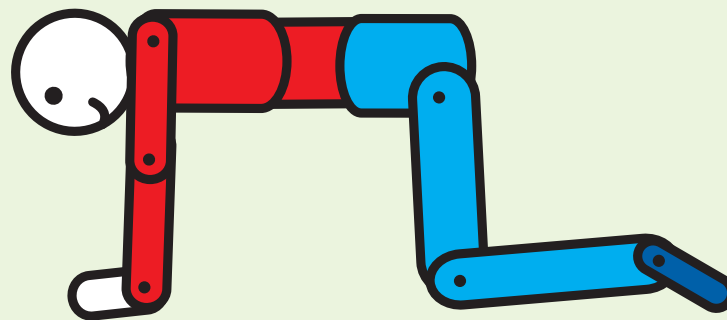


Exercise 18

Hump and hollow

Starting position: Kneeling on all fours, weight evenly distributed



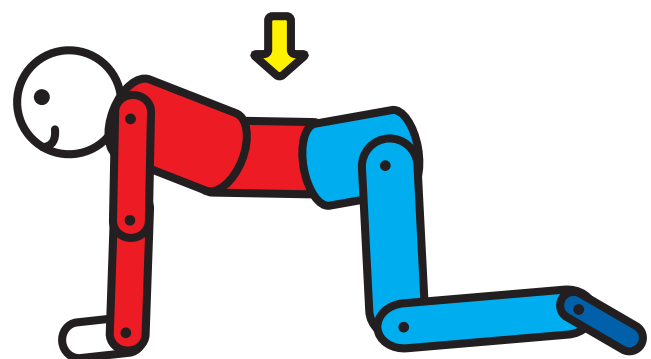
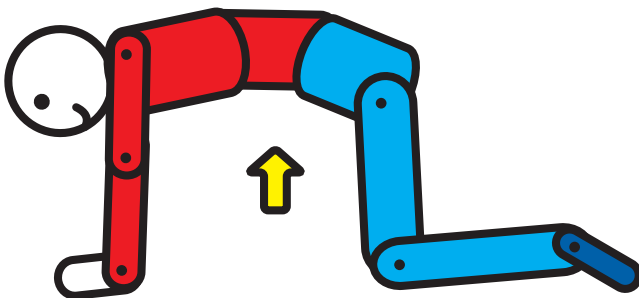
Step one

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.



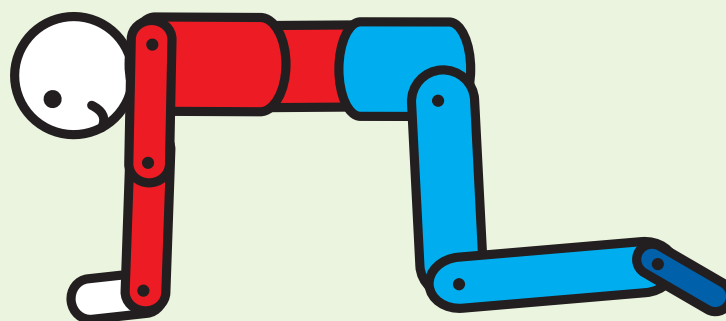
Kneeling exercises can be quite strenuous so make sure you can rest afterwards and that you can get back up off the floor! Unless you're very confident, it is a good idea to do these when someone else is in the house.

