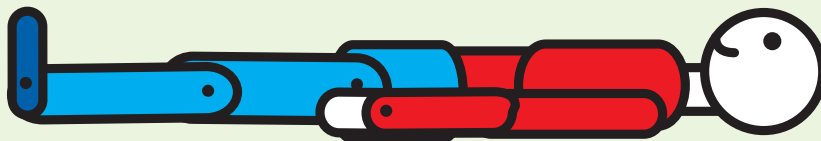


Exercise 1

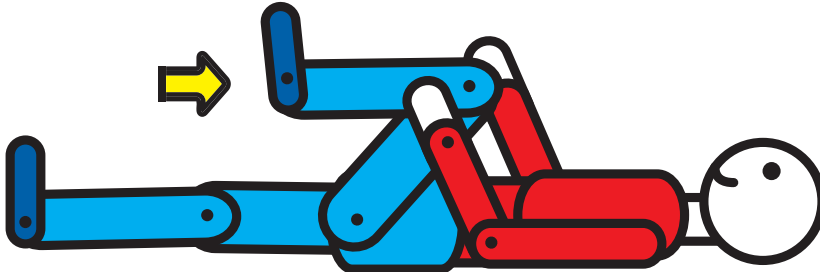
Lying knee bend

Starting position: Lying with knees bent up and feet flat on floor/bed about 12" (30cms) apart



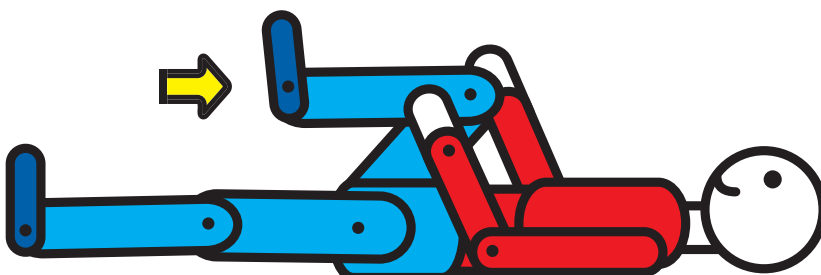
Step one

Pull one knee up to chest with both hands, keeping the other leg stretched out.



Step two

Release, then repeat with the other leg. 3-5 times each leg.

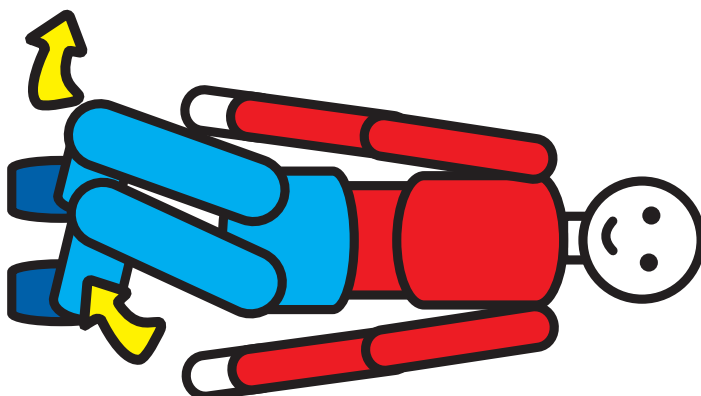
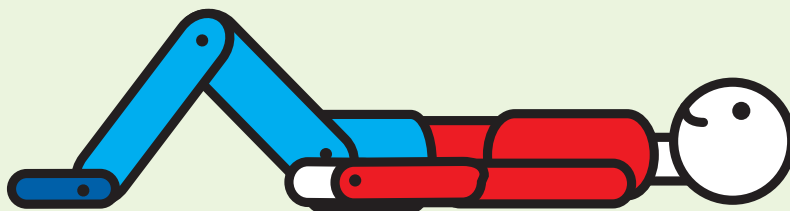


If you have problems/concerns, talk to a physiotherapist.

Exercise 2

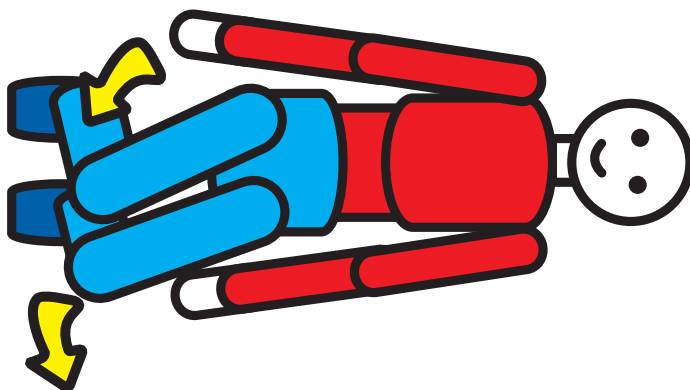
Knee roll

Starting position: Lying flat (or if your legs go into spasm - lying with knees bent up and feet flat on floor/bed)



Step one

Roll knees over to the left, stretching diagonally across the trunk. Bring them back to the middle.



