

Exercise 1

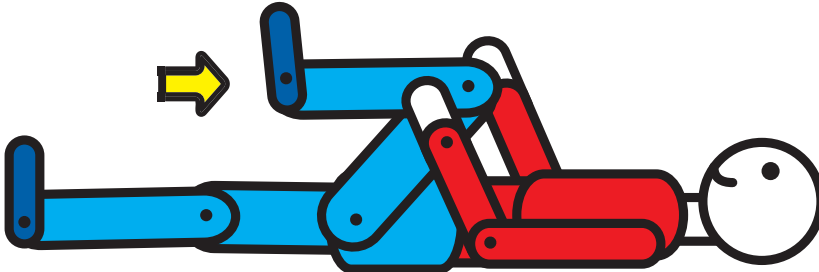
Lying knee bend

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



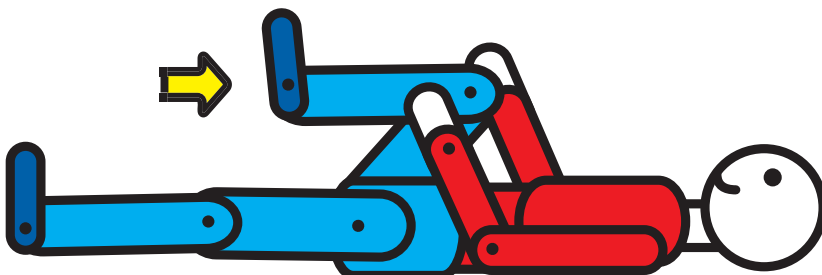
Step one

Pull one knee up to chest with both hands, keeping the other leg stretched out.



Step two

Release, then repeat with the other leg. 3-5 times each leg.

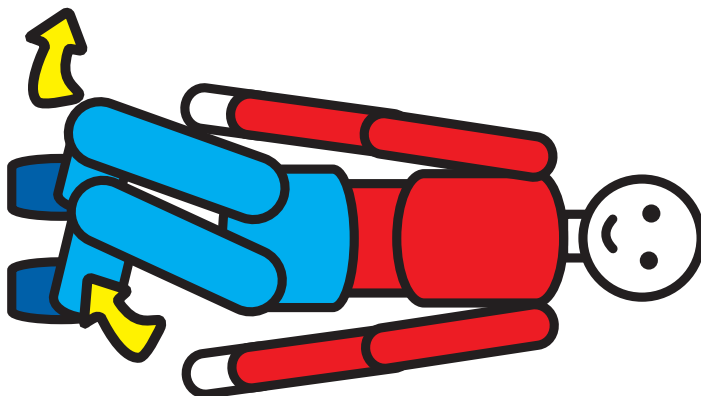
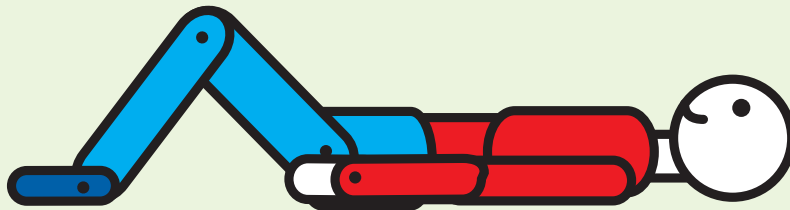


If you have problems/concerns, talk to a physiotherapist.

Exercise 2

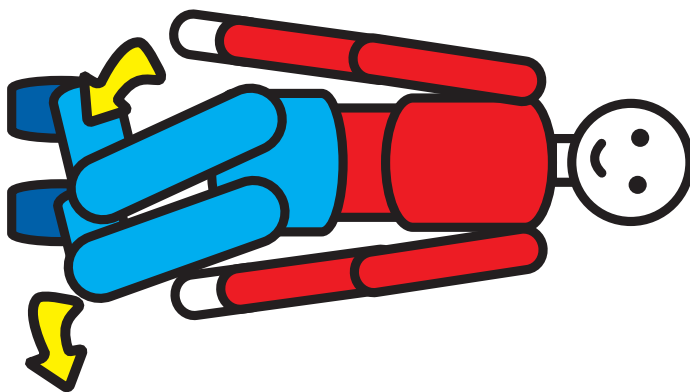
Knee roll

Starting position: Lying flat (or if your legs go into spasm - lying with knees bent up and feet flat on floor/bed)



Step one

Roll knees over to the left, stretching diagonally across the trunk. Bring them back to the middle.



Step two

Then roll the knees over to the right and back to the middle again. Make sure both shoulders stay in contact with the floor or bed. Repeat 3-5 times each side.

