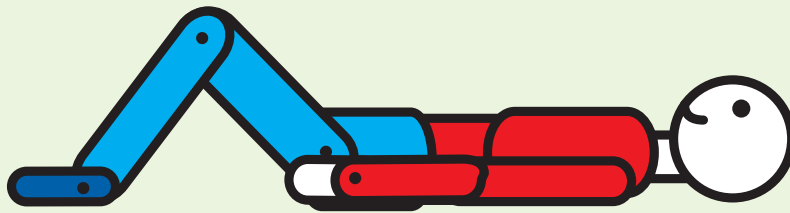


# Exercise 3

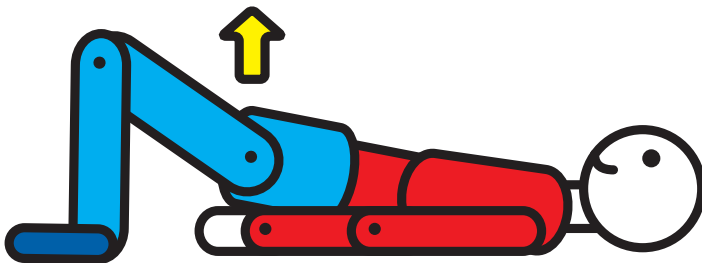
## Bridging

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



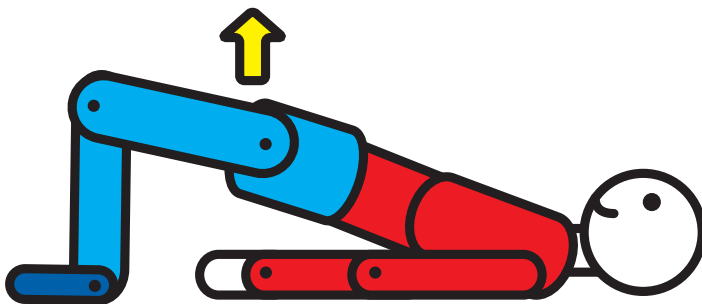
### Step one

Tighten your buttocks, then raise them off the floor to form a bridge, then hold.



### Step two

Then let down slowly. Repeat 3-5 times.



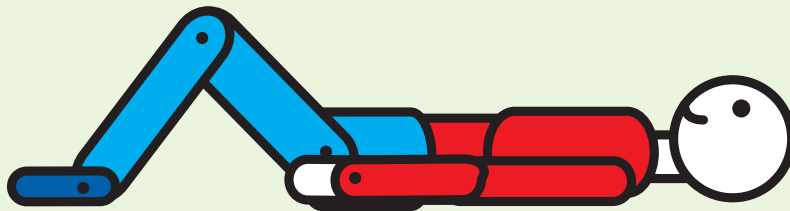
Be sure to raise straight up and down - try not to waver!

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

# Exercise 4

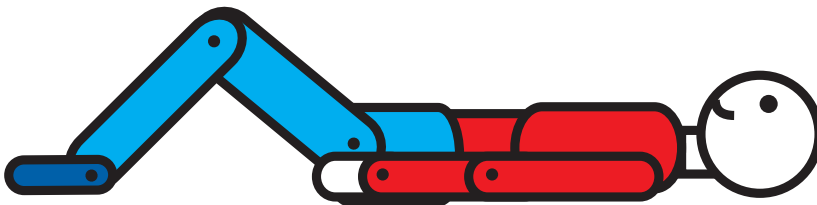
## Pelvic tilt lying

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



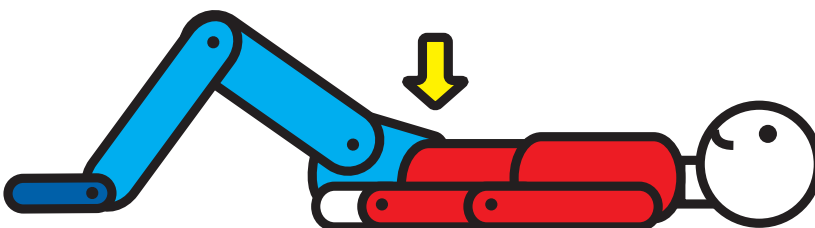
### Step one

Tighten your tummy so that you tilt your pelvis to flatten your back down onto the bed/floor.



### Step two

Release, then repeat 3-5 times.

