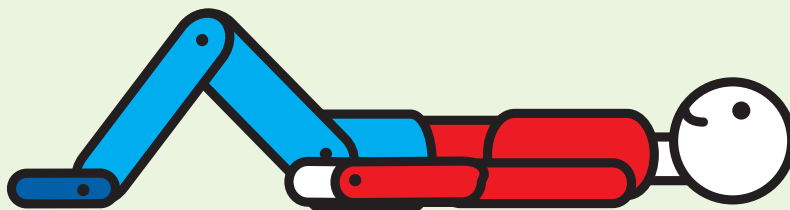


Exercise 3

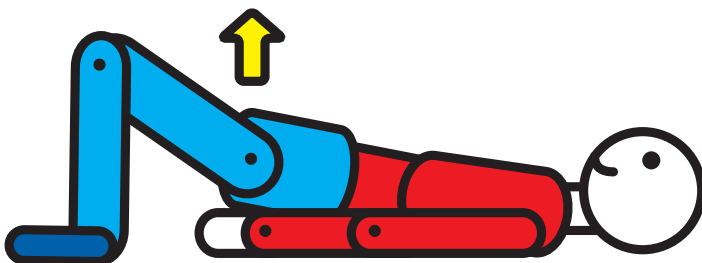
Bridging

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



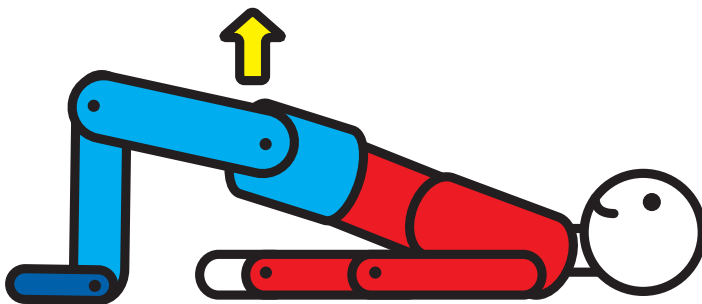
Step one

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.



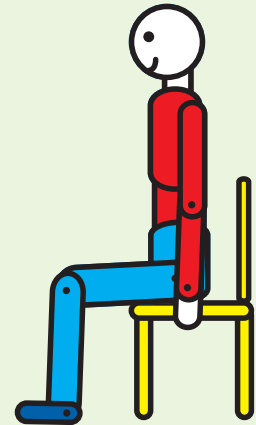
Be sure to raise straight up and down - try not to waver!

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

Exercise 8

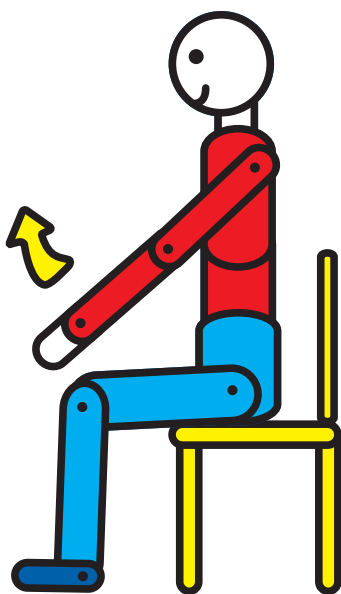
Single arm raise

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



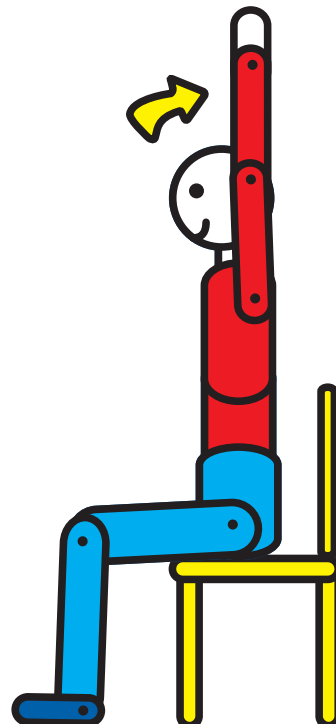
Step one

Alternately raise one arm, then the other, keeping the elbow straight and the hand outstretched as high as you can without it causing pain.



