

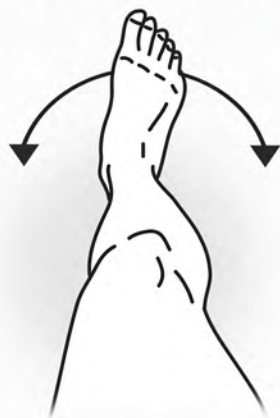
ankle recovery

DAREBEE WORKOUT @ darebee.com

30 seconds each exercise.



up and down tilts



side-to-side tilts



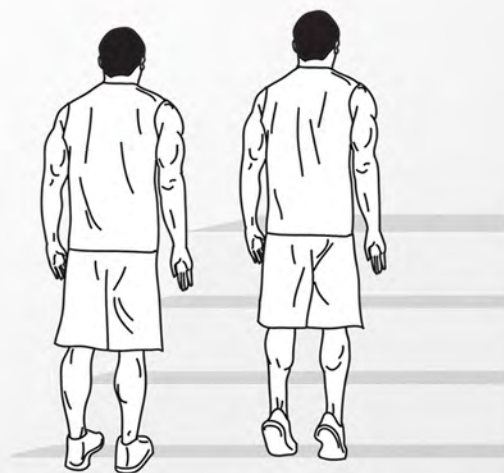
toe curls



calf stretch



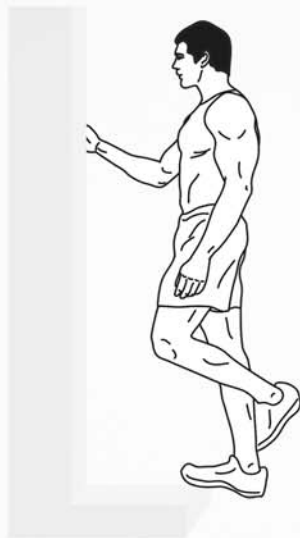
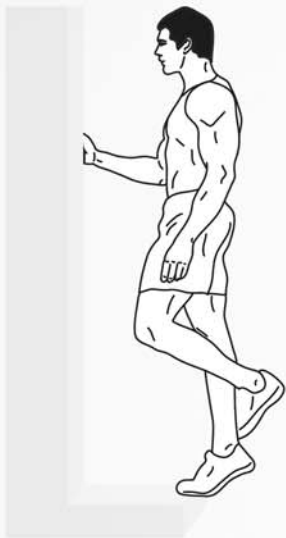
single leg balance



elevated calf raises

calves *rehab*

DAREBEE © darebee.com



60 seconds

slow single leg
elevated calf raises
30 seconds each leg;
tip: hold on to something



60 seconds

calf stretch #1
against the wall
30 seconds each leg;



60 seconds

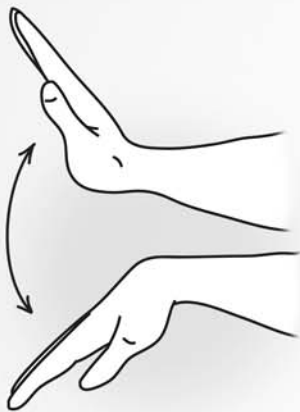
calf stretch #2
against the wall
30 seconds each leg;

hand mobility

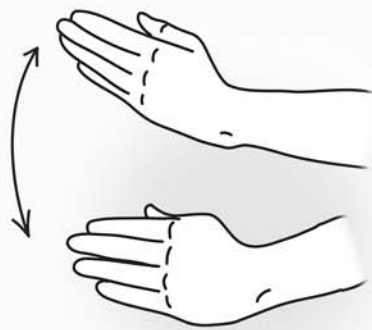
DAREBEE WORKOUT @ darebee.com

20 seconds each exercise.

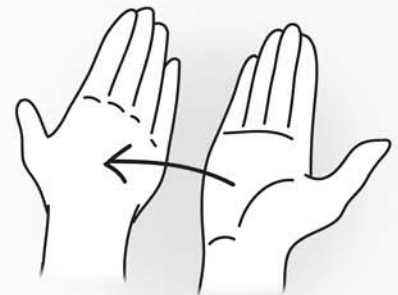
Repeat every couple of hours.



up & down stretch



up & down side stretch



rotations



arrow - into - **table top** - into - **straight fist** - into - **claw** - into - **fist**