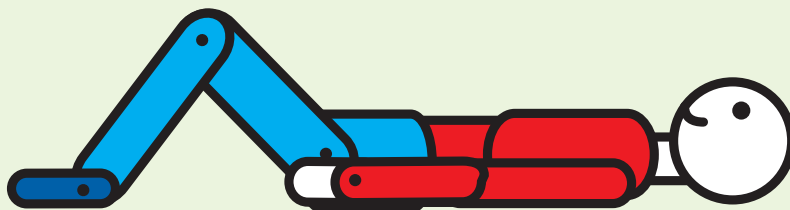
Don't rush and make sure you don't let your knees flop!

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

Exercise 3

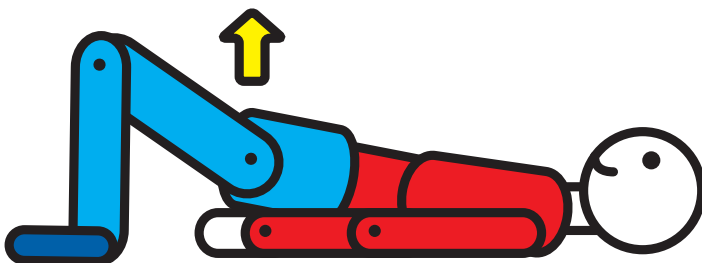
Bridging

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



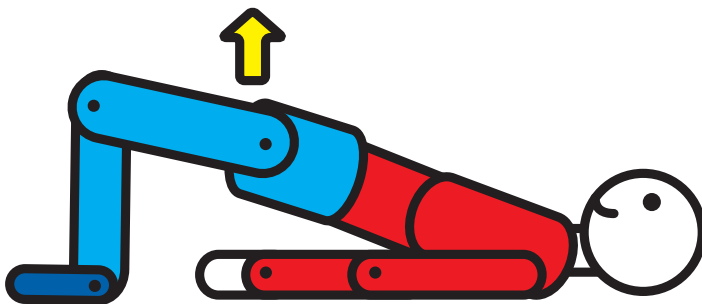
Step one

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.



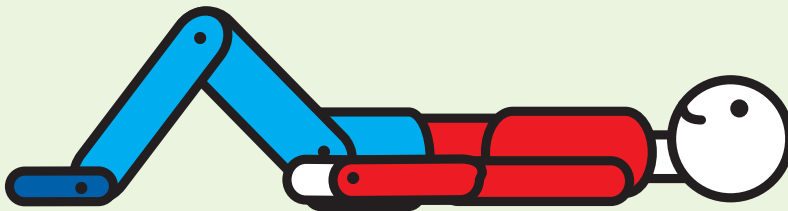
Be sure to raise straight up and down - try not to waver!

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

Exercise 4

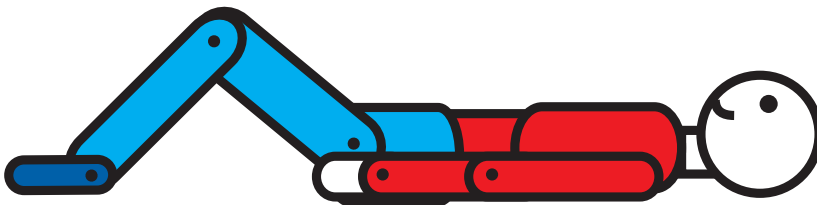
Pelvic tilt lying

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



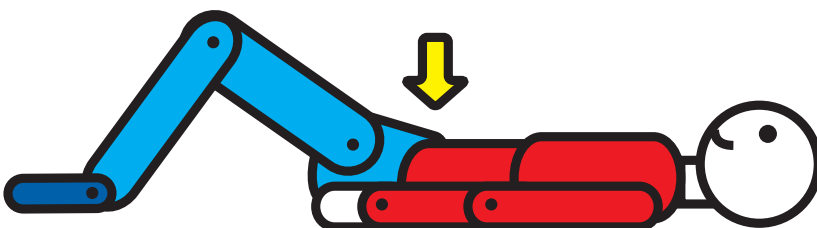
Step one

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.

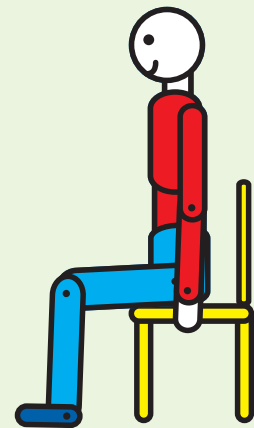


If you have problems/concerns, talk to a physiotherapist.

