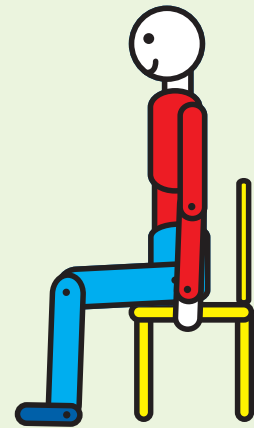


Exercise 5

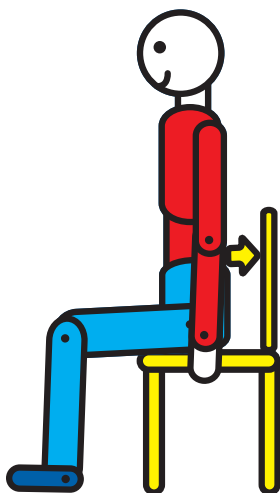
Pelvic tilt sitting

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



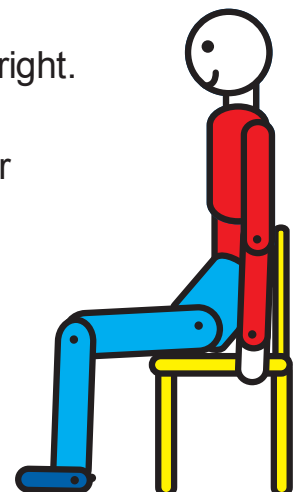
Step one

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.



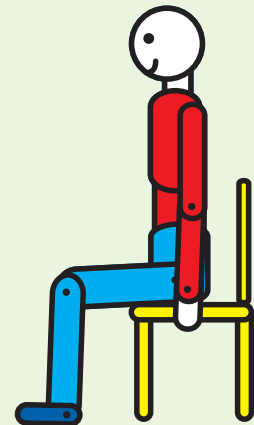
NB This is a very important exercise as it corrects posture and allows fluidity of movement in the trunk which is so often lost when changes of posture occur. It will also encourage deeper breathing and therefore better lung expansion. This is a good exercise for everyone because it realigns the body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

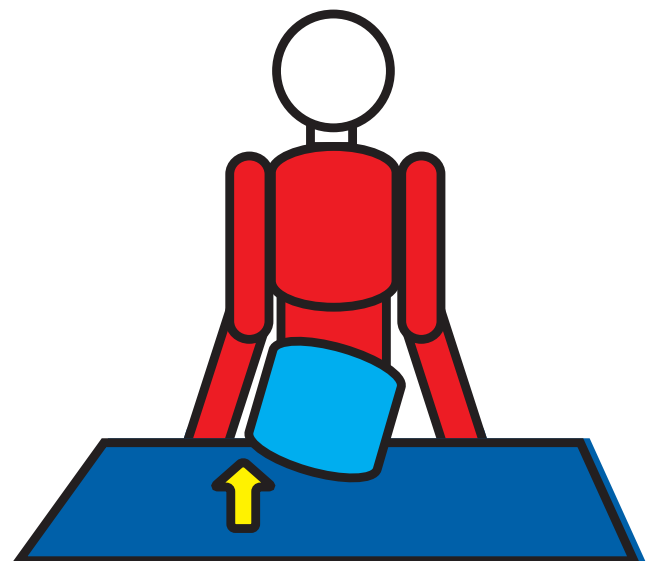
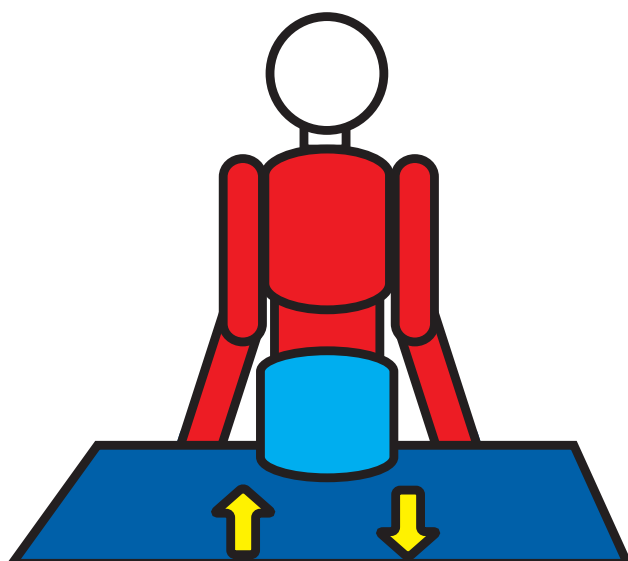


Step one

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!

