Exercises for Kawartha Quilt Makers Guild from Jan Anderson

Neck
* side bending
* rotation
* bagpipes - place hand towel in arm pit, squeeze gently
  - side bend head away from towel, ear to shoulder
  - breathe, hold, leave position before stress or pain
  - drop nose into arm pit, hold as above
  - repeat on other side

Shoulders
* figure of eights
* pendulum - lie face down on bed or bend from waist with knees bent
  - arm perpendicular to floor, circle clockwise and counterclockwise
* rotations - shoulders relaxed, arms at sides of body, with elbows straight
  - turn palms outward as far as possible, hold for three seconds
  - turn palms inward as far as possible, hold for three seconds
  - repeat both motions times ten, breathe
* push/pull - top hand pushes, bottom hand pulls, do not straighten elbows
* telephone booth - in standing bend knees, scoop up water with both hands
  - cross arms coming up to your face, wash face
  - uncross arms, push out forwards then to the sides
  - bend knees, scoop up water....., times 10

Elbows
* figure of eights
* wave to the queen

Wrists
* figure of eights
* wrist circles - claps hands, clockwise and counterclockwise circles

Fingers
* figure of eights
* finger rubs

Spine
* pelvic tilts
* knees to chest
* sitting rotation
* sitting side bends
* hydro therapy, tai chi, yoga,.....

Pelvis
* figure of eights
* quad, hamstring and gastroc stretches

Hips
* figure of eights

Knees
* figure of eights
* massage

Ankles and Feet
* figure of eights
* towel exercises
* proper footwear