

GENTLE STRETCH ROUTINE

Medical Caution: This is an example a gentle exercise I did when I had ME/CFS and was very poorly. This information should not be taken to constitute professional advice or a formal recommendation, and is not intended to replace the advice and treatment of a physician. Consult your Doctor before embarking in an exercise regime if you have health issues or are taking prescribed medication. Any use of the information set forth is entirely at the reader's discretion.

Lift left leg 6 inches and gently return it to resting position. Repeat with right leg.

Raise left arm slowly to 90 degrees and gently return it to resting position. Repeat with right arm.

With hands by the sides, slide left hand down the leg, gently stretching right side and gently return it to resting position.

Then slide right hand down the leg, gently stretching left side and gently return it to resting position.

Slowly rotate neck gently to the left and then to the right and gently return it to resting position.

I might add exercises:

Bending left leg, bringing knee to the chest and gently return it to resting position. Repeat with right leg.

Lie on left side, raise right leg 6 inches and then back to rest. Raise right arm 6 inches and then back to rest. Repeat on other side.