Step two

Lower slowly, then repeat 3-5 times each arm.



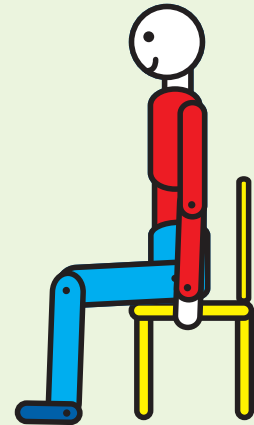
This exercise can also be done in a lying position

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

Exercise 9

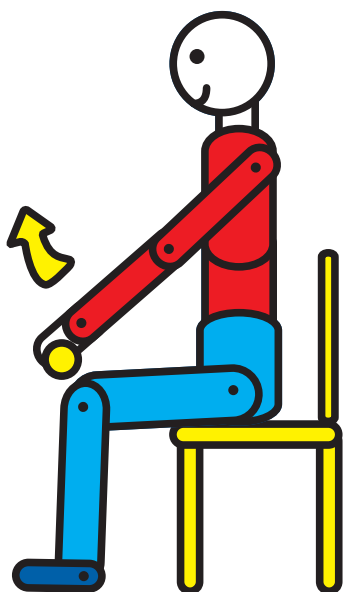
Double arm raise

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



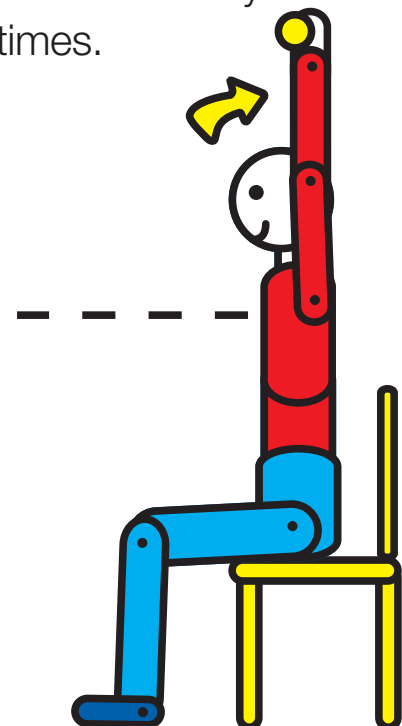
Step one

Hold an umbrella, pole, rolling pin or something similar, at hip level.



Step two

Keeping the elbows straight, raise the umbrella up and over your head if you can without causing any pain, then lower slowly. Repeat 3-5 times.



