

Personal exercise program

Musculo-skeletal and Pelvic health physiotherapy services
If you wish to provide feedback of our Service please use this web link.



<https://bit.ly/36o67pT>

To contact us:

Call: 0300 555 0123

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Training start date 23/01/2025

These exercises are for general strength and mobility. Please complete the exercises you feel comfortable completing.

Complete these exercises 2-3 times daily.

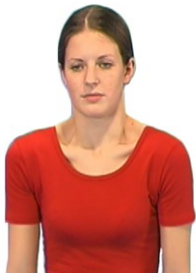


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Sitting on a chair. Hold on to the side of the chair with one hand. Put the other hand over your head onto the opposite ear.

Tilt your trunk and let the hand on the ear bend your head away from the side to be stretched. Hold for 20 seconds.

Repeat _____ times.



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Sit or stand.

Roll your shoulders in both directions.

Repeat _____ times.



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Seated Row without Equipment.

Sit up straight and lift arms forwards, with your elbows straight.

Pull your elbows backwards and shoulder blades together. Straighten your arms back to starting position.

Repeat _____ times.



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Sit or stand. Place your hands behind your neck, elbows pointing forward.
Move your elbows out to the side.

Hold _____ seconds.

Repeat _____ times.

Trunk Rotation



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Sit up straight on a chair. One hand is placed on the outer side of your opposite thigh/knee and the other hand behind you.

Twist your trunk, assisting with your hands until you feel a stretch in your side and back.

Repeat _____ times.



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Sit with your feet firmly on the floor.

Round your back and bend forward, keeping your neck and shoulders relaxed.

Repeat _____ times.



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Sit.

Pull one knee towards your stomach helping with your hands. Press your other foot against the floor.

Hold _____ seconds.

Repeat _____ times.



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Sit on a chair with one leg straight in front of you.

Place your hands on your thigh just above the knee cap. Lean forwards keeping your back straight. Straighten your knee assisting the stretch with your hands.

Hold _____ seconds.

Repeat _____ times.

Chair Squat



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Stand tall with your feet approximately hip-width apart and weight distributed evenly on both feet.
Make sure the chair behind you is at a suitable distance from you.

Bend your knees and hips and squat down onto the chair. Knees and toes should be pointing in the same direction.
Sit down lightly and push back up to the starting position using your thighs and buttock muscles.

Repeat _____ times.



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Seated Rowing with Rotation

Start in sitting, holding the ends of an exercise band with your elbows straight and arms lifted forwards. The band is secured in front of you to chest level and the slack is taken off.

In turns, pull your elbows back. Let your upper back rotate along the rowing movement.

Continue for _____ seconds.



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Resisted Hip External Rotation and Abduction in Sitting

Start by sitting on a bench with feet flat on the floor and a mini band around your legs, close to your knees.

Keep your feet in place and move your knees outwards against the resistance. Feel the tension in your buttocks. Slightly holding back the movement, bring the knees to the starting position.

Repeat _____ times.



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Sitting on a chair.

Lift your leg up off the seat keeping the knee bent. Return to starting position.

Repeat _____ times.



Knee Extension in Sitting

Sit up straight on a sturdy chair, so that your feet are supported on the floor.

Bend your ankle and straighten your knee using your thigh muscles.
In a controlled manner, return to the starting position.

Repeat _____ times.

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Sit.

Bend and straighten your ankles.

Repeat _____ times.

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