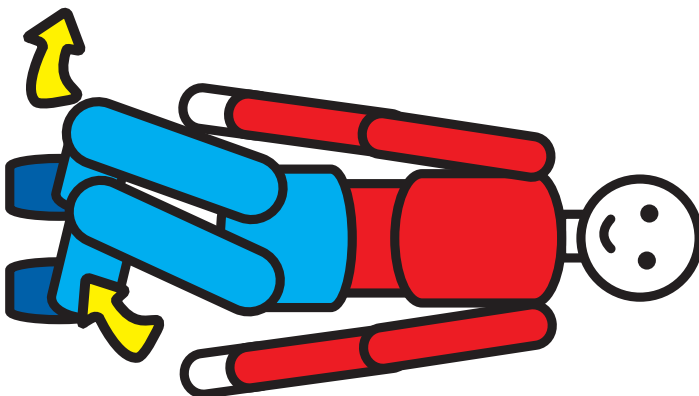
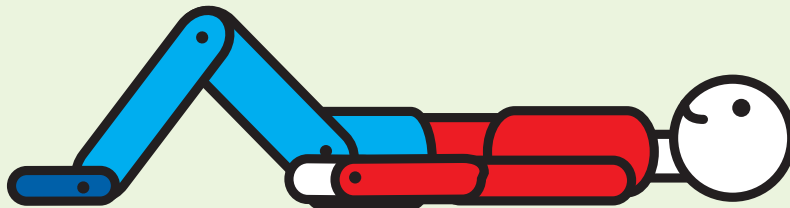


Exercise 2

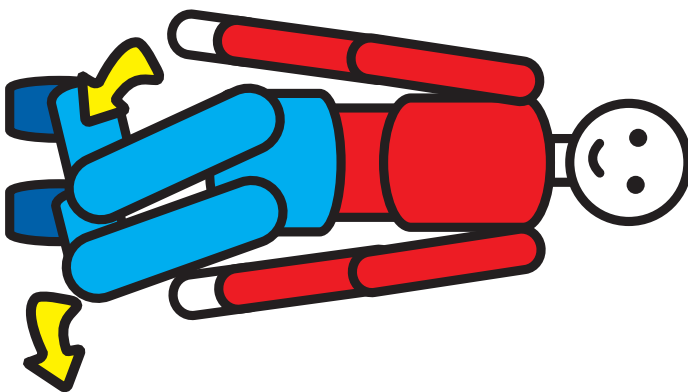
Knee roll

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.

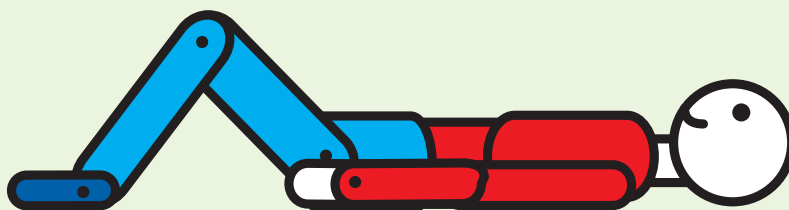
Don't rush and make sure you don't let your knees flop!

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

Exercise 4

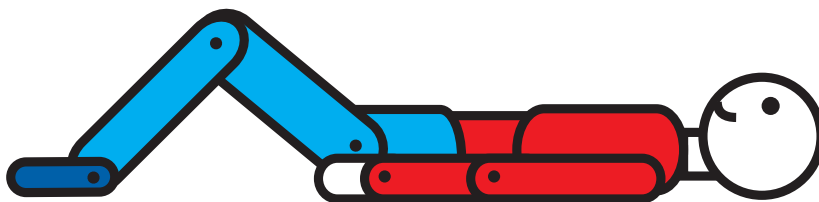
Pelvic tilt lying

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



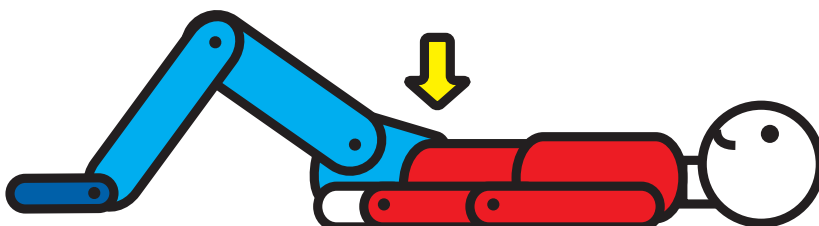
Step one

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.

