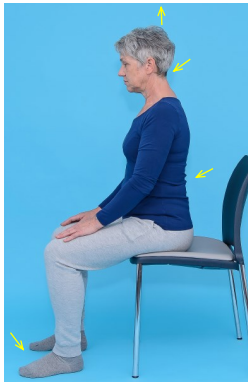


Sitting position



Posture

Standing position



Exercises

heel raises



toe raises



alternate heel/
toe raises



heel raises



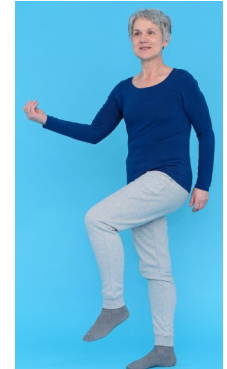
stand on tiptoes



alternate heel raises



walking in place without and with reciprocal arm swing



walking in place with reciprocal arm swing and slow turning of the head

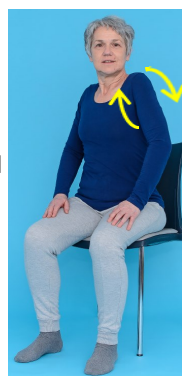


shoulder circles

forward



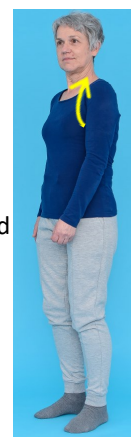
backward



forward



backward



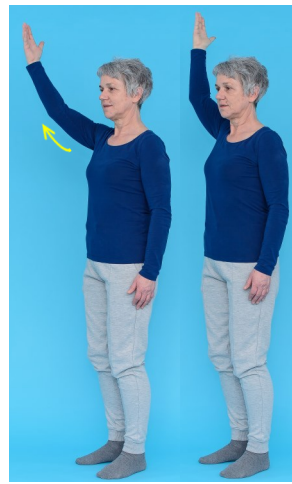
arm raises



picking apples



arm raises



picking apples



shoulder circles by rotating the elbow



shoulder circles with both arms and trunk movement



painting circles in the sky