This exercise can also be done in a lying position

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

Exercise 12

Wrist control

Starting position: Sitting at a table

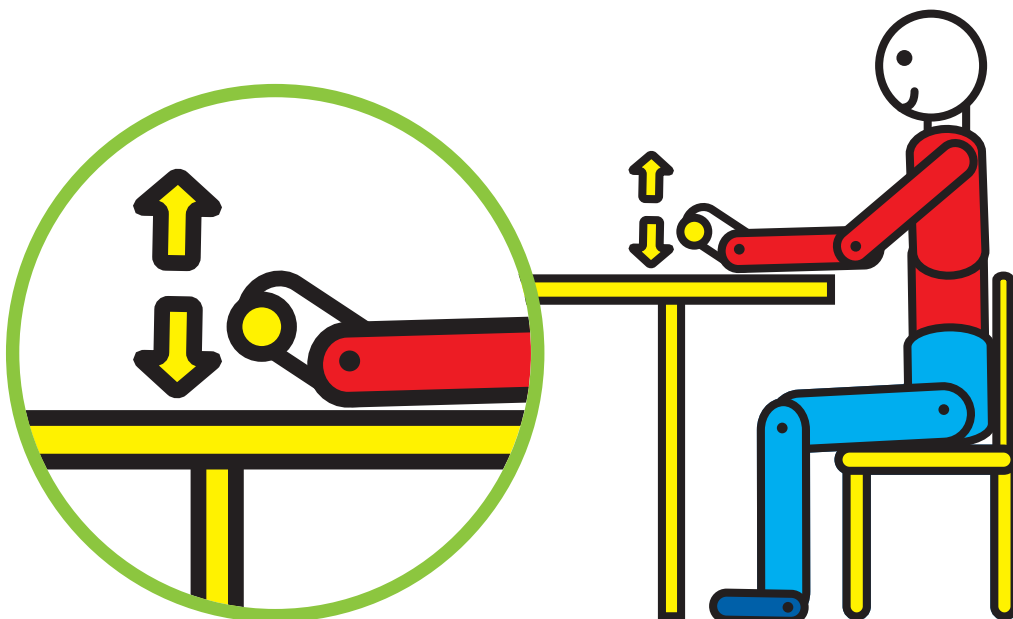


Step one

Holding an umbrella, pole or rolling pin with both hands, rest your forearms on the table.

Step two

Lift the pole by extending the wrists, then lower. Keep your forearms on the table all the time. Repeat 3-5 times.



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

Exercise 13

Forearm rotation

Starting position: Sitting at a table

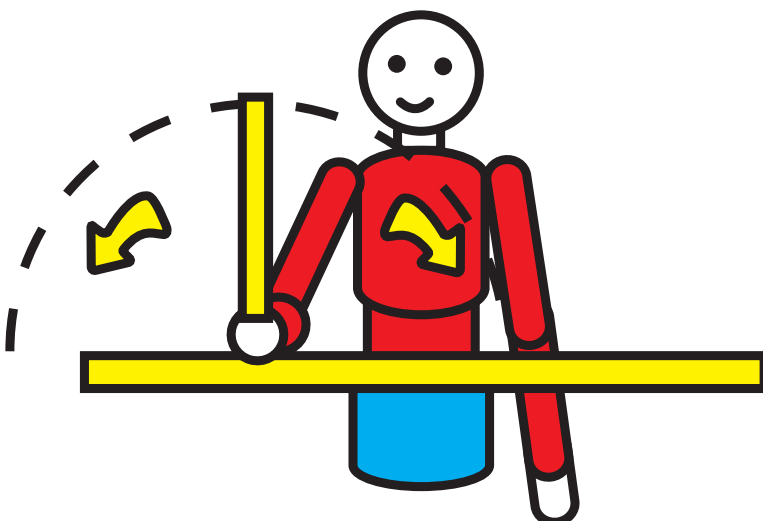


Step one

Hold an umbrella, pole or rolling pin vertically in one hand, keep the forearm in contact with the table, turn your wrist over to take the pole down to the table then raise it back up again and go over the other way as far as you can.

Step two

Repeat with the other arm. Repeat 3-5 times each side. Do this exercise slowly so that the pole does not flop!

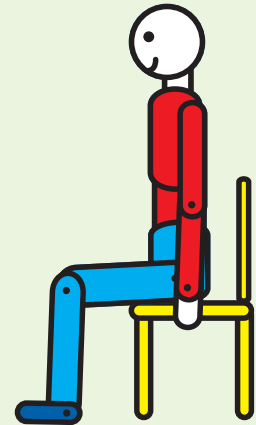


If you have problems/concerns, talk to a physiotherapist.