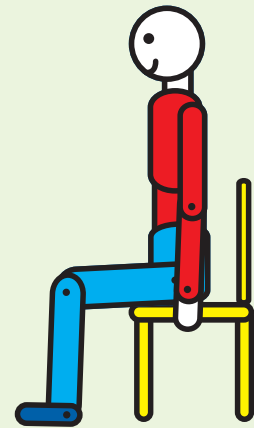


If you have problems/concerns, talk to a physiotherapist.

Exercise 5

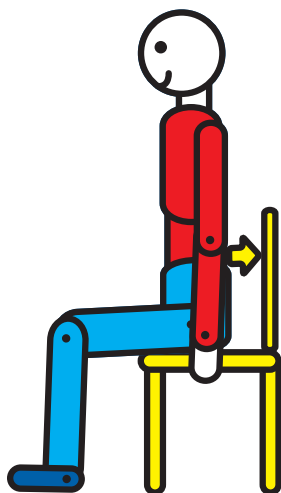
Pelvic tilt sitting

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



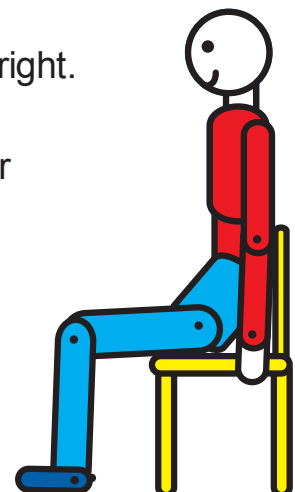
Step one

Sit upright with shoulders relaxed, head level and eyes looking straight ahead. If you are on a chair you need to be sitting clear of the back.



Step two

Drop the trunk down from a point on the breastbone whilst letting the pelvis tip down and back as if you are slumping. Then sit up straight, tilting the pelvis slightly forward and bringing the breastbone up and forward, making you stretch your back upright. Your head should remain level with your eyes focused ahead. You should feel that your weight comes forward over the hips. Repeat 3-5 times.



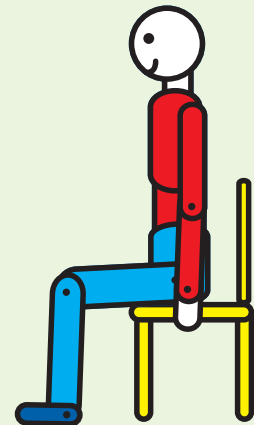
NB This is a very important exercise as it corrects posture and allows fluidity of movement in the trunk which is so often lost when changes of posture occur. It will also encourage deeper breathing and therefore better lung expansion. This is a good exercise for everyone because it realigns the body to give it its best potential for movement

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

Exercise 6

Cheek to cheek

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

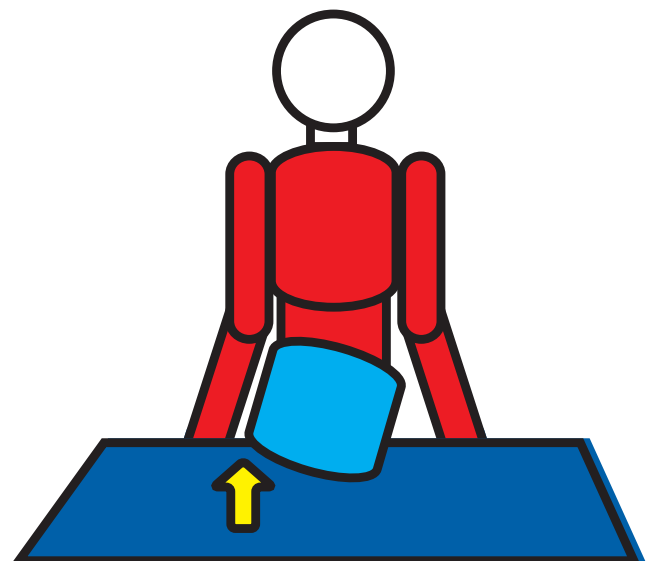
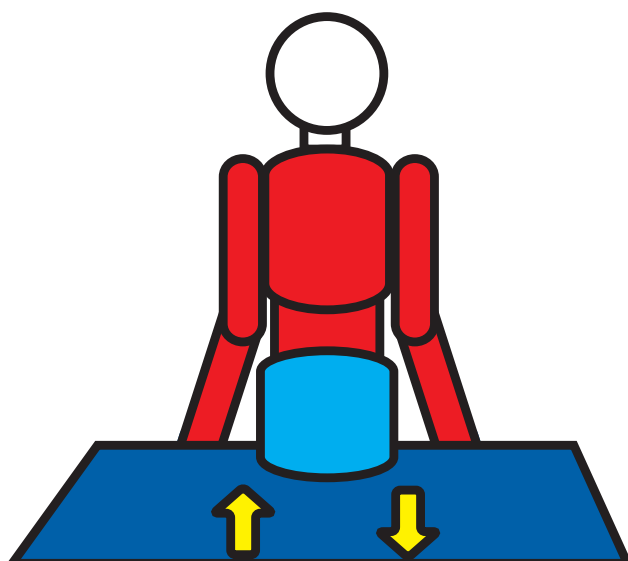