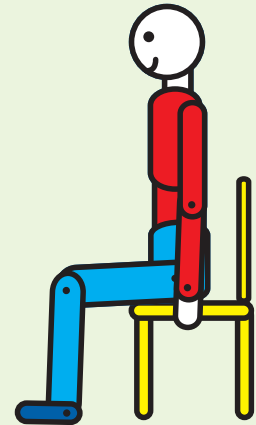


If you have problems/concerns, talk to a physiotherapist.

Exercise 16

Breathe out

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

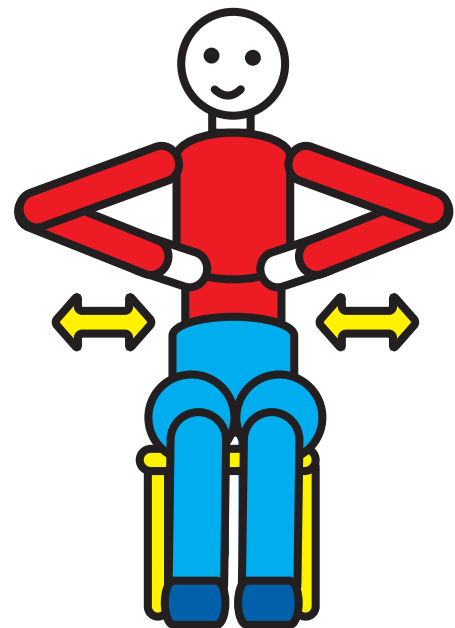


Step one

Place your hands low down on the ribcage. Take a deep breath, feel as if you are filling the space under your hands with air, then breathe out.

Step two

Only repeat this 2-3 times as it may make you feel dizzy if you do more.

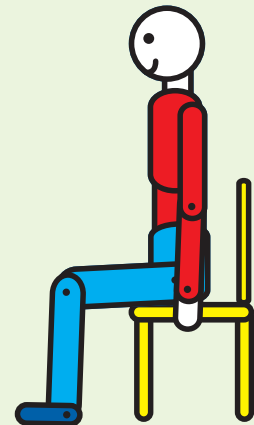


If you have problems/concerns, talk to a physiotherapist.

Exercise 17

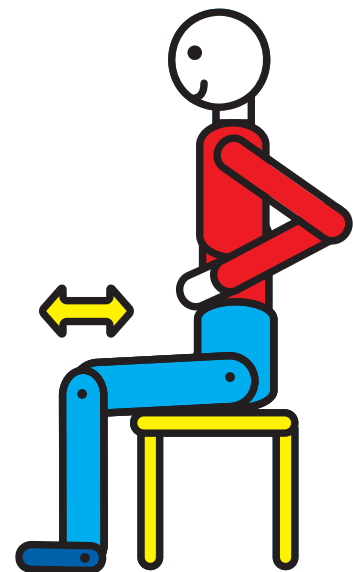
Breathe in

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



Step one

Place one hand centrally over your tummy just below the ribcage. Breathe in and try to fill up with air under your hand so that you push your tummy out as you breathe in. This exercise can be quite tricky so it may need a bit of practice - but again only repeat it 2-3 times each time you try it as you may feel dizzy.

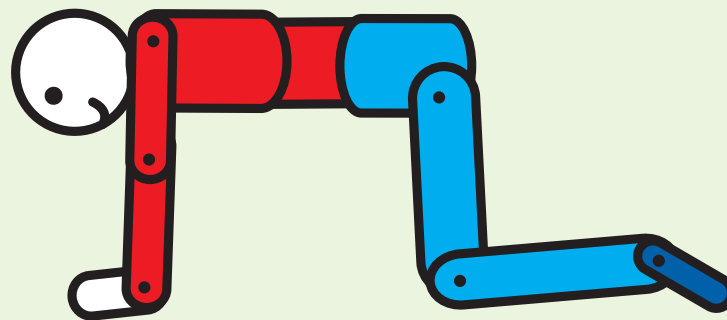


If you have problems/concerns, talk to a physiotherapist.

