

52 Breathing exercise

Quantitative criteria

Repetitions	5 - 10
Movement rhythm	Continuous movement
Sets	3
Rest between sets	1 Minute
Total exercise time	3 minutes
Exercise units	Daily if possible

Relaxation

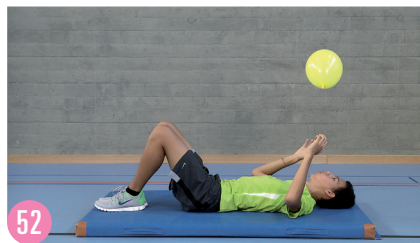
Starting position



Lie on the back with bent legs. Place one hand on the stomach, hold balloon with the other hand.

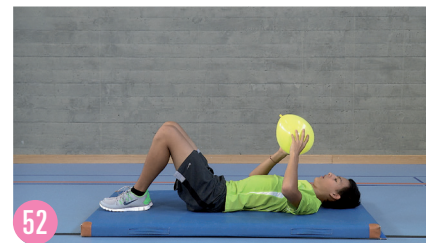
Variation: Hold balloon with both hands.

Description of movement



Inhale deeply through the nose so that the hand is pushed upwards and breath out through the mouth to keep the balloon balanced in the air. Exhale smoothly and slowly.

Finishing position



Do not repeat exercise too often. Maximum 5 times and then rest.

53 Foot massage

Quantitative criteria

Length	30 seconds
Movement rhythm	Continuous movement
Sets	3
Rest between sets	no rest
Total exercise time	5 minutes
Exercise units	Daily if possible

Relaxation

Starting position



Lie on the back. Legs bent.

Description of movement



Place one foot on the tennis-ball and role it forward and backward under the sole.

Finishing position



Change to the other foot.

54 Cowboy

Quantitative criteria

Repetitions	5 - 10
Movement rhythm	Continuous movement
Sets	3
Rest between sets	1 minute
Total exercise time	3 minutes
Exercise units	Daily if possible

Relaxation

Starting position



Sit on the gym ball. Feet on the floor, back straight, arms crossed in front of the chest.

Description of movement



Bounce up and down on the gym ball.

Finishing position



Continuous movement.