Step one

As you sit you can feel two bony points supporting you. In this exercise transfer your weight from one bony point to the other, raising one cheek of your bottom as you do so but maintaining the trunk in an upright position.

Step two

This means that on the side that is being raised up, the ribs get closer together. Then go back to the middle and repeat on the other side. Repeat 3-5 times each cheek!

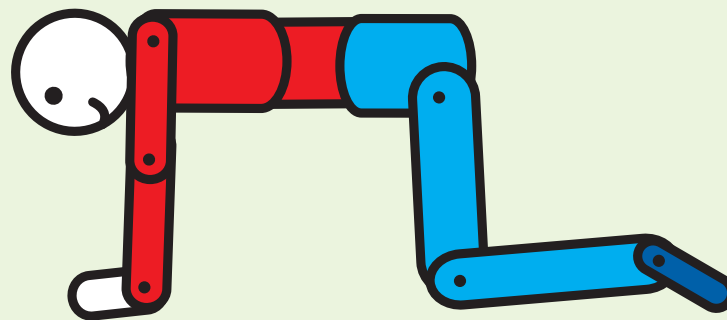


If you have problems/concerns, talk to a physiotherapist.

Exercise 18

Hump and hollow

Starting position: Kneeling on all fours, weight evenly distributed



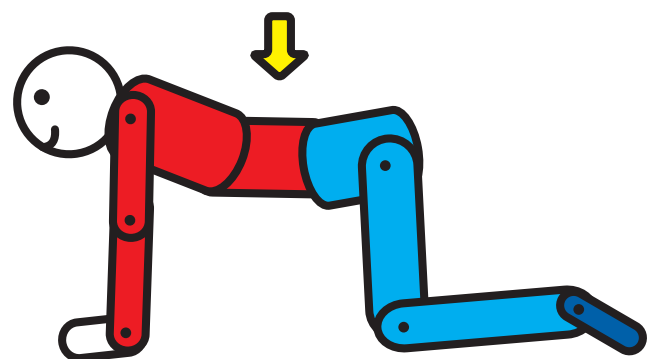
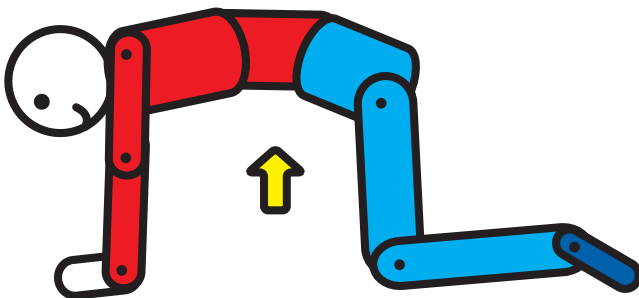
Step one

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.



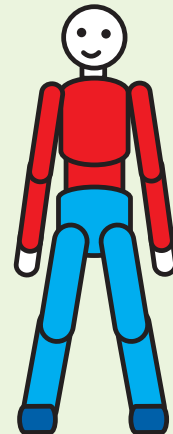
Kneeling exercises can be quite strenuous so make sure you can rest afterwards and that you can get back up off the floor! Unless you're very confident, it is a good idea to do these when someone else is in the house.