Exercise 14

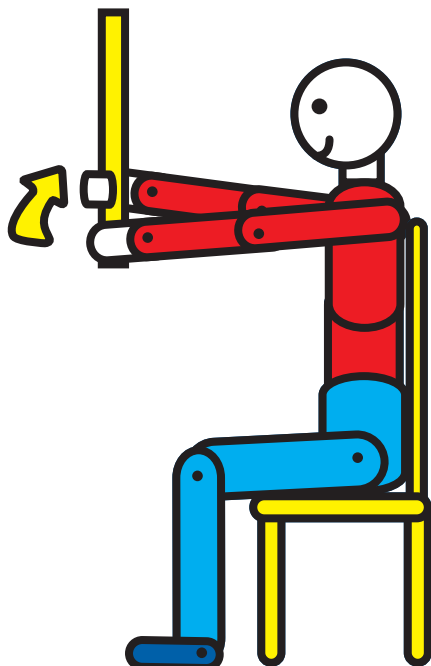
Hand climb

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



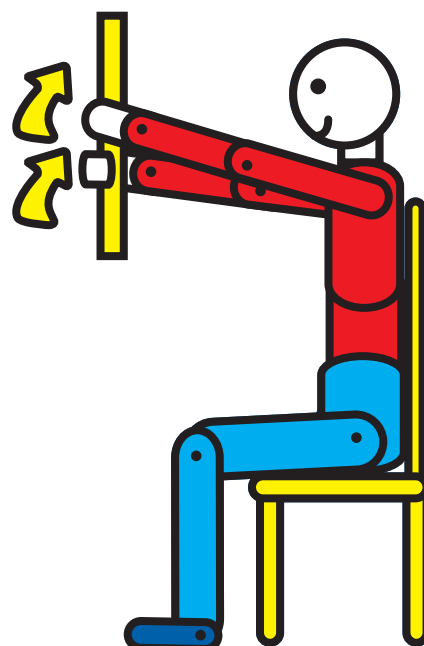
Step one

Hold a pole/umbrella vertically, one hand above the other.



Step two

Walk your hands up and down the pole, hand over hand, keeping your arms stretched out away from the body all the time. Repeat 3-5 times.



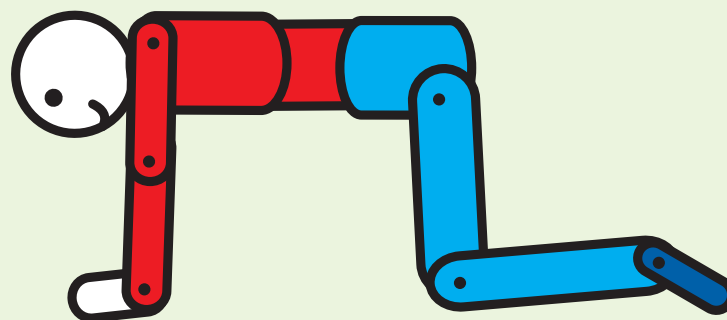
NB This exercise can also be done with a hoola-hoop.

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

Exercise 18

Hump and hollow

Starting position: Kneeling on all fours, weight evenly distributed

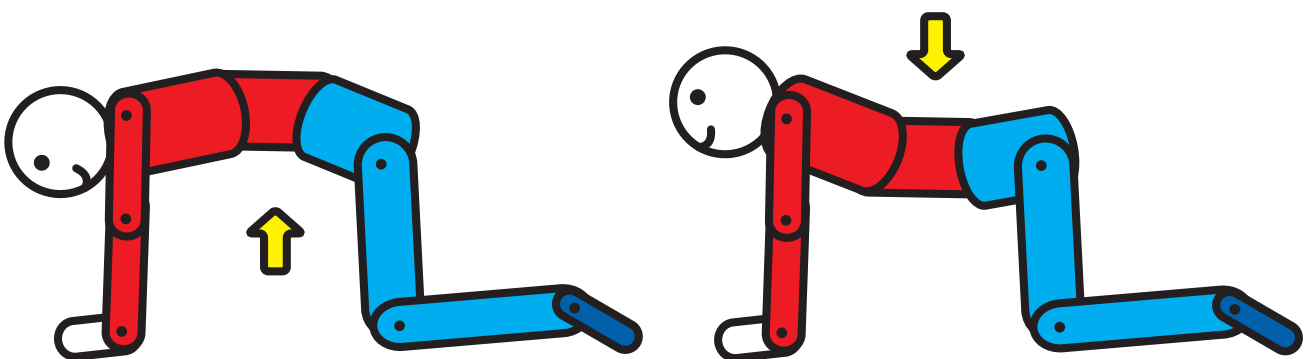


Step one

Hump and hollow your back.

