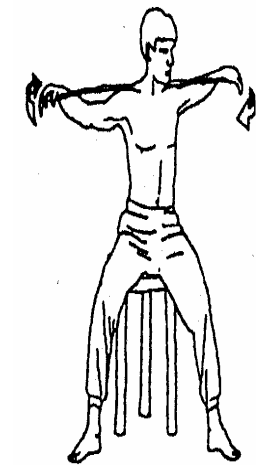


To maintain mobility it is important to do these exercises regularly.

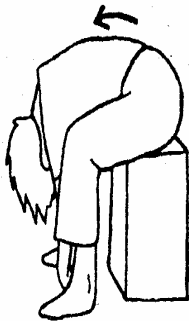
Sitting

1. Sit on a stool and practice good posture. First let your back drop and get rounded, then use your back muscles to straighten your back and arch it. Hold for 10 seconds.

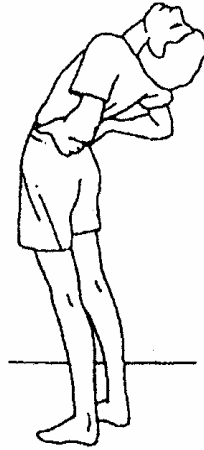


2. Sit on a chair with your legs apart and feet firmly on the floor. Hold a stick behind your neck as shown in the picture. Twist your upper trunk from side to side. Let your head follow the movement

3. Sitting with your legs apart, bend your head and trunk down between your knees, rounding your upper body as much as possible.

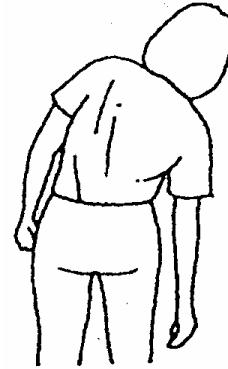


Standing



4. Sometimes it may be impossible to lay on the floor. If so stand straight with feet apart, support your back with your hands while bending your back as far back as possible. Keep your knees straight during the exercise.

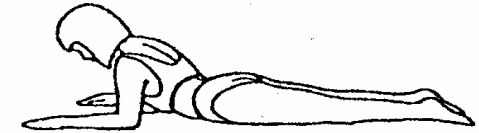
5. Bend sideways at the waist, repeat both sides.



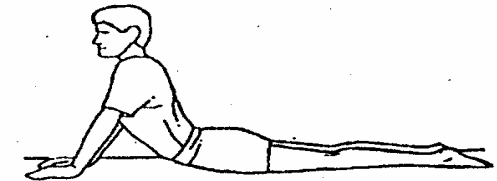
6. Stand with your back against the wall. Tighten your stomach muscles to keep your back in contact with the wall.

Lying

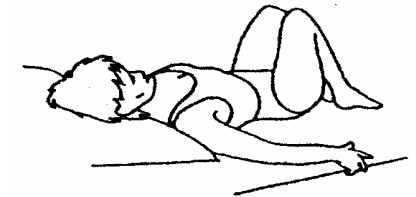
Lying face down, leaning on your elbows/fore arms, Arch the small of your back by pressing your pelvis and stomach on the floor.



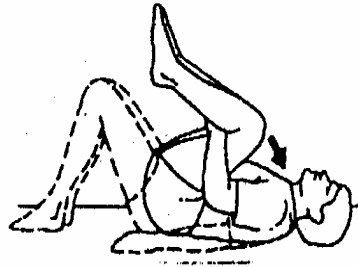
To progress lay face down with both your hands at shoulder height. Straighten your elbows and lift your upper trunk as far up as you can. Keep your pelvis, buttocks and legs relaxed.



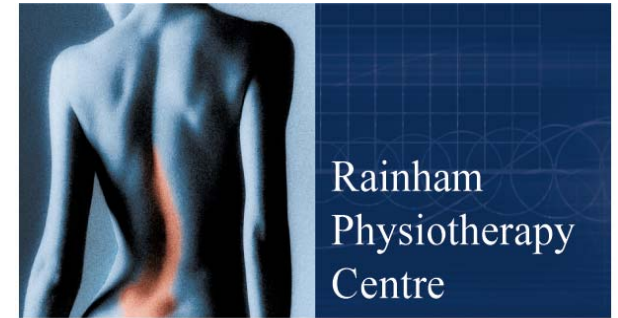
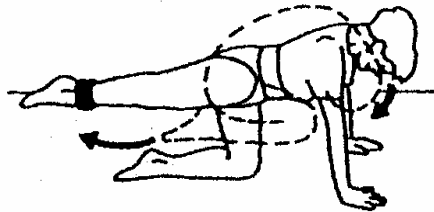
Lying on your back with knees together and bent, slowly roll your knees from side to side keeping your upper trunk still.



Lying with your knees bent and feet on the floor, lift on knee at a time drawing it to your chest. If this exercise does not aggravate your symptoms, proceed to drawing them both up.



In a crawling position, bend one knee towards your chest, then straighten the leg out behind.



SPECIALIST IN NECK, BACK AND SPORTS INJURIES

JAVED MUGHAL
& Associates
Grad dip. phys. MCSP. SRP

7 Maidstone Road
Rainham, Kent ME8 0DH
Telephone: 01634 377638

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