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

Exercise 19

Arm stretch

Starting position: Kneeling on all fours, weight evenly distributed

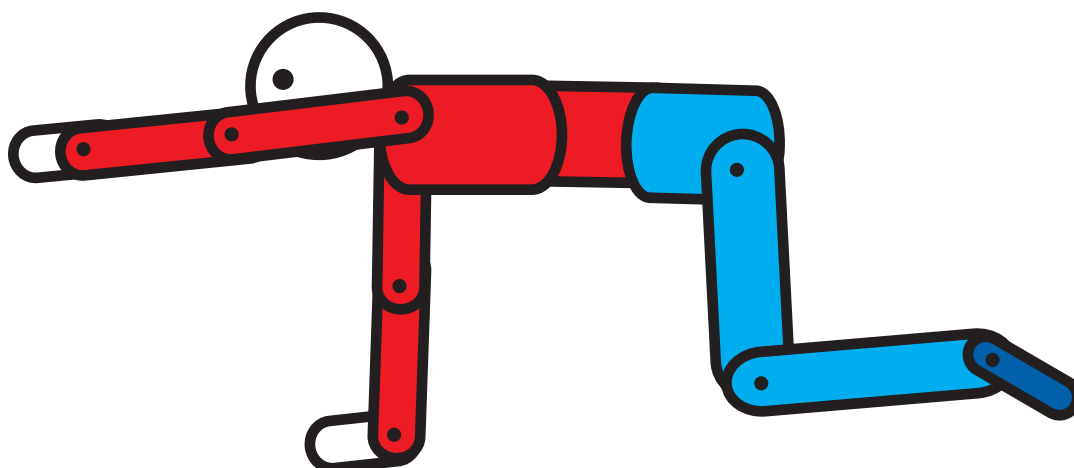


Step one

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.



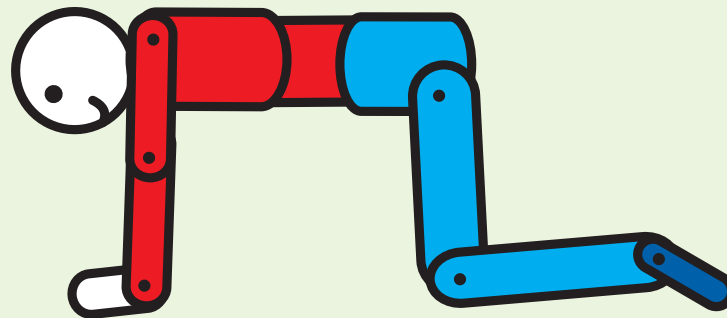
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If you have problems/concerns, talk to a physiotherapist.

Exercise 20

Leg stretch

Starting position: Kneeling on all fours, weight evenly distributed

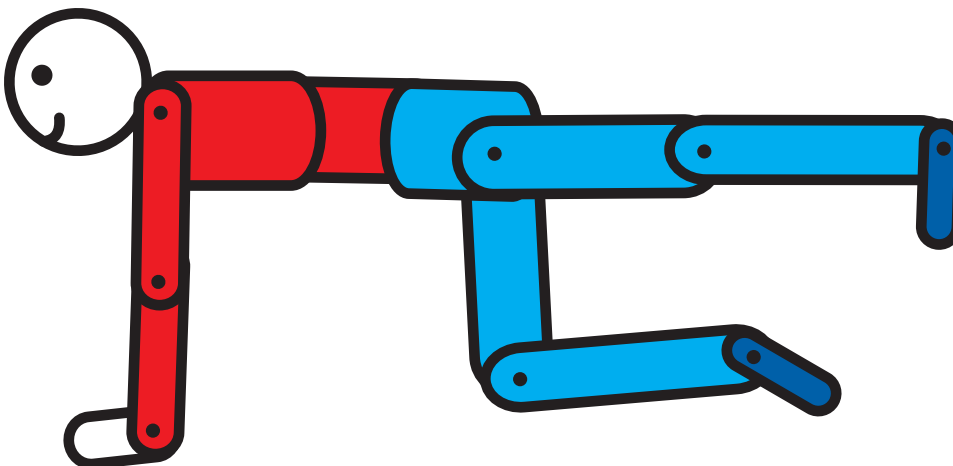


Step one

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.

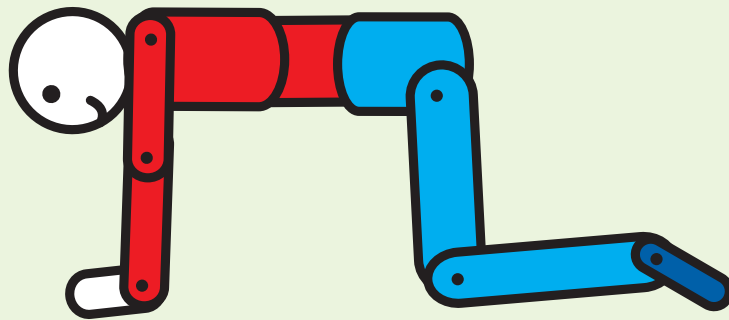
Kneeling exercises can be quite strenuous so make sure you can rest afterwards and that you can get back up off the floor! Unless you're very confident, it is a good idea to do these when someone else is in the house.