Step two

As you hump up, lower your head and as you hollow, lift your head up to look ahead of you. Repeat 3-5 times.



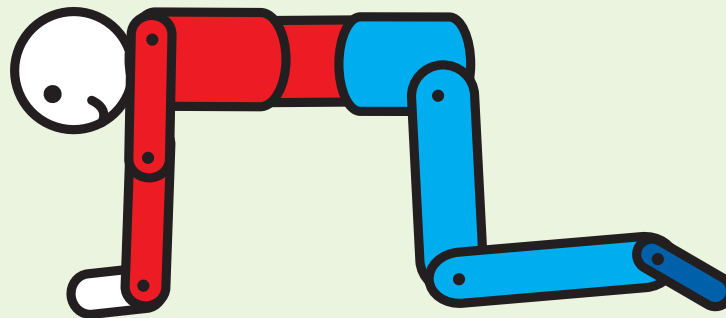
Kneeling exercises can be quite strenuous so make sure you can rest afterwards and that you can get back up off the floor! Unless you're very confident, it is a good idea to do these when someone else is in the house.

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

Exercise 19

Arm stretch

Starting position: Kneeling on all fours, weight evenly distributed

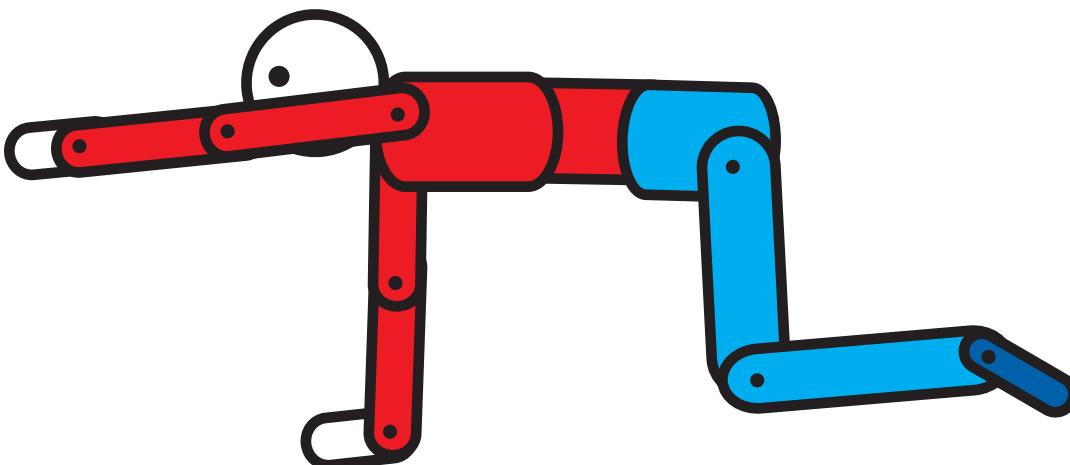


Step one

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.



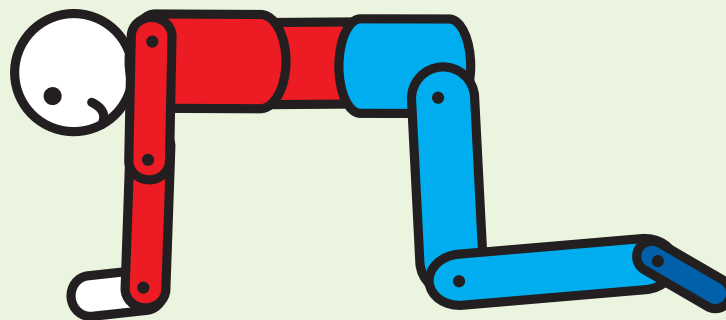
Kneeling exercises can be quite strenuous so make sure you can rest afterwards and that you can get back up off the floor! Unless you're very confident, it is a good idea to do these when someone else is in the house.