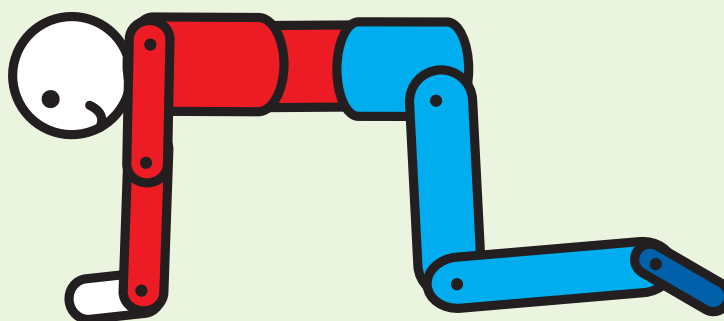


If you have problems/concerns, talk to a physiotherapist.

# Exercise 19

## Arm stretch

Starting position: Kneeling on all fours, weight evenly distributed

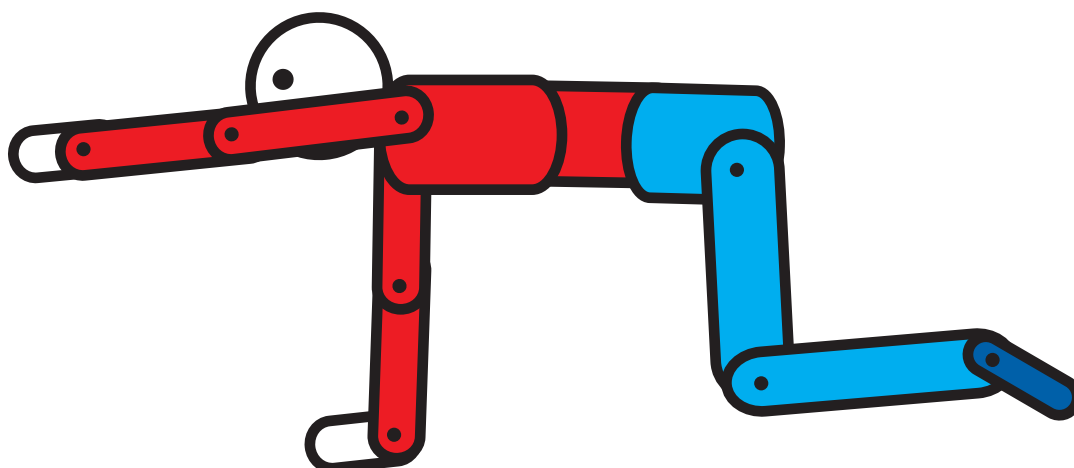


### Step one

Lift one arm straight out in front of you and hold.

### Step two

Then lower and repeat with the other side. Repeat 3-5 times each arm.



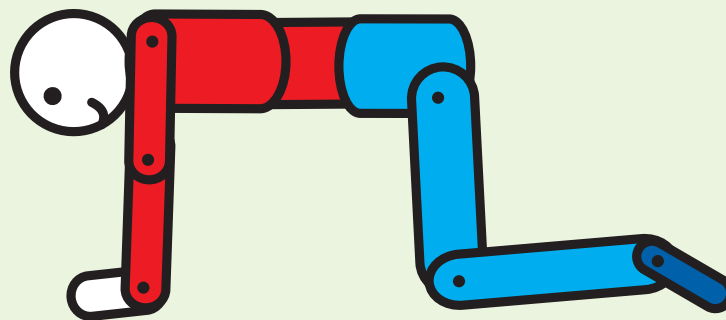
Kneeling exercises can be quite strenuous so make sure you can rest afterwards and that you can get back up off the floor! Unless you're very confident, it is a good idea to do these when someone else is in the house.

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

# Exercise 20

## Leg stretch

Starting position: Kneeling on all fours, weight evenly distributed

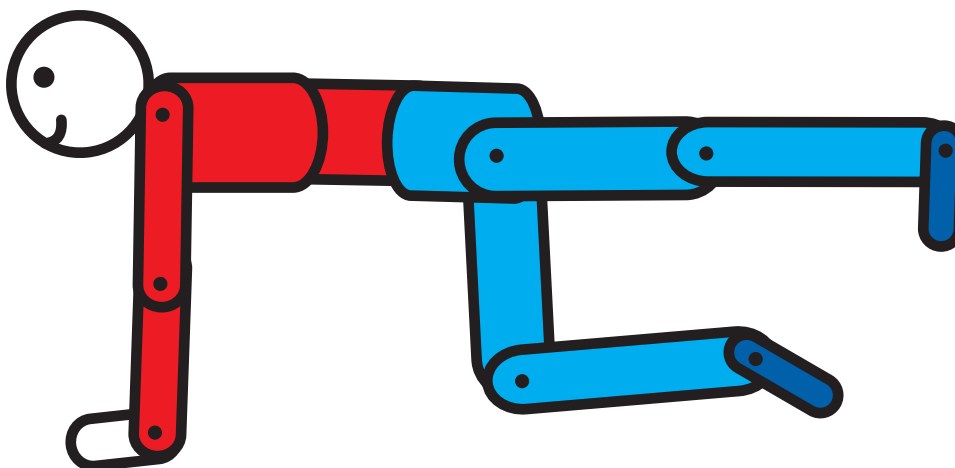


### Step one

Lift one leg straight out behind you and hold

### Step two

Then lower slowly. Repeat on the other side. Repeat 3-5 times each side.



