

## Personal exercise program

Cambridge and Ely Musculoskeletal Centre

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Provided by Emma Jack

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In standing or sitting. Tuck the chin to the chest, and then rolling the head in a circular motion.

Do THREE circles clockwise and THREE anti-clockwise

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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.

Repeat   3   times each side, holding for 10-20s each.

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Sit or stand.

Roll your shoulders forwards and backwards.

Repeat   10   times forwards and repeat   10   times backwards.

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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, stretching out as far as possible.

Repeat   10   times.

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

Pull your shoulder blades together while turning your thumbs and hands outwards.

Repeat   2   times, holding for 20s each.

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### Cross Body Stretch

Stand up tall or sit up straight.

Take one arm across your chest into and place the hand over the opposite shoulder. Push slightly further with your other hand until you feel a stretch in the back of your shoulder.

Hold for   10 - 20   seconds, repeat twice each side.

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### Trunk Rotation

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   2   times each way, holding for 10s each.

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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   2   times - hold for 10s each.

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Sit.

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

Hold   10   -   20   seconds.

Repeat   3   times each leg.

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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 20 seconds.

Repeat 2 times each leg.



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Standing Calf Raise

Stand tall, with feet hip-width apart, weight evenly on both feet. Toes and knees pointing forwards.

Rise onto your toes in the direction of your second toe. In a controlled manner return to the starting position.

Note: Avoid shifting the weight towards the outer side of your forefoot during heel raise.

Repeat 20 times.



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Chair Squat

Stand tall in front of a chair.

Squat down as if you were sitting down (push pelvis back). Briefly touch the chair with your bottom and stand back up.

Note: Keep hips, knees and toes aligned.

Repeat 10 times, repeat twice.



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Forward Lunges OR backward lunges.  
*Backward lunges may be more comfortable on knees.*

Stand tall with feet hip-width apart.

Take one long step forward OR backwards and squat down so that your rear knee touches the floor and hip is fully straightened. Shin of the front leg and trunk is upright. Stand back up pushing through your heel, bringing your foot back to the starting position.

Note: Keep hips, knees and toes aligned in both legs.

Repeat 10 times each leg.



Standing. Bend at the hips, curling at your spine, vertebrae by vertebrae, starting from your neck. Keep your knees straight, but not overextended. Uncurl back to the starting position.

Note: Perform this exercise in a gentle manner.

Repeat   2   times, hold for 20s.

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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 neutral position. Rotate your upper back/trunk by swinging your arms from side to side.

Repeat   5   times each side.

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### Triceps Dip

Sit on a bench, hands placed on the edge of the bench at shoulder width and elbows pointing back. Lift your buttocks off the step, move feet forward and support yourself with straight arms.

Lower your buttocks towards the floor by bending your arms and then push back up.

Note:

- Don't let your shoulders move forward or up towards your ears.
- Keep upper back active and trunk upright.

Repeat   10   times.

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Stand straight with one hand on your hip and the other straight up.

Bend to the side with opposite arm reaching overhead. Keep your pelvis in mid-position.

Repeat   5   times each side.

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Sitting or standing

Tilt your head toward one shoulder until you feel the stretch on the opposite side. Using your hand gently pull your head further to the side. Hold approx. 10 secs. Repeat to other side.

Repeat 3 times each side.