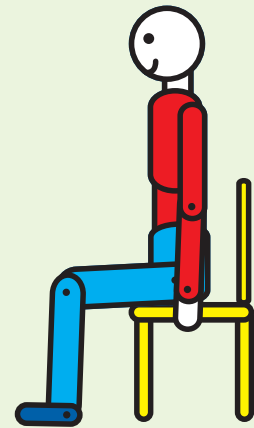


# Exercise 5

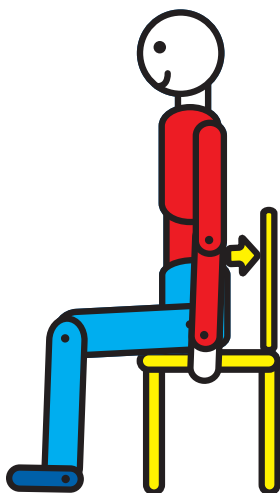
## Pelvic tilt sitting

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



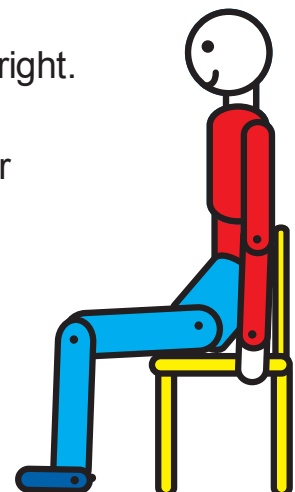
### Step one

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.



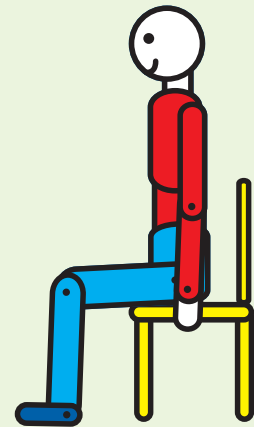
NB This is a very important exercise as it corrects posture and allows fluidity of movement in the trunk which is so often lost when changes of posture occur. It will also encourage deeper breathing and therefore better lung expansion. This is a good exercise for everyone because it realigns the body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

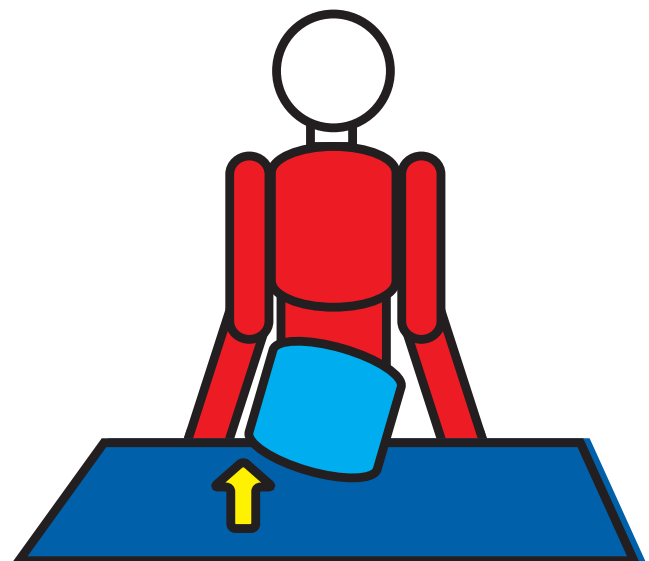
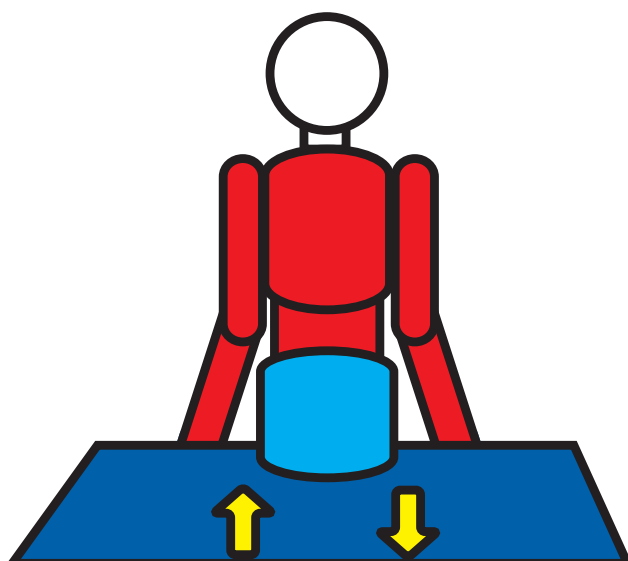


### Step one

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!