If you cannot lift your leg off the ground, do the exercise by sliding the leg out behind you keeping the toes in contact with the floor.

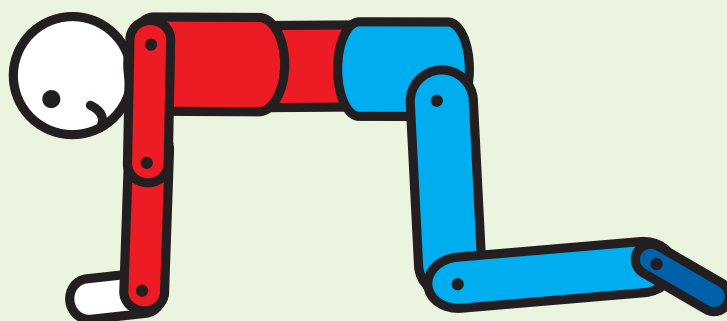
Kneeling exercises can be quite strenuous so make sure you can rest afterwards and that you can get back up off the floor! Unless you're very confident, it is a good idea to do these when someone else is in the house.

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

# Exercise 21

## Arm and leg stretch

Starting position: Kneeling on all fours, weight evenly distributed

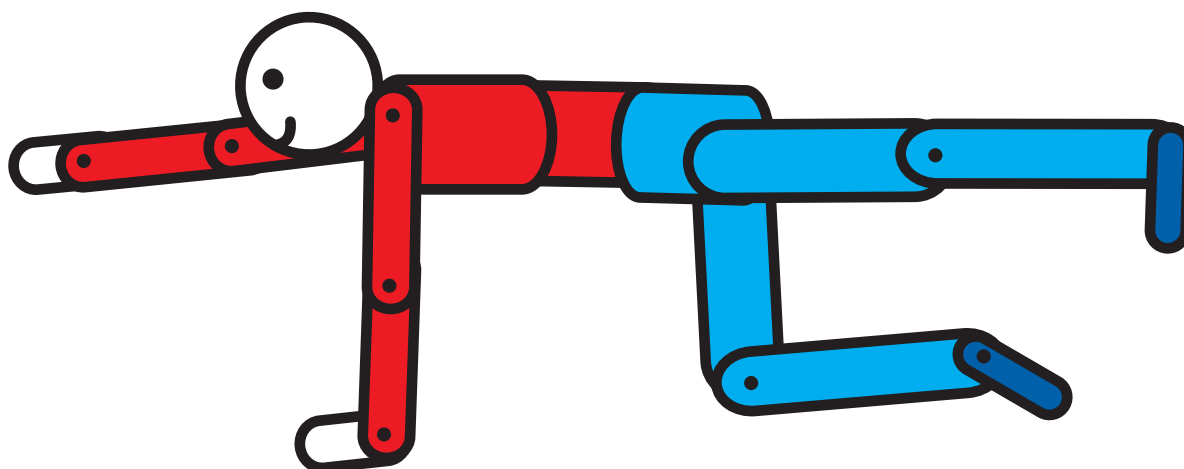


### Step one

Lift one arm and the opposite leg at the same time, stretching both limbs away from your body.

### Step two

Hold then lower slowly. Repeat with the other arm and leg. Repeat 3-5 times.



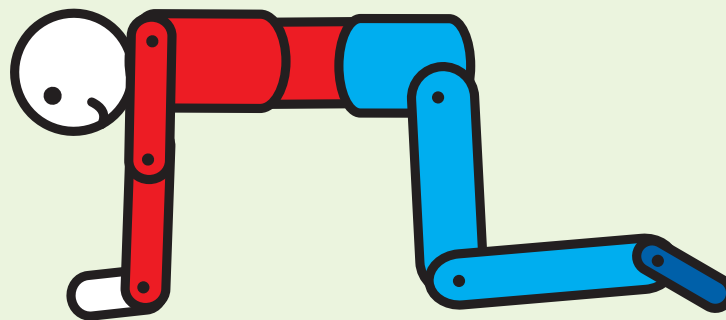
Kneeling exercises can be quite strenuous so make sure you can rest afterwards and that you can get back up off the floor! Unless you're very confident, it is a good idea to do these when someone else is in the house.

