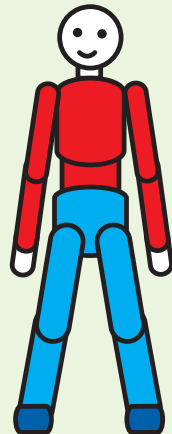


Exercise 23

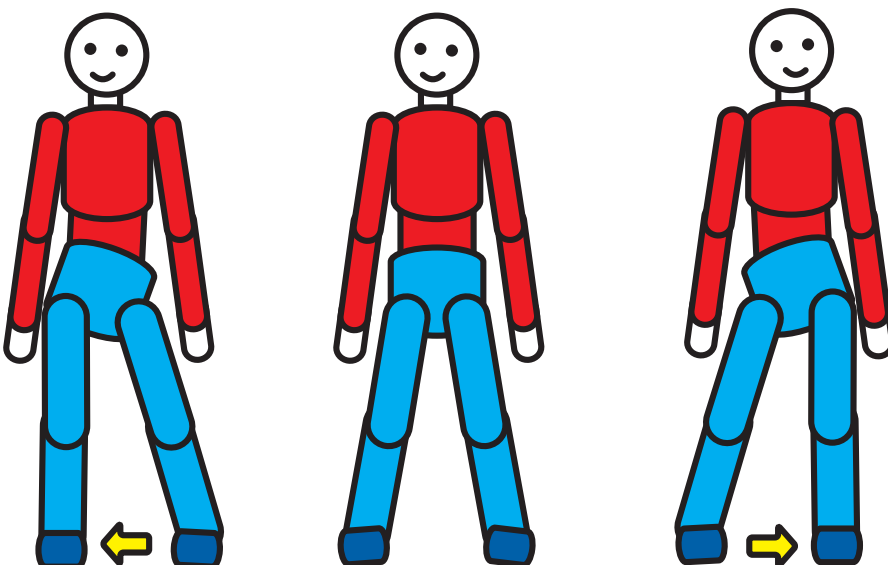
Rocking

Starting position: Standing straight with feet slightly apart, weight evenly placed on both feet



Step one

Keeping your shoulders in line with your hips, and feet on the ground, rock your weight from one side to the other, making sure you travel the same distance each way. Repeat 3-5 times.



NB You may find this is easier in front of a mirror or in the middle of a door frame to ensure you move evenly from side to side.

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