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

Exercise 23

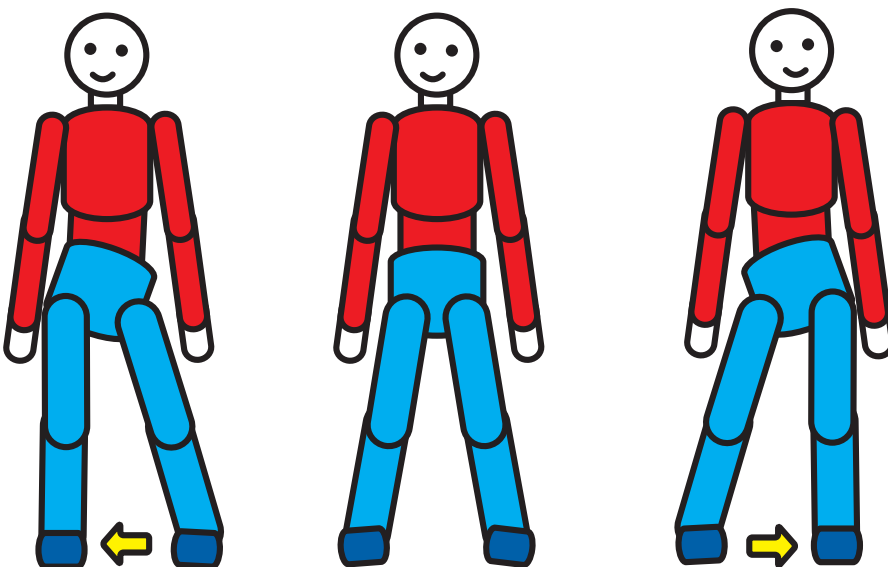
Rocking

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.



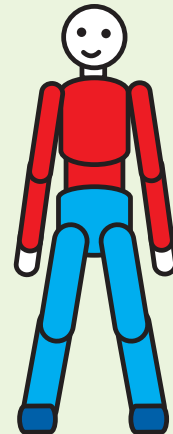
NB You may find this is easier in front of a mirror or in the middle of a door frame to ensure you move evenly from side to side.

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

Exercise 24

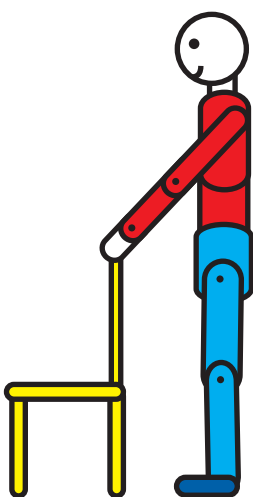
Standing knee bend

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



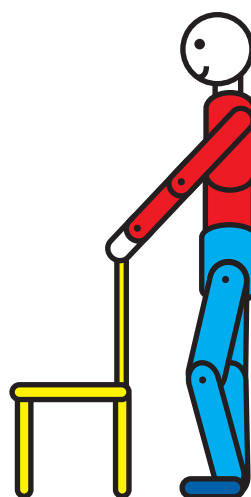
Step one

Let your right knee go, keeping both your heels down on the floor. Straighten slowly, making sure you do not allow the knee to 'snap' back.



Step two

Come back to the starting position and repeat with the left leg. Repeat 3-5 times each leg.



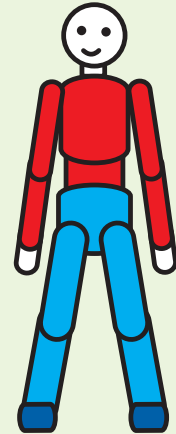
You will notice that this exercise causes the pelvis to tilt from side to side. Watch your waistband on your clothes tipping from side to side; it will act as an indicator of how well you can do this exercise. Do not allow your waist to twist! If you think it is, then face the sink and put your tummy flat against it while you do the exercise or watch yourself in a mirror.

