

# 9 EXERCISES TO HELP CIRCULATION + PREVENT DEEP VEIN THROMBOSIS

## ANKLE CIRCLES

Keeping your toes on the ground, gently roll your ankles in a circle motion.



## WALKING ON THE SPOT

Alternate rising up onto your tip toes on each foot, as though you are walking on the spot.



## BUTT SQUEEZES

Squeeze your butt cheeks together to tense your glute muscles. Hold 5 seconds.



## KNEE TO CHEST

Pull your knee up towards your chest, stretching your hip and lower back.



## LEG EXTENSIONS

Straighten 1 leg at a time (as much as you if limited leg room).



## PELVIC TILTS

Rock your pelvis forward and backward, stretching your hips and lower back.



## CALF RAISES

Rise up onto the balls of your feet then lower slowly.



## TRUNK FLEXION

Curl forward bringing your elbows to your knees.



## SHOULDER ROLLS

Gently roll your shoulders forwards then backwards.



*Aim for 10 reps per hour when travelling. Please stop the exercises if you experience pain or discomfort.*