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

Exercise 20

Leg stretch

Starting position: Kneeling on all fours, weight evenly distributed

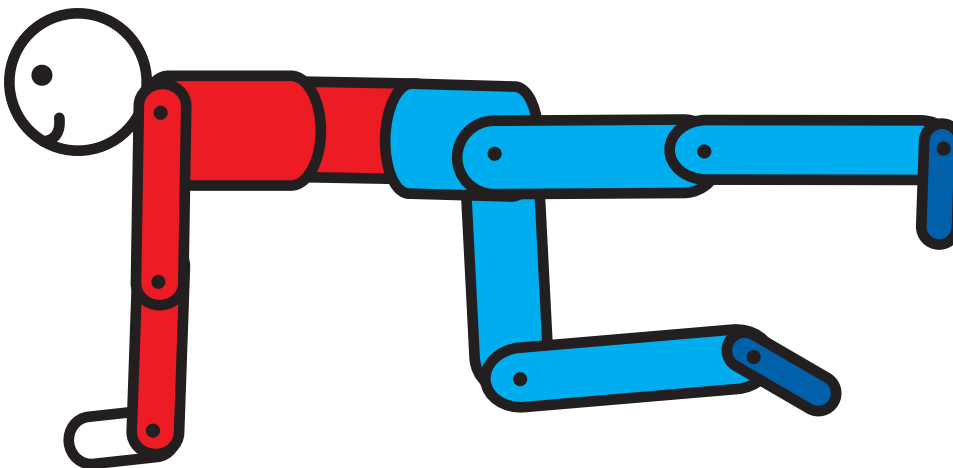


Step one

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.

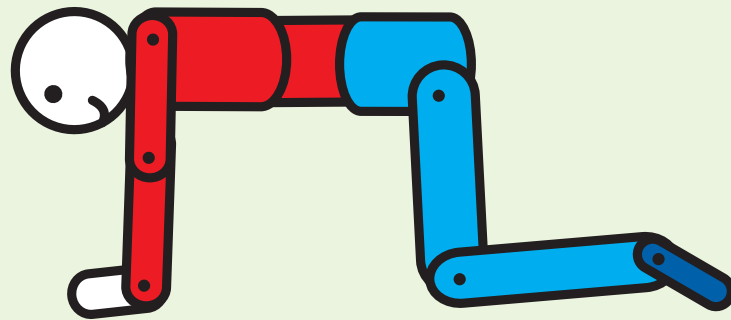
Kneeling exercises can be quite strenuous so make sure you can rest afterwards and that you can get back up off the floor! Unless you're very confident, it is a good idea to do these when someone else is in the house.