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

Exercise 25

Hip hitch

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

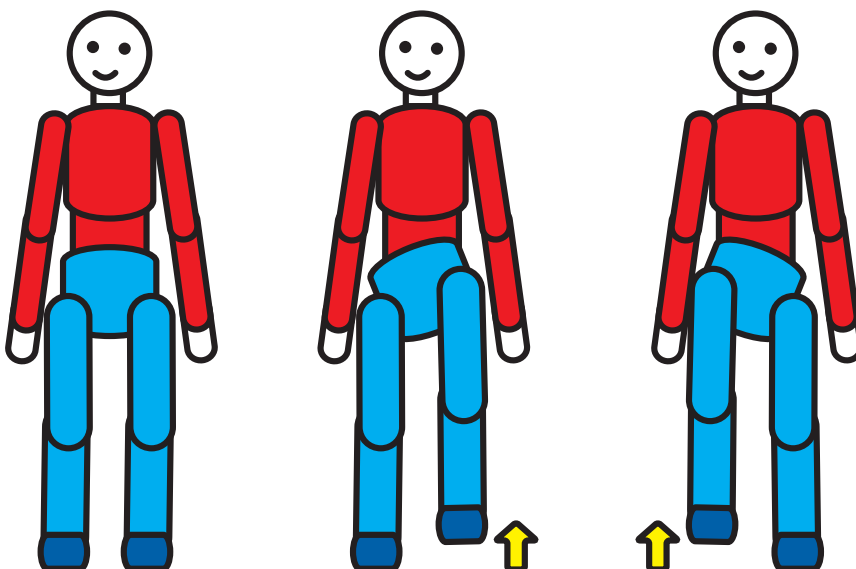


Step one

Hitch your hip up from your waist to shorten your right leg bringing your foot up off the floor.

Step two

Keep the knee straight all the time. Hold, then lower slowly and repeat on the left leg. Repeat 3-5 times. Make sure you don't stick your bottom out!

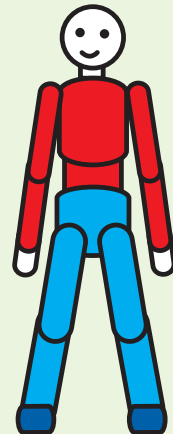


If you have problems/concerns, talk to a physiotherapist.

Exercise 26

Leg lift

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

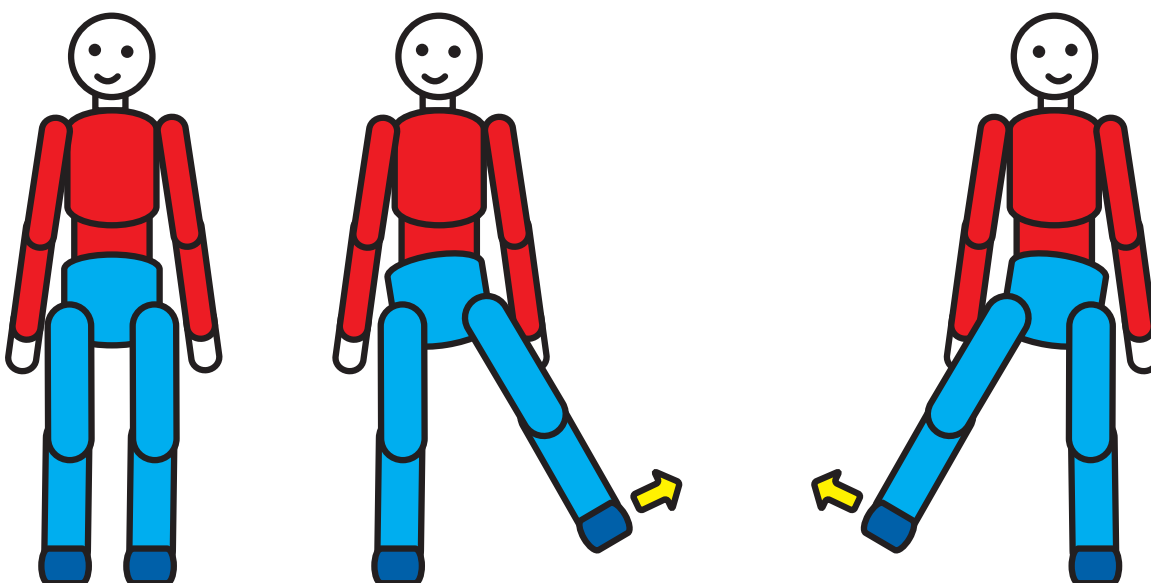


Step one

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.