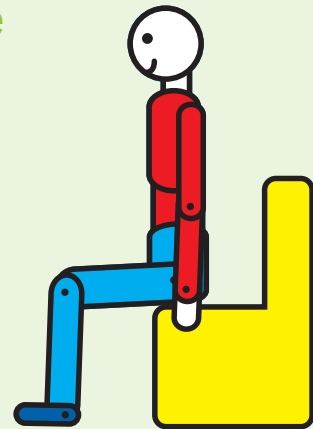


If you have problems/concerns, talk to a physiotherapist.

# Exercise 7

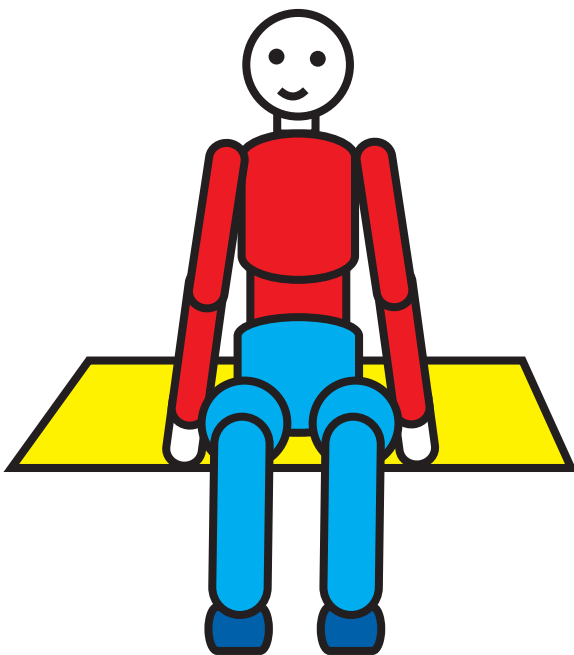
## Sideways lean

Starting position: Sitting on the edge of the bed or on a settee, with feet on the floor



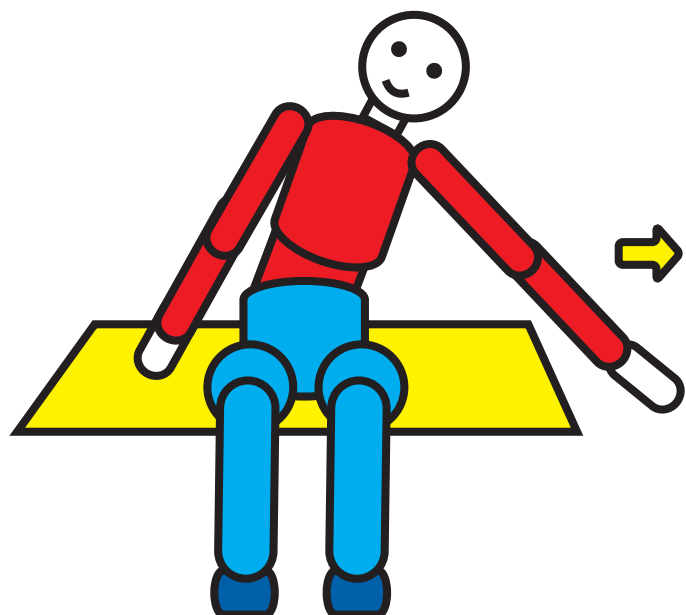
### Step one

Slide one hand along the bed whilst stretching and elongating your trunk. Keep facing forward.



### Step two

Come back to the middle and repeat on the other side. Repeat 3-5 times each side.

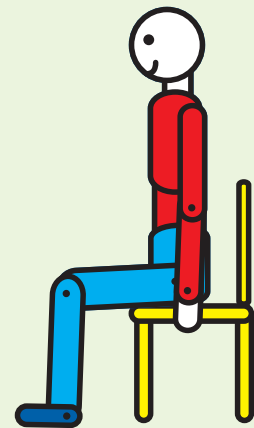


If you have problems/concerns, talk to a physiotherapist.

