



HOME BASED EXERCISE TO ENHANCE THE SLEEP TIME



SIT ON YOUR KNEES LIKE SHOWN IN THE PICTURE



SIT ON YOUR KNEES LIKE SHOWN IN THE PICTURE AND KEEP YOUR UPPER LIMBS IN EXTENDED POSITION FACING OUTWARD



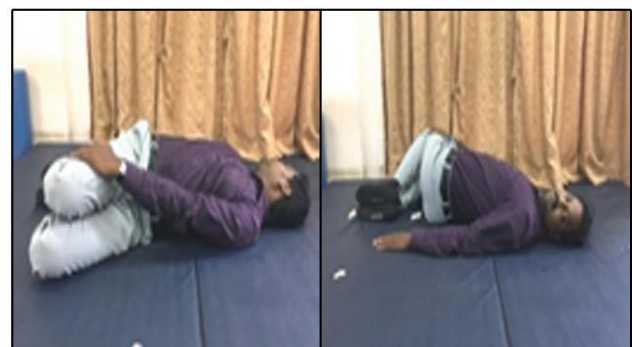
SIT ON YOUR KNEES LIKE SHOWN IN THE PICTURE THEN BEND FORWARD WITH EXTENDED ARMS ,PALMS FACING DOWNWARDS



LIE ON YOUR STOMACH THEN LIFT AND HOLD YOUR BODY WITH AN EXTENDED ARMS AS SHOWN IN THE PICTURE



LIE ON YOUR BACK THEN LIFT YOUR BODY AS SHOWN IN THE PICTURE



KEEP YOUR BODY AS SHOWN IN PICTURE THEN TURN YOUR BOY TO LEFT AND RIGHT

***DO THE EXERCISE WITH HOLD TIME OF 20SECONDS AND REPEAT 10 COUNTS.**

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