Exercise 8

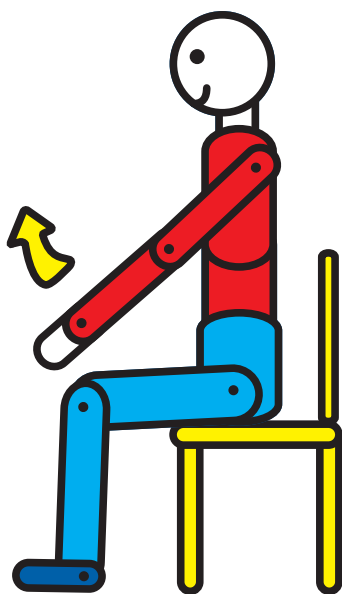
Single arm raise

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



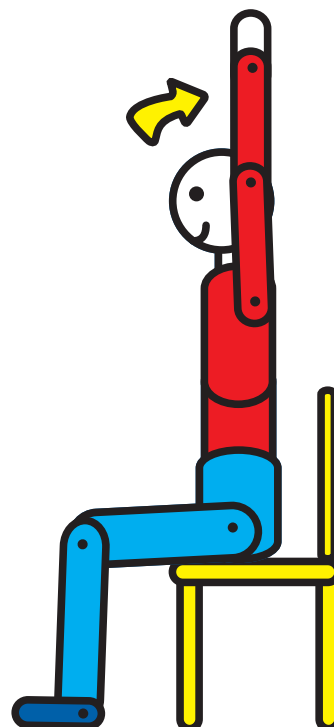
Step one

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.



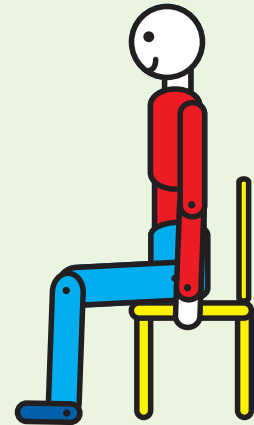
This exercise can also be done in a lying position

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

Exercise 9

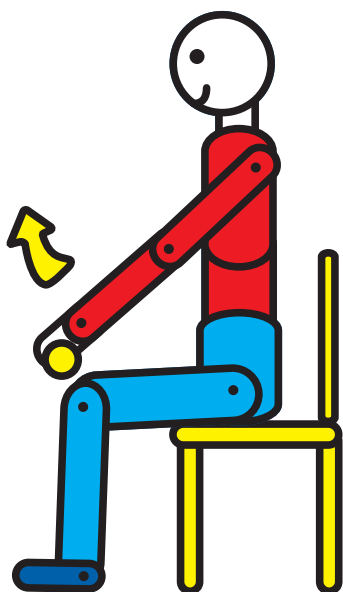
Double arm raise

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



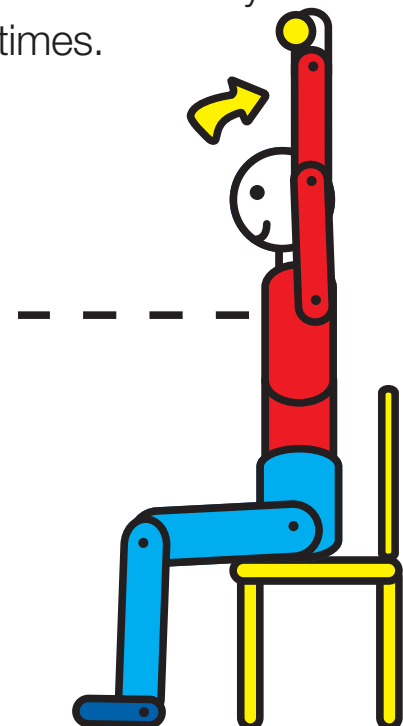
Step one

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.



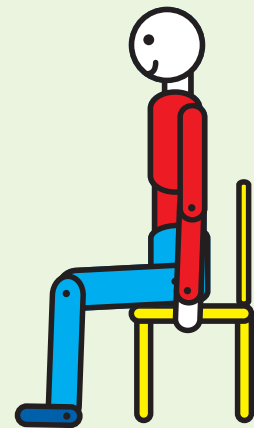
This exercise can also be done in a lying position

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

Exercise 10

Finger touch

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

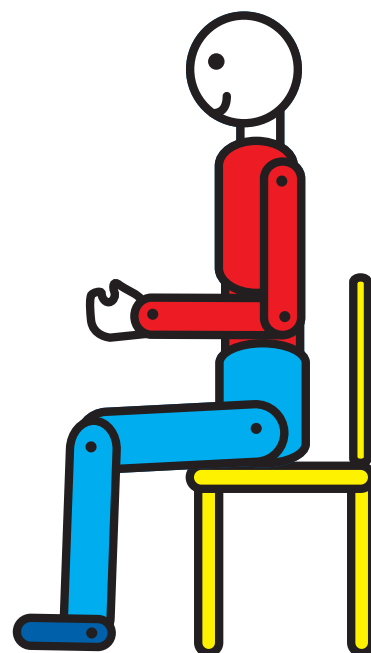


Step one

With your elbow at your side or resting on the arm of a chair, touch the tip of each finger in turn with the thumb.

Step two

Lower the arm and repeat on the other side. 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.