

Hip / Knee Joint Replacement Post-operative Tai Chi Exercises

1st: Commencing

1. Stand with feet together, then step sideway with left foot.
2. Raise arms to shoulder level.
3. Semi-squat with arms down.
4. Stand up with arms to shoulder level, then semi-squat again. (Repeat this step once)



2nd: Reverse Reeling Forearm

1. Raise arms to shoulder level, with palms facing each other.
2. Open right arm horizontally, then back to the front.
3. Open left arm horizontally, then back to the front. (Repeat this step twice)



3rd: Golden Rooster Stands On One Leg

1. Put down right arm.
2. Lift up left arm and leg.
3. Put down left arm and leg, then lift up right arm and leg.
4. Put down right arm and leg. (Repeat this step twice)



4th: Wave Hands Like Clouds

1. Raise arms to shoulder level and to right side.
2. Step sideway with left foot and open left arm horizontally.
3. Move right arm and leg to the left.
4. Step sideway with right foot and open right arm horizontally.
5. Move left arm and leg to the right. (Repeat this step twice)



5th: Single Whip

1. Step forward with left foot and open arms horizontally.
2. Step backward with left foot and move right arm to the front.
3. Step forward with right foot and open arms horizontally.
4. Step backward with right foot and move left arm to the front. (Repeat the whole motion twice)



6th: Grasp Peacock's Tail

1. Step forward with left foot and palms facing downward.
2. Weight-shift backward and bend elbows, then weight-shift forward and straighten elbows.
3. Step backward with left foot and palms facing each other.
4. Step forward with right foot and palms facing downward.
5. Weight-shift backward and bend elbows, then weight-shift forward and straighten elbows.
6. Step backward with right foot and palms facing each other. (Repeat the whole motion twice)



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