Step two

Then roll the knees over to the right and back to the middle again. Make sure both shoulders stay in contact with the floor or bed. Repeat 3-5 times each side.

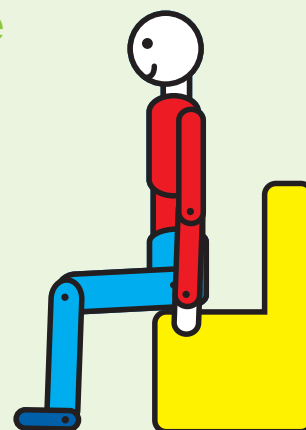
Don't rush and make sure you don't let your knees flop!

If you have problems/concerns, talk to a physiotherapist.

Exercise 7

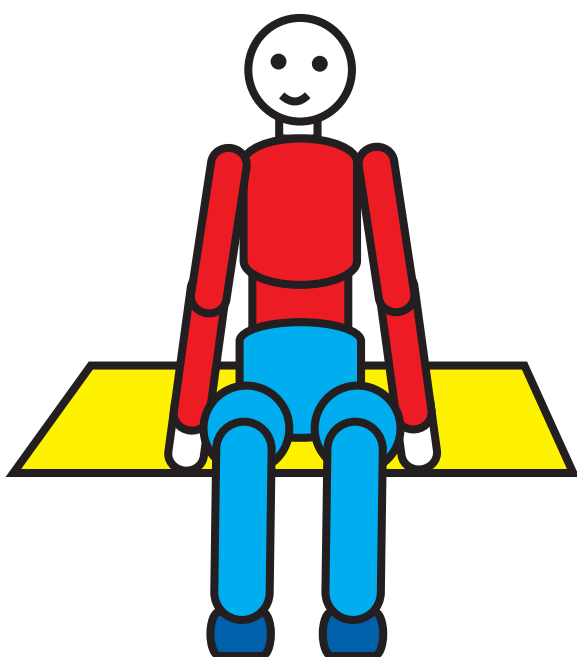
Sideways lean

Starting position: Sitting on the edge of the bed or on a settee, with feet on the floor



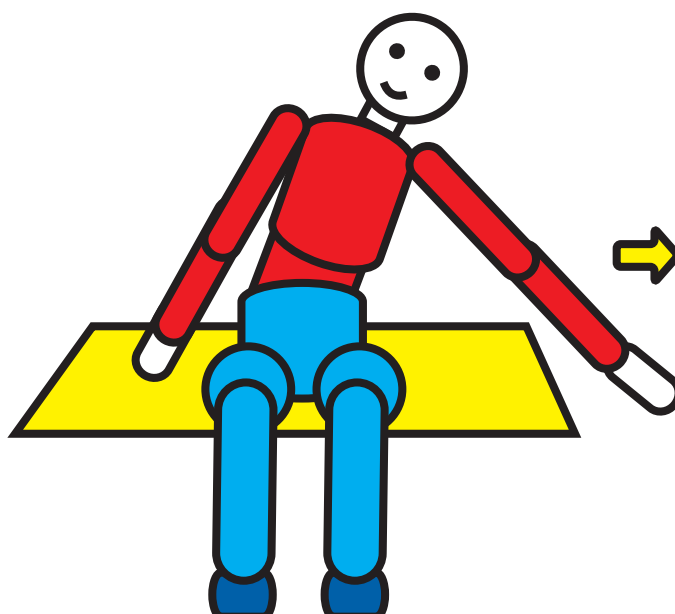
Step one

Slide one hand along the bed whilst stretching and elongating your trunk. Keep facing forward.



Step two

Come back to the middle and repeat on the other side. Repeat 3-5 times each side.

