

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
e-mail: s1.dynamichealth@nhs.net

Training start date 23/01/2025

Please complete at least any 3-4 of these exercises at least once a day (2 without the resistance band and 2 with the resistance band).

They should not be painful but may cause some discomfort.

If your symptoms are improving please continue with your exercises, you can always contact us at a later date if you need further support.

If your symptoms are worsening or you cannot manage the exercises or need further support please call us back sooner.



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Sit with the back straight and feet firmly on the floor.

Bring your chin to your chest and round the upper trunk keeping head and shoulders relaxed. Keep your bottom firmly on the seat.

Repeat 5 times.

Hold for 20 seconds.



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Sit on a chair.

Take hold of the back of a chair. Look over your shoulder while turning your upper body.

Repeat 5 times.

Hold for 20 seconds.



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Active Trunk Flexion/Extension

On your hands and knees, hands under your shoulders and knees under your hips.

Round and arch your back by tilting your pelvis backwards and forwards.

Repeat 5 - 15 times.



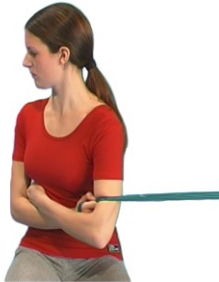
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Bent-over Trunk Rotation

Stand with feet hip-width apart or slightly wider and bend forward from the hips.

Keep your pelvis still and your lower back in a neutral position. Rotate your upper back/trunk by swinging your arms from side to side.

Repeat 5 - 15 times.



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Sit with your arms crossed holding on to a rubber exercise band.

Twist your upper trunk to one side letting the band resist the movement. Return to starting position. The movement should be small and quick. Keep your pelvis still during the exercise.

Repeat 5 - 15 times.



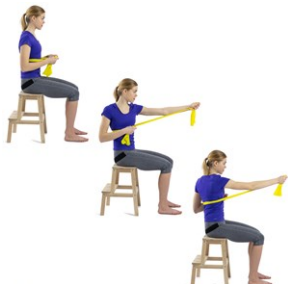
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Mini Band Row

Start by standing and holding a mini band in both hands. Lift your arms straight forward to chest level, with elbows straight.

Stretch the mini band by bringing one elbow backwards and keeping the other arm straight. Keep your pelvis pointing straight forward and rotate from the upper back as you move the elbow far back. Feel the movement in your upper back and the back of your shoulders. Return to the starting position and repeat to the other side.

Repeat 5 - 15 times.



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Seated Shadowboxing with Exercise Band

Start in sitting, holding the ends of an exercise band with your elbows bent to your sides. The band is taken around behind your upper back and under your arms and the slack is taken off.

In turns, straighten your elbows and punch your arm straight forwards. Let your upper back rotate along with the boxing movement.

Continue for 30-90 seconds.



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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 alternately. Let your upper back rotate along the rowing movement.

Continue for 30-90 seconds.