# Exercise 8

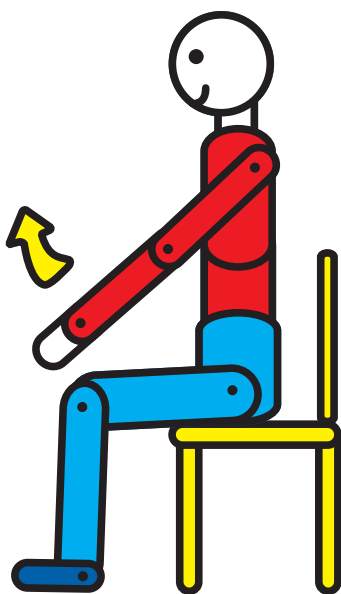
## Single arm raise

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



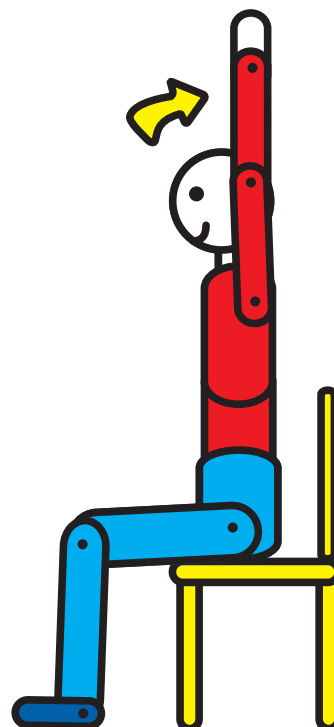
### Step one

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.



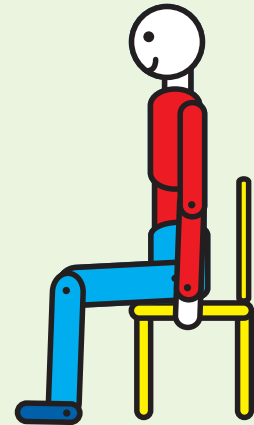
This exercise can also be done in a lying position

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

# Exercise 9

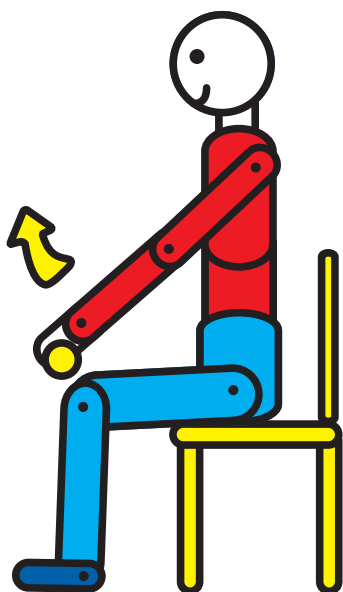
## Double arm raise

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



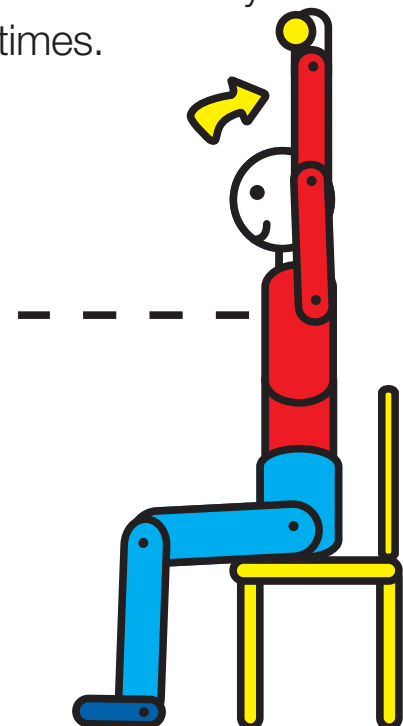
### Step one

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.