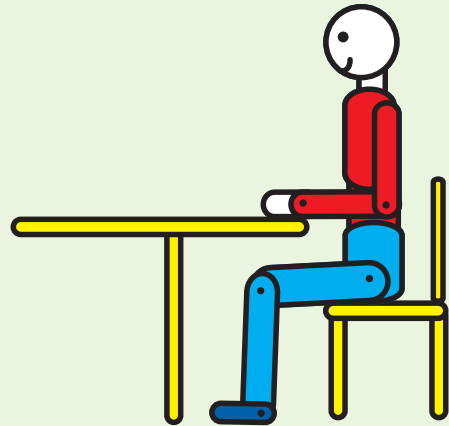


If you have problems/concerns, talk to a physiotherapist.

Exercise 11

Table slide

Starting position: Sitting at a table

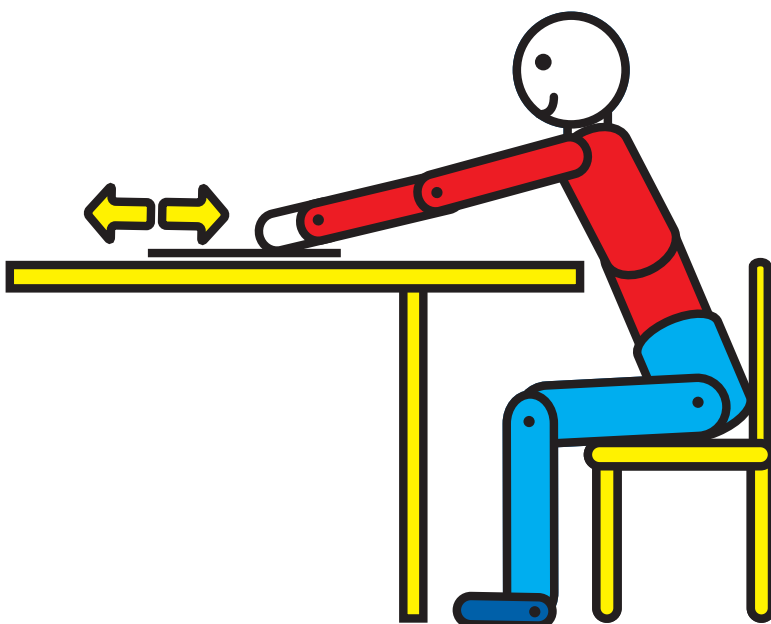


Step one

Put your hands on top of a duster or towel. Using the duster, slide your hands away from your body so that you stretch forward and elongate your trunk.

Step two

Return to the starting position and repeat 3-5 times.

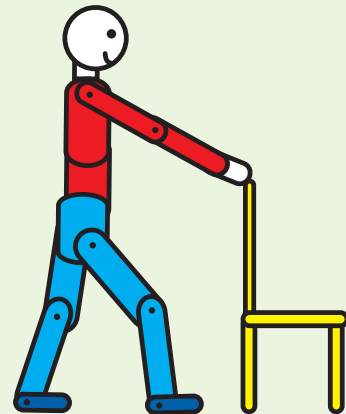


If you have problems/concerns, talk to a physiotherapist.

Exercise 27

Lunge

Starting position: Stand with one leg in front of the other as you would when taking a stride

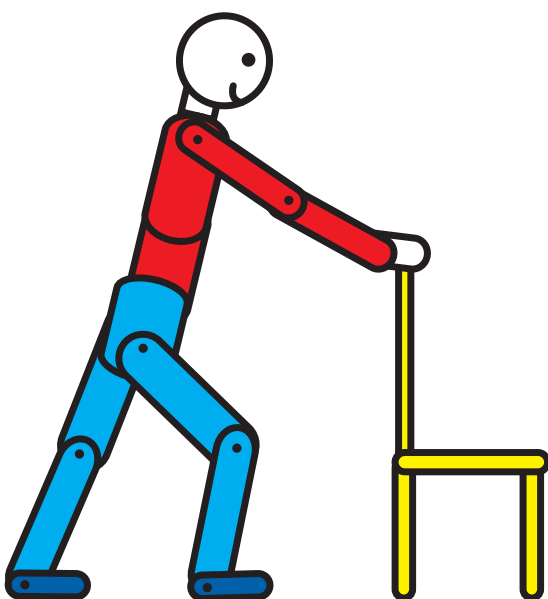


Step one

Both heels must stay in contact with the ground. Bend the front knee in a lunging style, as if you were fencing. Feel the stretch in the back leg, especially in the calf.

Step two

Hold for a few seconds then come back to the starting position and repeat on the other side. Repeat 3-5 times.



If you have problems/concerns, talk to a physiotherapist.