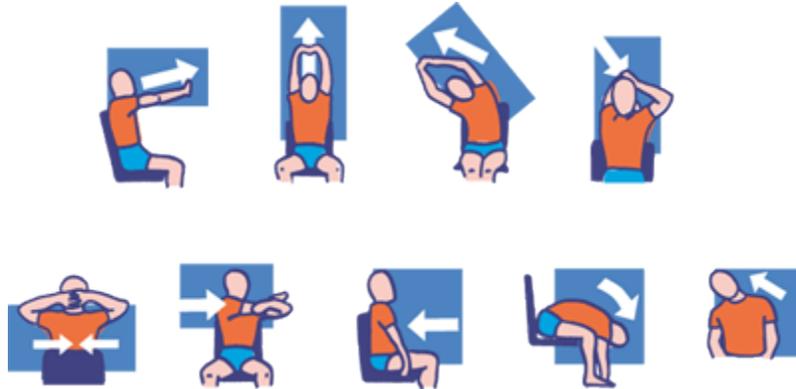


Here are exercises you can find on Diabetes Quebec website.

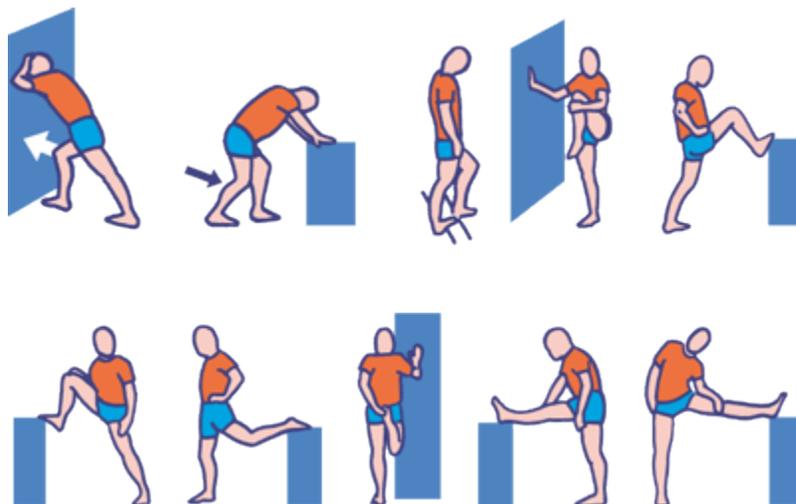
Body part	Movement
Neck and head	Do « yes » and « no » Move your head on each side
Shoulders	Do “I don’t know” using your shoulders Make circles with your arms and shoulders
Arms	Move arms backward and forward
Elbow	Move your arms on each side like a doll (puppet) 
Wrist	Make circles with your wrist
Knees	Hold yourself on a wall and move your leg (one at the time) forward and backward
Hips	Hold yourself on a wall and make circles with your whole leg Hold yourself on a wall and balance forward and backward your whole leg
Ankles	Hold yourself on a wall and balance forward and backward your foot

Stretching

You can sit for those exercises



Stand up for the following exercises



If you have any questions, go to the clinic,
We are here to help you to get well!