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

Exercise 21

Arm and leg stretch

Starting position: Kneeling on all fours, weight evenly distributed

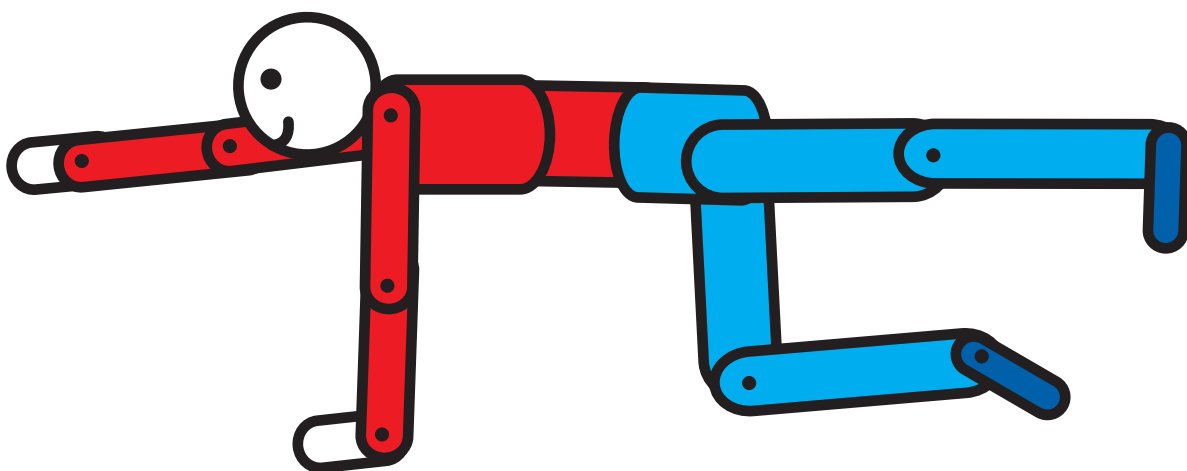


Step one

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.



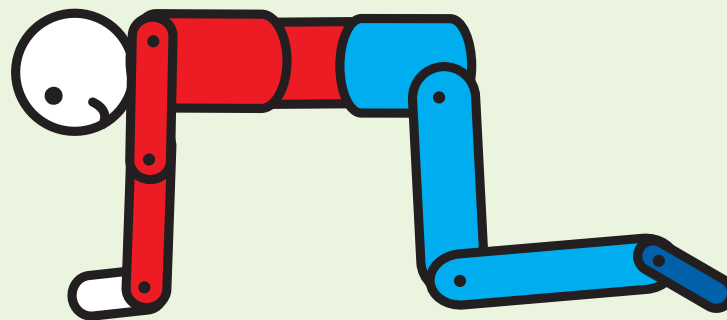
Kneeling exercises can be quite strenuous so make sure you can rest afterwards and that you can get back up off the floor! Unless you're very confident, it is a good idea to do these when someone else is in the house.

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

Exercise 22

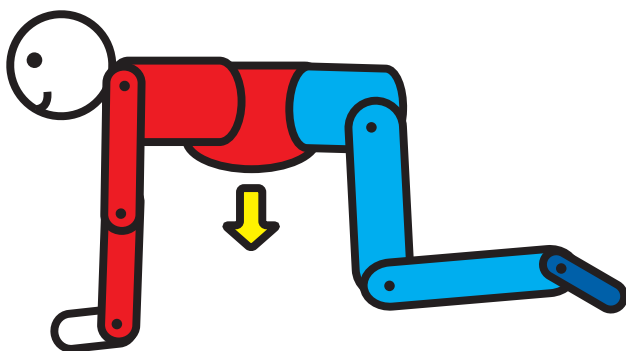
Core stability

Starting position: Kneeling on all fours, weight evenly distributed



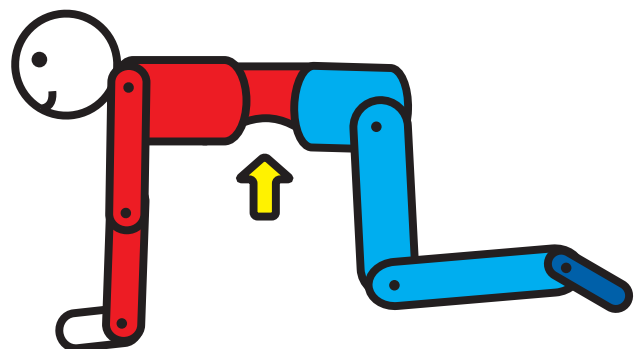
Step one

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!

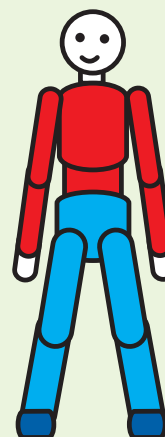
Kneeling exercises can be quite strenuous so make sure you can rest afterwards and that you can get back up off the floor! Unless you're very confident, it is a good idea to do these when someone else is in the house.