KNEE

REHAB WORKOUT
@ darebee.com

LEVEL I 3 sets

LEVEL II 5 sets

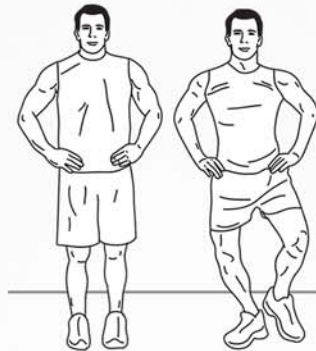
LEVEL III 7 sets

REST up to 2 minutes

IN COLLABORATION WITH **NHS** choices



10 wall half squats



10 wide single leg squats



30sec cross leg side tilts



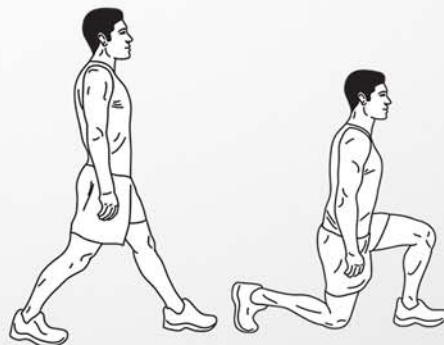
10 leg raises



20 raised leg swings



30sec hamstring stretch



10 split squats

LOWER BACK

REHAB WORKOUT

@ darebee.com

3 sets | 2 minutes rest

IN COLLABORATION WITH

NHS choices



5 bottom to heels stretch



10 opposite arm / leg raises



5 back extensions



10 bridges

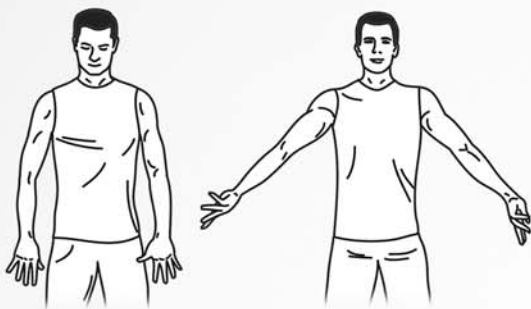


10 knee rolls

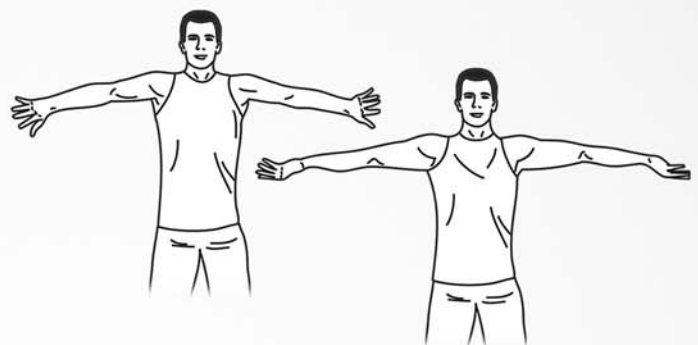
Rotator Cuff

DAREBEE REHAB WORKOUT @ darebee.com

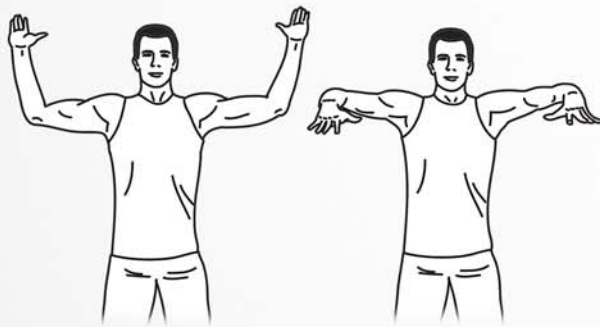
20 seconds each exercise.



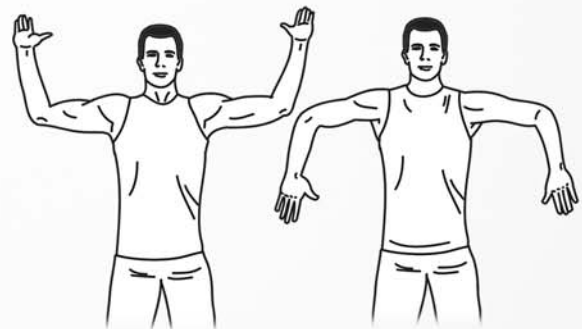
arm twists



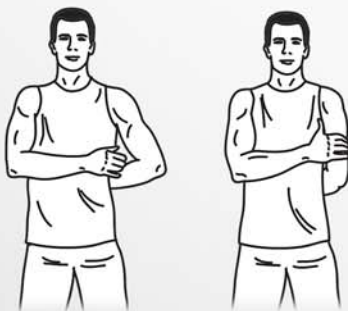
raised arms twists



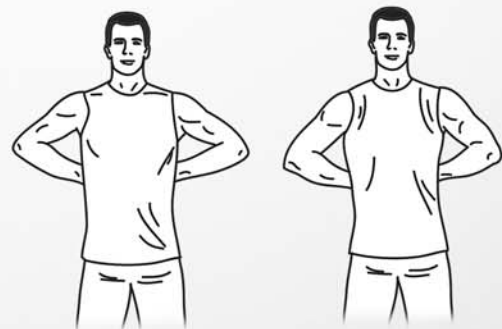
half bow



full bow



elbow to torso



elbows in