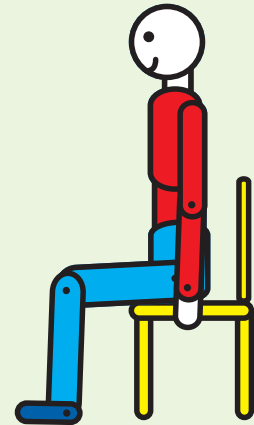
This exercise can also be done in a lying position

**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!

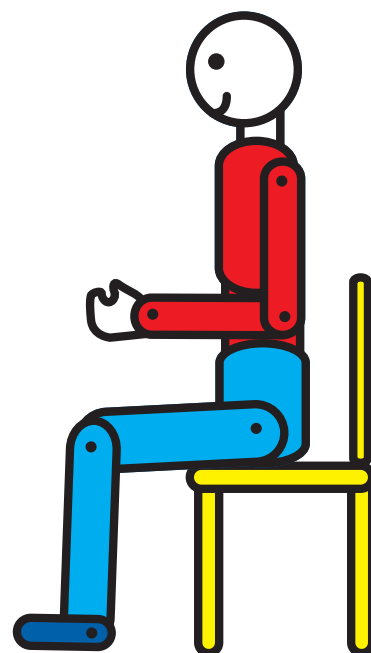


### Step one

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.



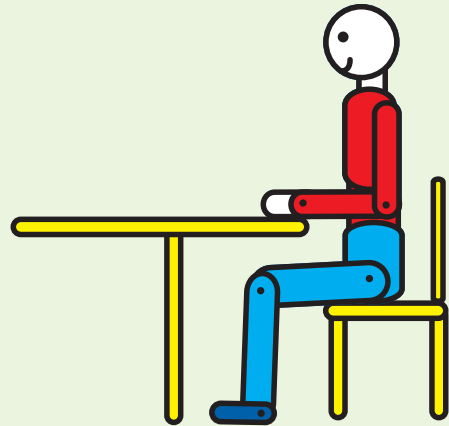
This exercise can also be done in a lying position

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

# Exercise 11

## Table slide

Starting position: Sitting at a table

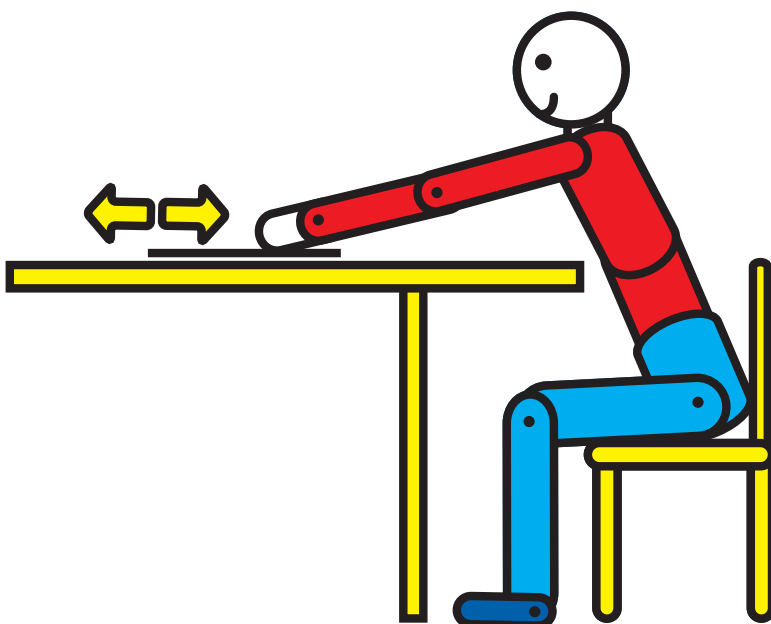


### Step one

Put your hands on top of a duster or towel. Using the duster, slide your hands away from your body so that you stretch forward and elongate your trunk.

### Step two

Return to the starting position and repeat 3-5 times.