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

Exercise 26

Leg lift

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

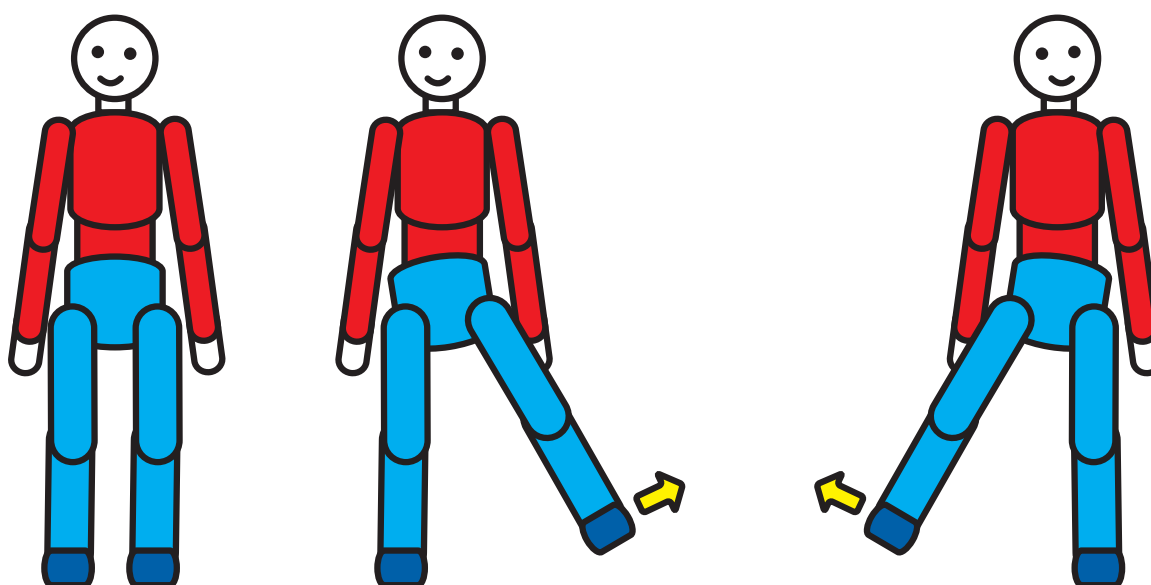


Step one

Lift the right leg out to the side, keep the knee straight and the toes pointing forwards.

Step two

Hold and lower slowly. Repeat with the left leg. Repeat 3-5 times.



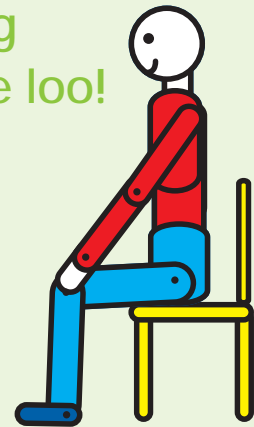
If you cannot lift your leg, then take a step to the side then side-step back again.

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!



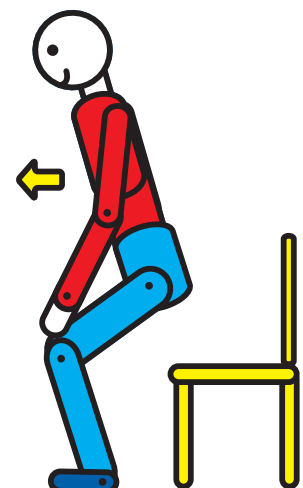
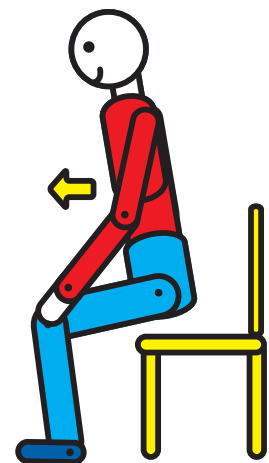
Standing up from a sitting position is a very good exercise to strengthen the legs, it can also be an exercise that challenges the balance. So it is one of those exercises to do if you don't have time for a lot of different exercises. This one ticks more than one box!

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.