

# EXERCISE OF THE WEEK 4 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!

**KNSU** KOMPEENZNETZWERK SPORTUNTERRICHT

**AHS**  
Allgemeiner HochschulSports in Koblenz



## Overview

- **Exercise card week 4**
  - **Strengthening and stimulation of blood flow in the lower extremities (2)**
    - Exercise 4: Flexing and extending of the ankles
  - **Videos (in German)**
    - Muscle pump 2 (4)
- **List of references**

## EXERCISE CARD WEEK 4

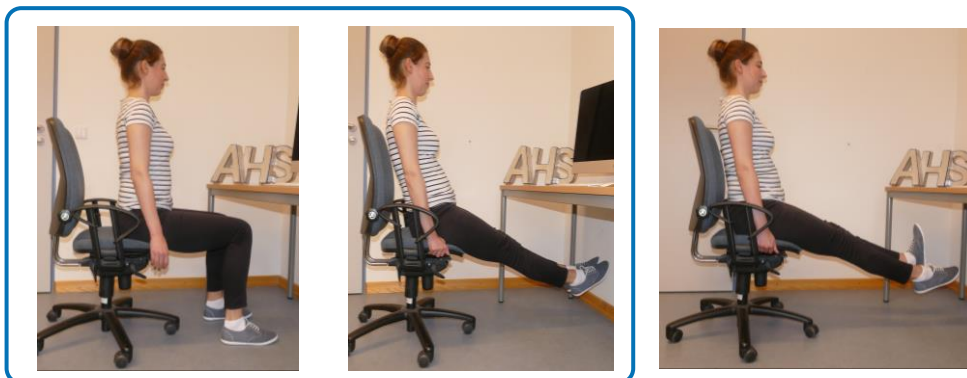
### Strengthening and stimulation of blood flow in the lower extremities

#### 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 4 Flexing and extending the ankles

#### Starting position/ SP 1 - 2





- 1 The upright seated position with legs hip width apart is just this once supported by the backside of your thighs; your arms hang down loosely.
- 2 Your hands grasp the chair; your legs are extended forwards, without the upper body leaning against the backrest; hold this position for 4 calm, regular breaths.
- 3 Alternatingly, flex and extend the ankles of both feet mirror-invertedly.



Repeat this exercise for 3 sets with 12 repetitions each for both sides.



## Flexing and extending the ankles

 4	Sequence	Tips
<p><b>Function</b></p> <ul style="list-style-type: none"> <li>Increase of blood flow in the lower extremities</li> </ul> <p><b>Stimulation</b></p> <ul style="list-style-type: none"> <li>Cardiovascular system and lymph fluid back-flow through the muscle pump</li> </ul>	<p>SP</p> <p>EP</p>  <p>1-3</p> <p>4-5</p> <p>6</p> <p>3 sets with 12 repetitions for both sides</p>	<ol style="list-style-type: none"> <li>Upright seated position; Supported by the backside of the thighs</li> <li>Feet are firmly placed on the ground and hip width apart; Knees are bent between 90° -100 °</li> <li>Arms hang down loosely</li> <li>Hand grasp the side of the chair</li> <li>Extend both legs and hold position for 4 calm, regular breaths</li> <li>Alternatingly, extend and flex your ankles mirror-invertedly</li> </ol>



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## 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
4	Caroline Richter / Sprecher: Frank Uwe Heinze

### German narration and music

Video	Narrator/ Composer	Track title
4	Frank Uwe Heinze	Enjoy the Moment

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