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Exercise 21

Arm and leg stretch

Starting position: Kneeling on all fours, weight evenly distributed

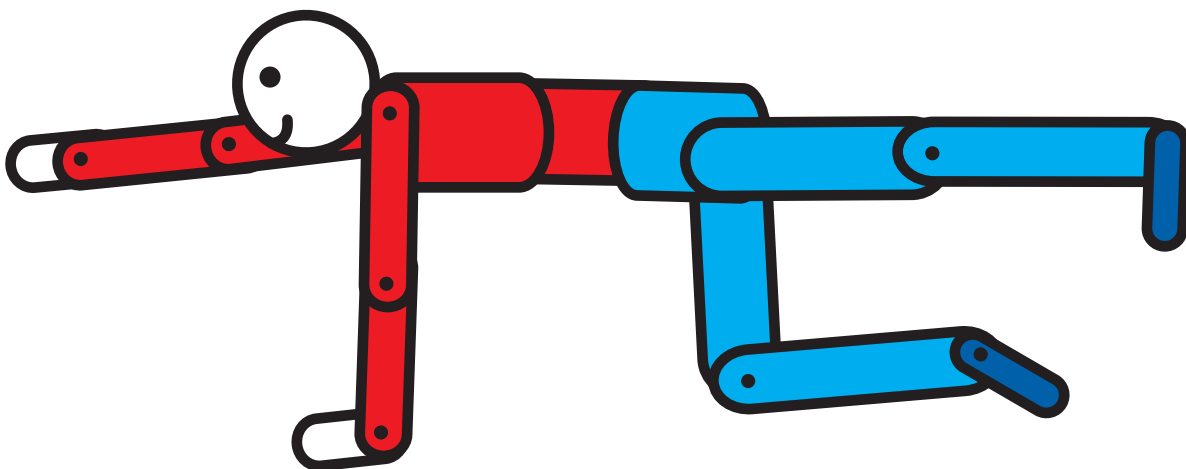


Step one

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.



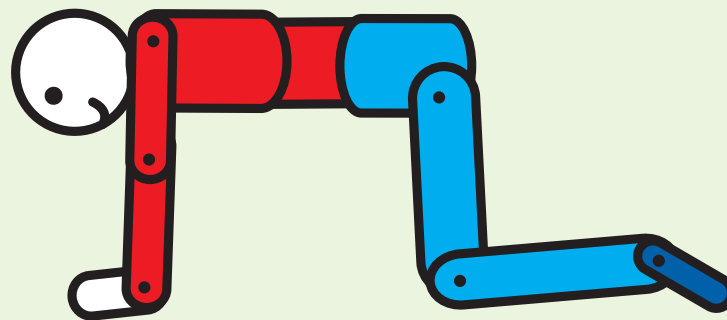
Kneeling exercises can be quite strenuous so make sure you can rest afterwards and that you can get back up off the floor! Unless you're very confident, it is a good idea to do these when someone else is in the house.

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

Exercise 22

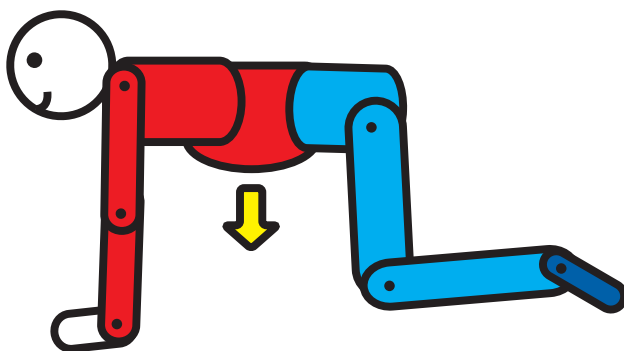
Core stability

Starting position: Kneeling on all fours, weight evenly distributed



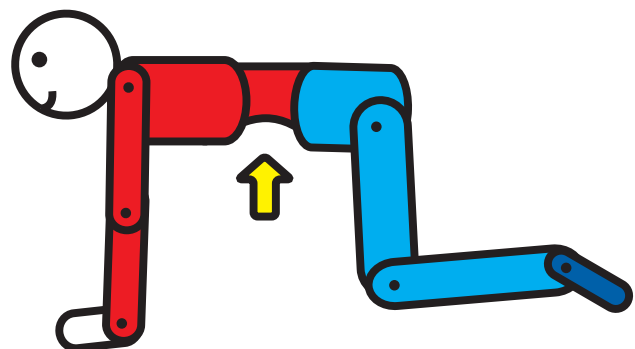
Step one

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.