Exercise 22

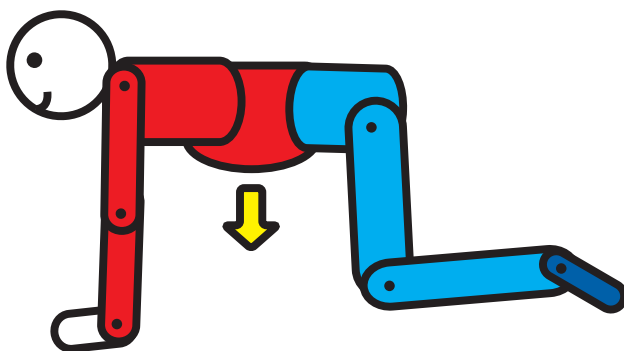
Core stability

Starting position: Kneeling on all fours, weight evenly distributed



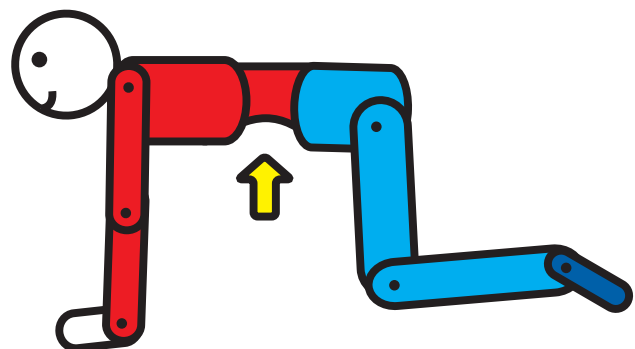
Step one

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!

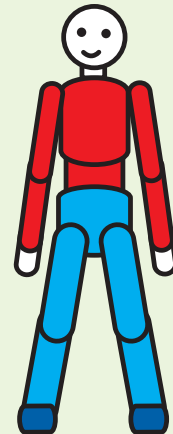
Kneeling exercises can be quite strenuous so make sure you can rest afterwards and that you can get back up off the floor! Unless you're very confident, it is a good idea to do these when someone else is in the house.

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

Exercise 24

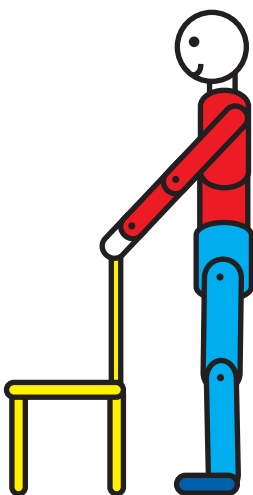
Standing knee bend

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



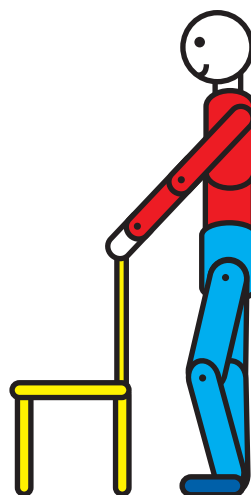
Step one

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.



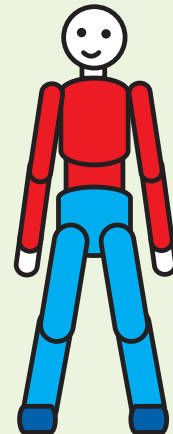
You will notice that this exercise causes the pelvis to tilt from side to side. Watch your waistband on your clothes tipping from side to side; it will act as an indicator of how well you can do this exercise. Do not allow your waist to twist! If you think it is, then face the sink and put your tummy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

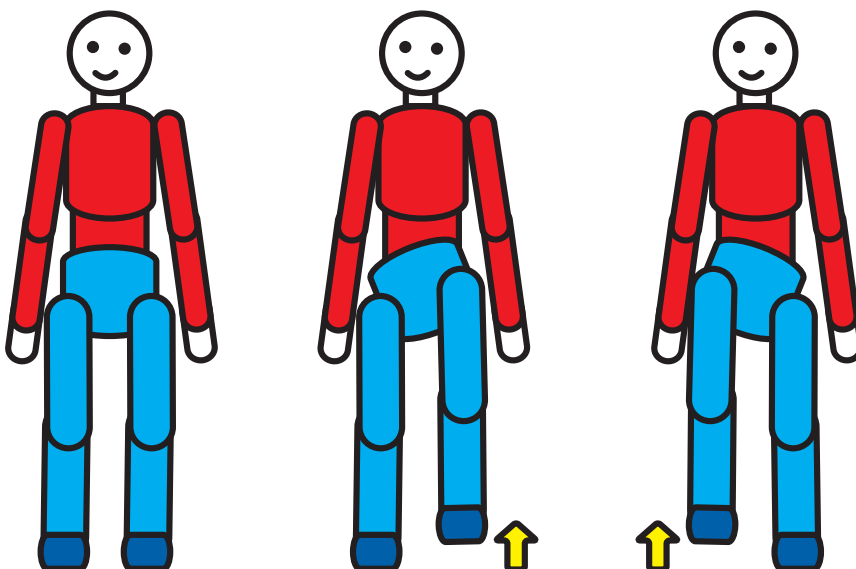


Step one

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!

