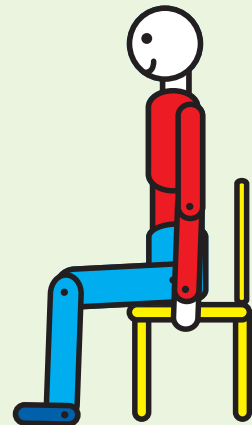


Exercise 6

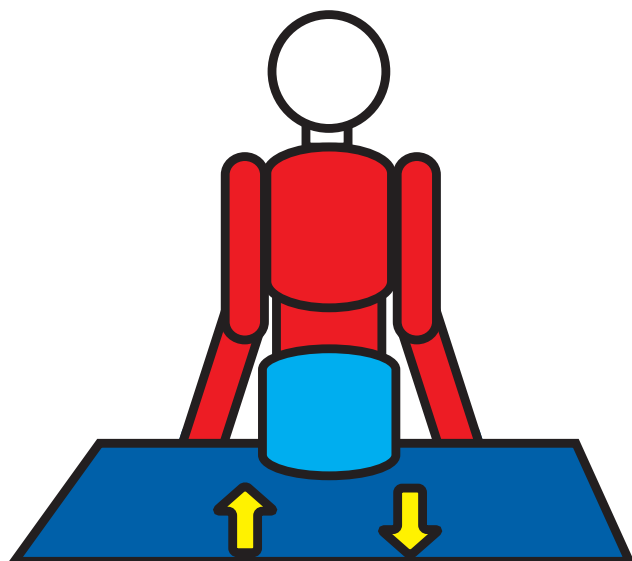
Cheek to cheek

Starting position: Sitting on a firm surface eg edge of the bed, on a stool/chair or even the loo!



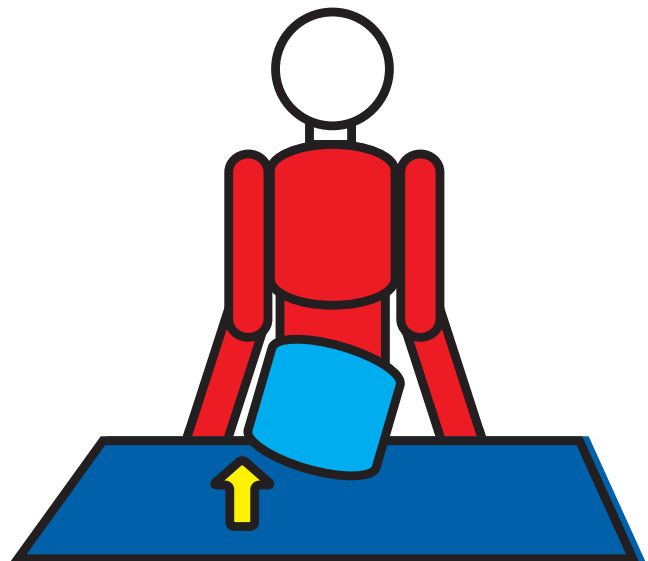
Step one

As you sit you can feel two bony points supporting you. In this exercise transfer your weight from one bony point to the other, raising one cheek of your bottom as you do so but maintaining the trunk in an upright position.



Step two

This means that on the side that is being raised up, the ribs get closer together. Then go back to the middle and repeat on the other side. Repeat 3-5 times each cheek!



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