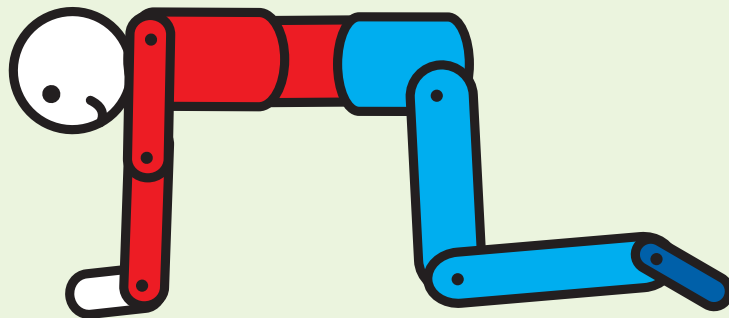


# Exercise 21

## Arm and leg stretch

Starting position: Kneeling on all fours, weight evenly distributed

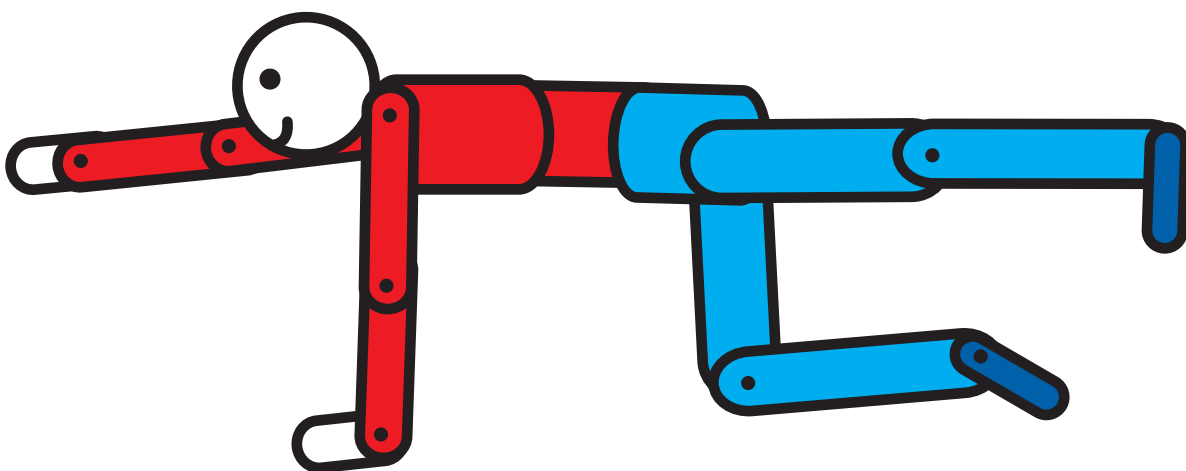


### Step one

Lift one arm and the opposite leg at the same time, stretching both limbs away from your body.

### Step two

Hold then lower slowly. Repeat with the other arm and leg. Repeat 3-5 times.



Kneeling exercises can be quite strenuous so make sure you can rest afterwards and that you can get back up off the floor! Unless you're very confident, it is a good idea to do these when someone else is in the house.

**If you have problems/concerns, talk to a physiotherapist.**