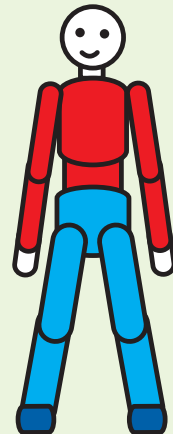


If you have problems/concerns, talk to a physiotherapist.

Exercise 26

Leg lift

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

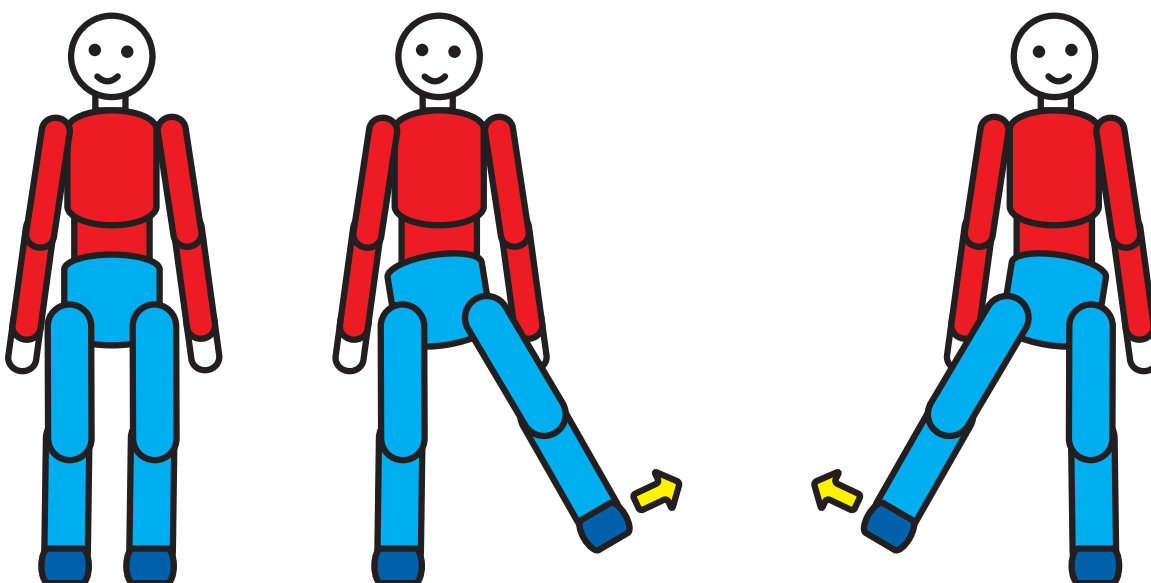


Step one

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.



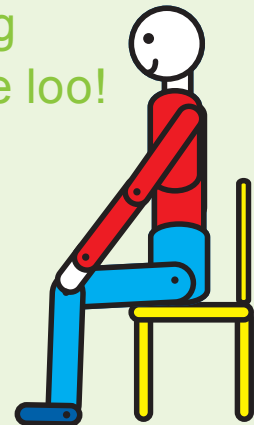
If you cannot lift your leg, then take a step to the side then side-step back again.

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

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!



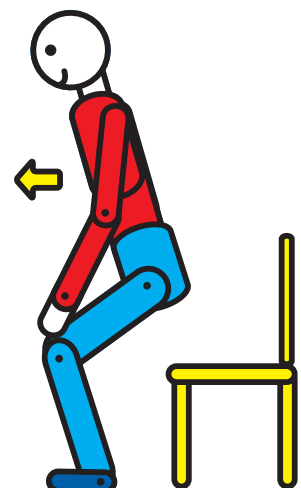
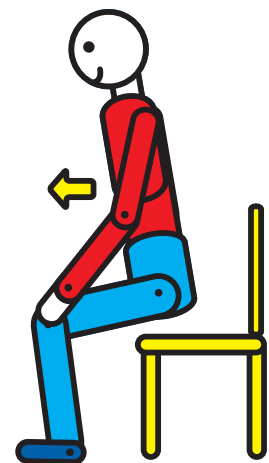
Standing up from a sitting position is a very good exercise to strengthen the legs, it can also be an exercise that challenges the balance. So it is one of those exercises to do if you don't have time for a lot of different exercises. This one ticks more than one box!

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.