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

# Exercise 12

## Wrist control

Starting position: Sitting at a table

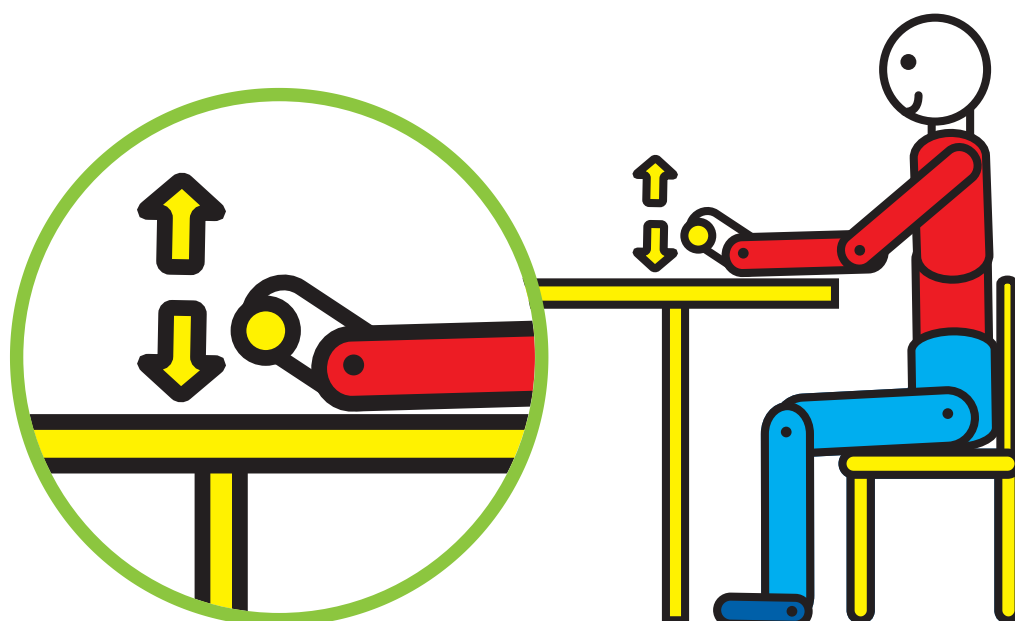


### Step one

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

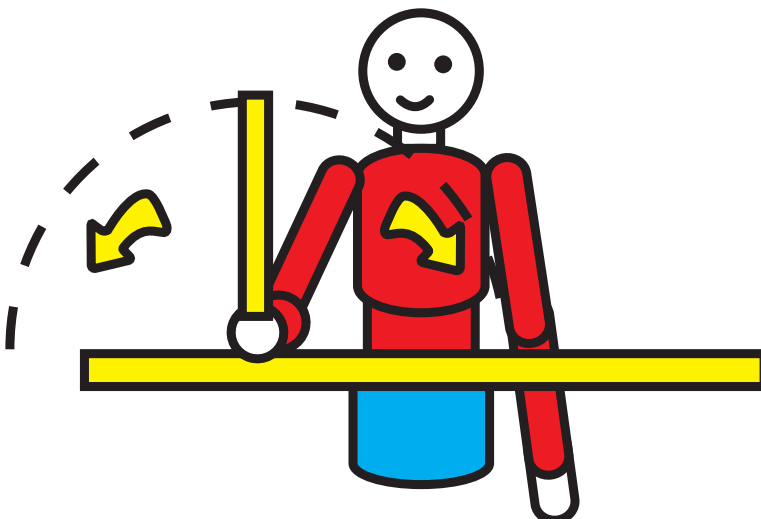


### Step one

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!

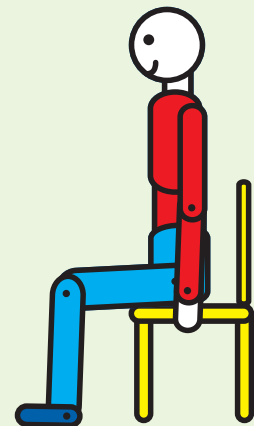


If you have problems/concerns, talk to a physiotherapist.

