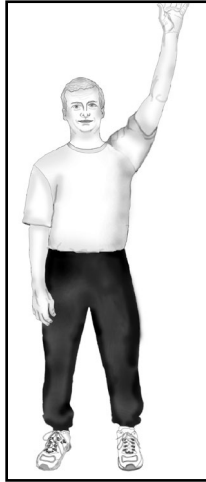
pose 5

METS 2.1

- Start with your arms straight down at your sides (pose 1).
- Keep your right arm straight and raise your left arm forward and up over your head (pose 2). **Be careful not to overstretch.**
- Return your arm to your side (pose 3).
- Keep your left arm straight and raise your right arm forward and up over your head (pose 4). **Be careful not to overstretch.**
- Return your arm to your side (pose 1).



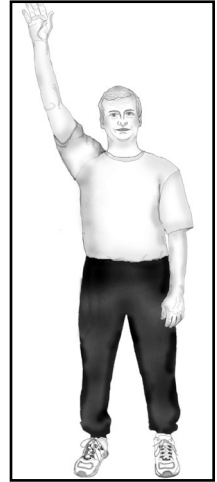
pose 1



pose 2



pose 3

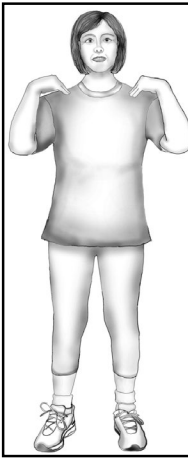


pose 4

METS 2.8

Do this exercise for 1 minute only.

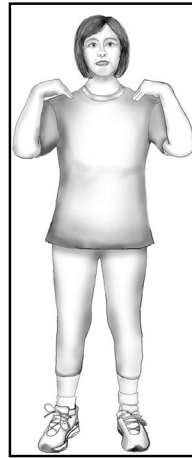
- Raise your hands to shoulder level (pose 1).
- Reach out and stretch toward the right (pose 2).
- Return your hands to shoulder level (pose 3).
- Reach out and stretch toward the left (pose 4).
- Return your hands to shoulder level (pose 5).



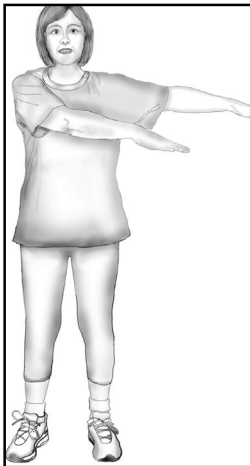
pose 1



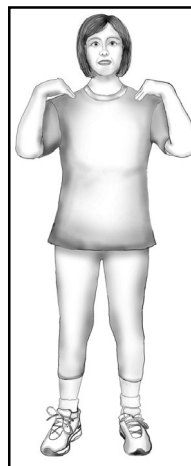
pose 2



pose 3



pose 4



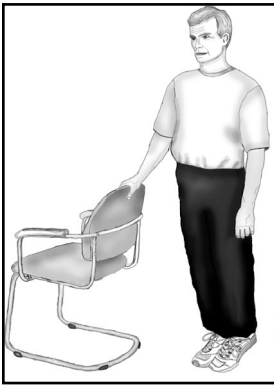
pose 5

METS 4.6

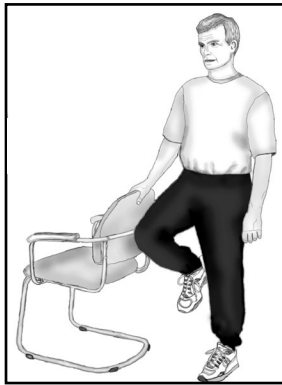
Use the back of a chair for support. (You may also do this exercise while sitting.)

- Stand straight, with one arm holding a chair. (pose 1).
- Partially raise your right knee (pose 2).
- Lower your knee (pose 3).
- Lightly kick your right leg forward in a straight position (pose 4).
- Return your leg to a standing position (pose 5).

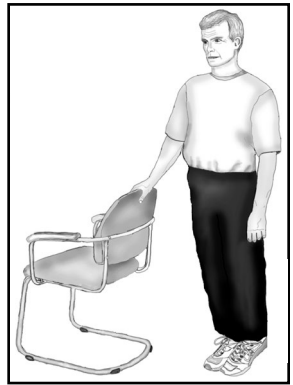
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pose 1



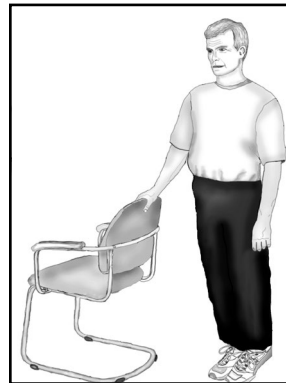
pose 2



pose 3

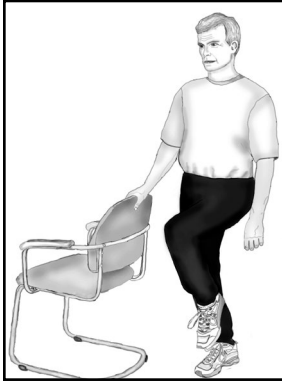


pose 4

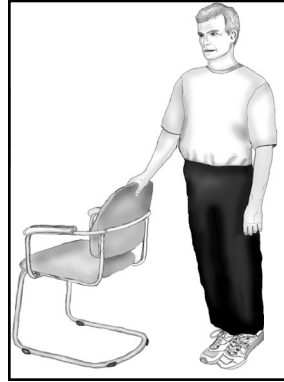


pose 5

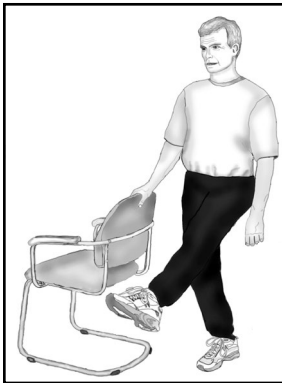
- Partially raise your left knee. (pose 6).
- Return your leg to a standing position (pose 7).
- Lower your knee and lightly kick your left leg forward in a straight position (pose 8).
- Return your leg to a standing position (pose 9).



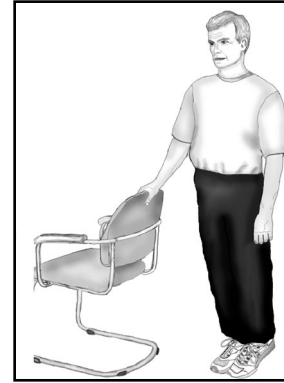
pose 6



pose 7



pose 8



pose 9









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