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

# Exercise 22

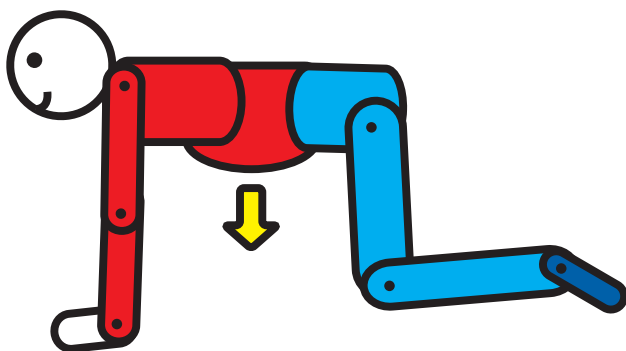
## Core stability

Starting position: Kneeling on all fours, weight evenly distributed



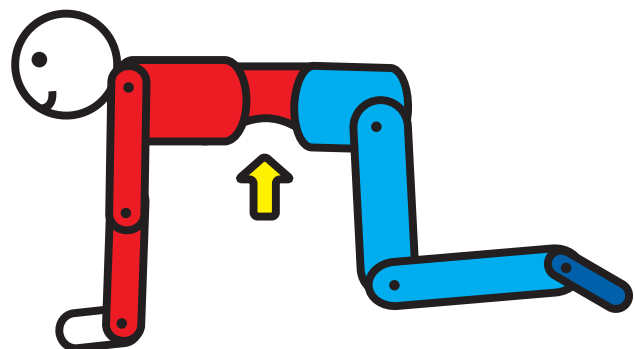
### Step one

Keeping the back level and still, let your abdominal muscles go - in other words let it all hang out!



### Step two

Then from a point below your tummy button pull up and in as if your stomach is trying to touch your backbone. Hold for a count of 10, if you can, and then let go. Repeat 3-5 times.



You should be able to breathe normally during this exercise as the action is below the waist. If you find it hard then count out loud while doing it - it will stop you from suffocating!

NB This exercise can also be done in a sitting position. Sit well back in the chair to support your back. Let your tummy go, then pull in from below the waist. Hold for a count of 10, if you can, then let go. Don't forget to keep breathing!

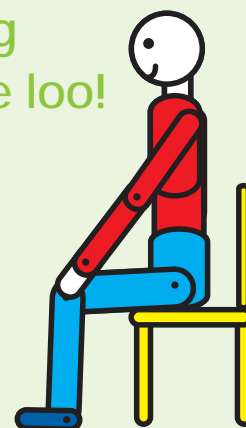
Kneeling exercises can be quite strenuous so make sure you can rest afterwards and that you can get back up off the floor! Unless you're very confident, it is a good idea to do these when someone else is in the house.

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

# Exercise 32

## Sit to stand

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



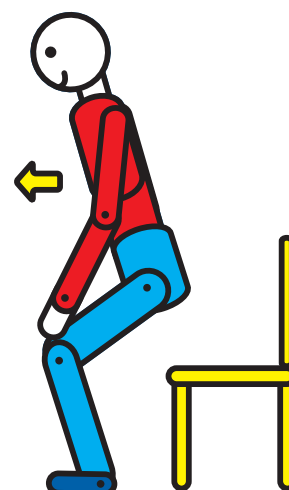
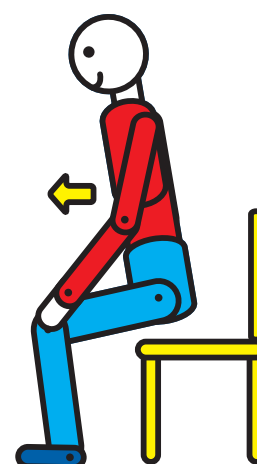
Standing up from a sitting position is a very good exercise to strengthen the legs, it can also be an exercise that challenges the balance. So it is one of those exercises to do if you don't have time for a lot of different exercises. This one ticks more than one box!

If possible try to do this exercise without using your arms.

Put your hands on your knees and push down through your hands at the same time as through your feet to come up into standing. Stand up tall holding your tummy in for a count of 3 before pushing your bottom out, hands back on the knees and sit down slowly.

Repeat the exercise 3-5 times.

If your balance is not too good do the exercise in front of a table so you can put your hands down to steady yourself if necessary.



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