

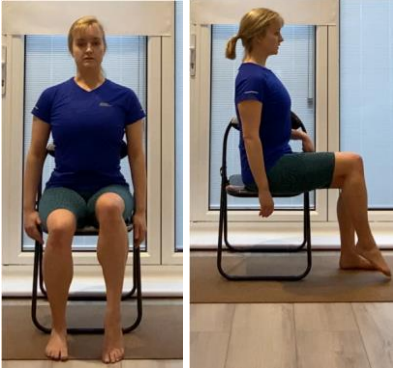

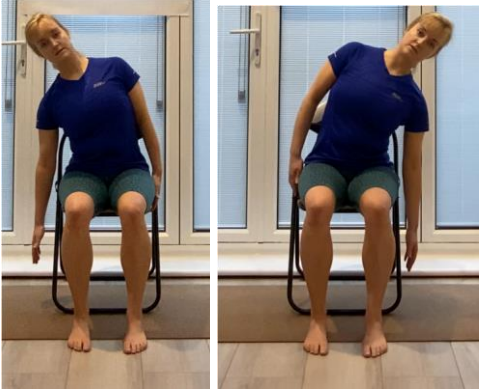


During these exercises it is expected to feel awareness of some mild aching and stretching. Please note they should not cause pain. If you feel pain during the exercises then you should stop.

Seated exercises		
Breathing		<p>Hands to abdomen, draw a big inhale through the nose and on the exhale pull the abdomen away from the hands, think belly button to spine. Exhale through the mouth, like you are blowing out a candle.</p> <p>Reminders: Keep shoulders down Precautions: Changing a breathing pattern can make people feel light headed so if this occurs, go back to your normal breathing pattern.</p> <p>Reps: x 8</p>
Spine flexion and extension		<p>Inhale, lift tall like there is a balloon attached to your head.</p> <p>Hands on knees or thighs, tuck tail bone under and curve the back in a C shape on the exhale.</p> <p>Reminders: Keep shoulders down, and curve from the spine rather than hinging forward from the hips. As you lift tall try not to arch your lower back.</p> <p>Reps: x 8</p>

<p>Heel lifts</p>		<p>Lifting tall in your spine lift one heel off of the floor. Inhale to prepare, exhale to lift. Alternate the legs.</p> <p>Reminders: Keep lifting tall. Hold on to the chair if you need to.</p> <p>Reps: 8 x each side.</p>
<p>Leg lifts - foot off the floor</p>		<p>Lifting tall in your spine lift one leg off of the floor. Inhale to prepare, exhale to lift. Alternate the legs.</p> <p>Reminders: Keep lifting tall. Hold on to the chair if you need to.</p> <p>Reps: 8 x each side.</p>
<p>Side reach arms down</p>		<p>Lifting tall in your spine. Inhale to prepare, exhale to lean to the side, inhale to bring yourself back. Alternate sides.</p> <p>Reminders: Keep lifting tall. Hold on to the chair if you need to. Keep top shoulder pulled back rather than letting it come forward.</p> <p>Reps: 8 x each side.</p>

Side reach arms up



Lifting tall in your spine. Inhale to prepare, exhale to lean to the side, inhale to bring yourself back. Alternate sides.

Reminders: Keep lifting tall. Hold on to the chair if you need to. Keep elbows pulled back rather than letting them come forward.

Reps: 8 x each side.

Spine twist



Lifting tall in your spine. Draw one arm across to the opposite knee. Inhale to prepare, exhale to rotate. Inhale and exhale x 2 facing the side holding the position. Alternate sides.

Reminders: Keep lifting tall. Hold on to the chair if you need to.

Reps: 1 x each side.

Arm pulses back leaning forward



Lean forwards, abdomen braced - think belly button to spine, palms facing behind you, shoulders down and squeeze shoulder blades together, pulse the arms behind you. Chest proud almost like someone has put ice down your back. Take deep breaths in for 5 out for 5.

Reminder: Movement comes from shoulders not your wrists.

Reps: x 50

Arm sequence,  
out, rotate,  
rotate, back in



Using the muscles in your back, lift arms in line with shoulders, rotate the arms, palms to back, lean forwards. Reverse the arms so the palms are on top again, bring the elbows in, and then bring the wrists in. Repeat sequence. Deep breathes in and out.

Reps: x 8

Arm sequence 2  
- lifting and  
lowering



Lifting tall, reach arms up and down to a fork position.

Reminder: Keep elbows at shoulder height in a fork position to make the back and shoulder muscles work. Exhale as you lift, inhale as you lower.

If this makes you feel dizzy with bringing arms overhead, leave this exercise out.

Reps: x 8

Mat based exercises on the floor or bed

Pelvic tilts to find  
'neutral spine'



Feet sit bone width apart, so there is a gap between your knees and feet. Feet facing forwards. Rock your pelvis forward and back. Imagine there is a bowl of water on your pelvis and the water goes towards your feet and then towards your head. Make the movement smaller and smaller until the imaginary water has settled. Draw ribs down towards your hip, belly button to spine. Your natural lower back curve will be present. Breathe deeply in and out, in through the nose, out through the mouth throughout the exercise.

Reps: x 8

Leg slides  
(alternating)



Keeping the spine in the position you have just established. Ribs pulled down to hips, belly button pulled to spine. Extend one leg away from you, sliding along the mat or bed. Exhale as the leg leaves you. Inhale as you bring it back. Alternate sides.

Reminder: The slower you go the more core connection you will fill. Minimize the pelvis rocking side to side.

Reps: 4 x each side

Hip openers  
(alternating)



Feet sit bone width apart, so there is a gap between your knees and feet. Feet facing forwards. Ribs pulled down to hips, belly button pulled to spine.

Open one hip on the exhale slowly, whilst keeping the other knee facing up to the ceiling. Imagine you have a cup of tea balanced on the knee that is not moving. Draw the moving knee back to the ceiling on the inhale. Reminder: If you notice your pelvis being pulled away from the mat perform a smaller range of movement at the hip joint (don't take the knee so far down towards the mat/ bed)

Reps: x 4 each side

Pulsing arms



Feet sit bone width apart, so there is a gap between your knees and feet. Feet facing forwards. Ribs pulled down to hips, belly button pulled to spine.

Pulse the arms up and down. Palms facing down, shoulders down and squeeze shoulder blades together. Take deep breaths in for 5 out for 5.

Reminder: Movement comes from shoulders not your wrists.

Reps: x 50

Thigh hug  
(alternating)



Feet sit bone width apart, so there is a gap between your knees and feet. Feet facing forwards. Ribs pulled down to hips, belly button pulled to spine.

Take one leg and draw it towards your chest, don't force the knee, keep lower back on the mat or bed. Breathe in and out deeply.

Reps: 1 x each side , take 2 x inhale and exhale one each side.

End of session