# Exercise 14

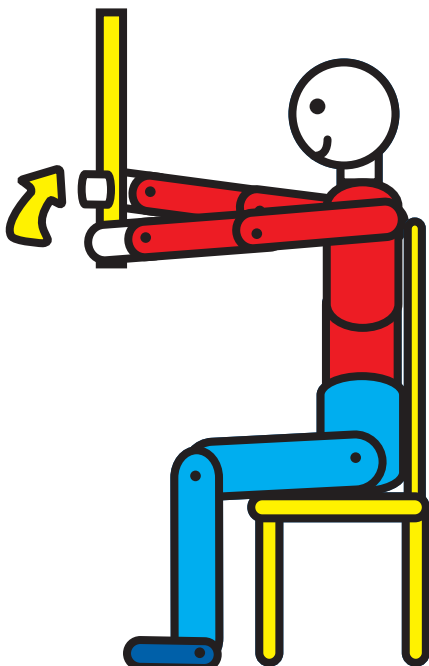
## Hand climb

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



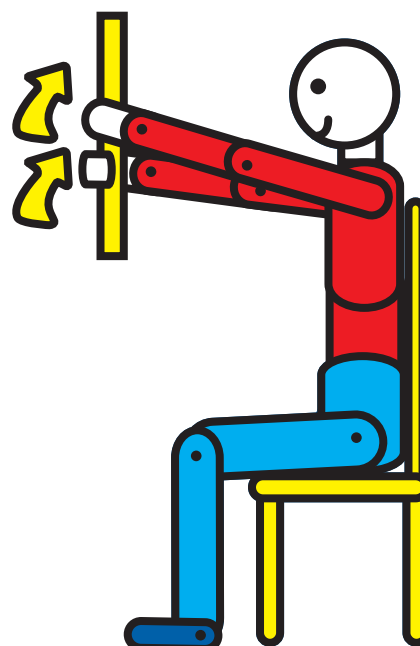
### Step one

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.



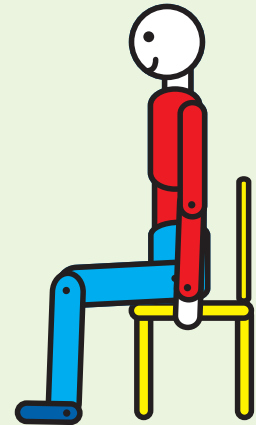
NB This exercise can also be done with a hoola-hoop.

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

# Exercise 16

## Breathe out

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

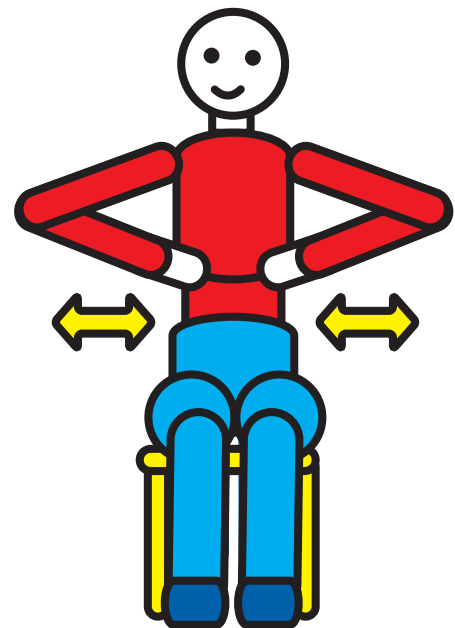


### Step one

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.

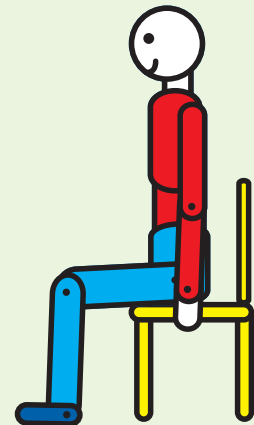


If you have problems/concerns, talk to a physiotherapist.

# Exercise 17

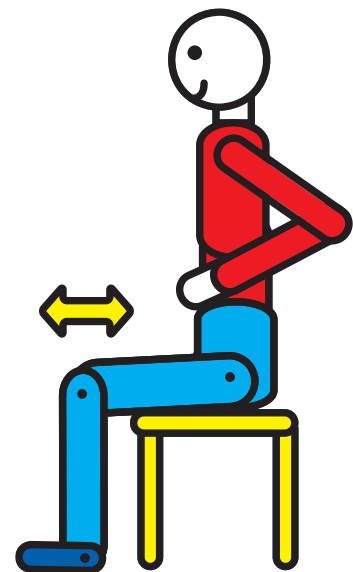
## Breathe in

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.

