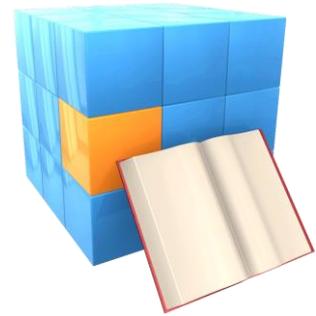


EXERCISE OF THE WEEK 3 STRENGTHENING AND STIMULATION OF BLOOD FLOW IN THE LOWER EXTREMITIES

Get fit at work



Office-Syndrom?



Headache

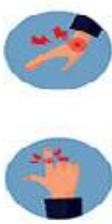


Neck Pain



Shoulder pain





Backache



Dann hilft die Übung der Woche!




Cooperative Project of AHS and KNSU

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Translator: Philipp Hähle



Overview

- **Exercise card week 3**
 - **Strengthening and stimulation of blood flow in the lower extremities (1)**
 - Exercise 3: Circling of the ankles
 - **Videos (in German)**
 - Muscle pump 1 (3)
- **List of references**

EXERCISE CARD WEEK 3

Strengthening and stimulation of blood flow in the lower extremities

Problems regarding the cervical spine (CS)

- If you have surgically stiffened vertebral bodies or any other problem with your CS, this exercise should not be performed.

Exercise 3 Circling of the ankles

Starting position/SP 1 - 1.2



- 1 Get into an upright seated position at the edge of a chair. Your sitting bones are resting on the edge of the chair.
 - 1.1 Your feet are firmly placed on the ground. The feet are hip-width apart in front of the chair (ideally your knee joints are bent between 90° and 100°)¹.
 - 1.2 Your upper body is as straight as possible. Your arms hang down loosely at the sides of your body.
- 2 Extend your right leg forward. First, circle your ankle outward 12 times, then circle your ankle inward 12 times. Place your leg back on the ground.
- 3 Repeat this exercise with your left leg. ▶  3

Repeat this exercise 3 times for each leg, always circling 12 times outward and inward.

¹ The angle should be slightly higher than 90°, because like this the nerves and vessels of the hip and lower extremities are strained less during the workday.



Circling the ankles

 3	Sequence	Tips
<p>Function</p> <ul style="list-style-type: none"> Blood flow of the lower extremities <p>Stimulation</p> <ul style="list-style-type: none"> See tip 1 	<p>SP EP</p>  <p>1 - 1.2</p>  <p>2</p>  <p>3</p> <p>3 sets of 12 steady circles in both directions</p>	<p>1 Upright, seated position; sitting bones resting on the edge of the chair</p> <p>1.1 Feet are placed firmly on the ground and hip width apart; knees are bent between 90° and 100°</p> <p>1.2 Arms hang down loosely</p> <p>2 Extend your right leg forward and circle your ankle 12 times outward and inward</p> <p>3 Place your leg back on the ground and switch sides.</p>



Right - Wrong

Right



Wrong



List of references

Illustrations/ images

Number	Creator
All pictures	Caroline Richter
Illustration: titel	www.colourbox.de (ID#18474676); modified by Jan-Holger Nahler

Videos

Number	Creator
3	Caroline Richter / Narrator: Frank Uwe Heinze

German narration and music

Video	Narrator/Composer	Music title
3	Frank Uwe Heinze	Enjoy the Moment

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