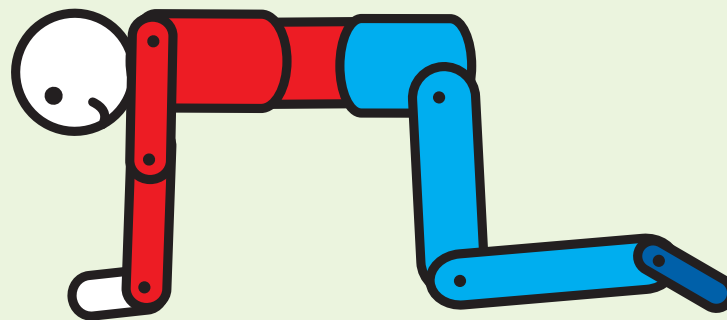


If you have problems/concerns, talk to a physiotherapist.

# Exercise 22

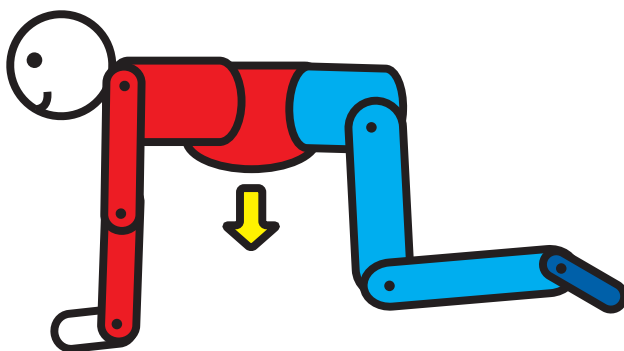
## Core stability

Starting position: Kneeling on all fours, weight evenly distributed



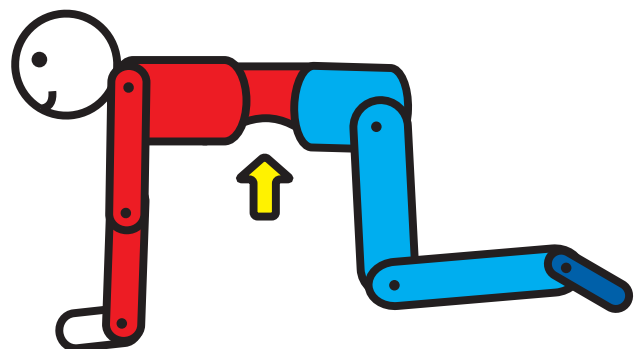
### Step one

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!

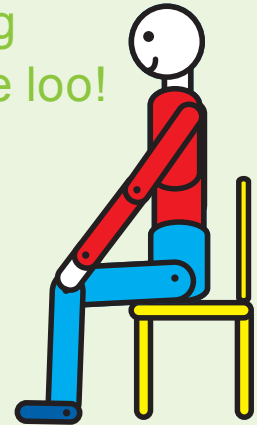
Kneeling exercises can be quite strenuous so make sure you can rest afterwards and that you can get back up off the floor! Unless you're very confident, it is a good idea to do these when someone else is in the house.

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

# Exercise 32

## Sit to stand

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



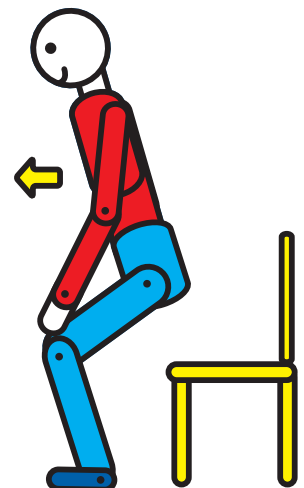
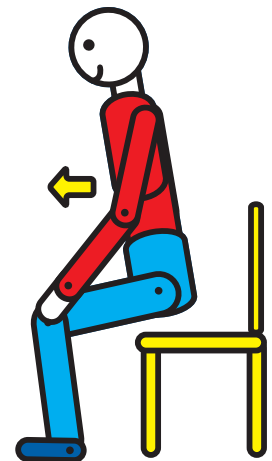
Standing up from a sitting position is a very good exercise to strengthen the legs, it can also be an exercise that challenges the balance. So it is one of those exercises to do if you don't have time for a lot of different exercises. This one ticks more than one box!

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.