

Exercise plan:

**Chair based exercises**

Patient:

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Date:

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### Sitting Forward Hang

Sitting down, round your back and let your arms hang in front of you. You should feel a gentle stretch over your spine.

**Hold for 5 | Repeat 10 times**

Video: <http://youtu.be/GrWP8fLx0-g>



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### Chair Rotation

Sitting in an upright position, rotate your upper body by moving your hand towards the opposite side of the chair back-rest. You can let the head follow, but progress by keeping the head straight forwards, thus making the rotation stronger. This is a great exercise to do while sitting for long periods of time if you feel your back is getting stiff.

**Repeat 10 times | Perform both sides**

Video: <http://youtu.be/BINhowQbyA8>



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### Lumbar and Thoracic Side Flexion Sitting

Sitting with good upright posture, run your arm down the side of the chair leg by side-bending your spine. Repeat to the other side. This is a good mobility exercise for the upper and lower back while sat down, if you feel your back is starting to get stiff.

**Repeat 10 times | Perform both sides**

Video: <http://youtu.be/Rze6cxflpOQ>



### Sitting Extension

Support your neck by placing your hands interlocked behind your neck. Round your lower back slightly, to focus the movement to the upper back, and slowly bend backwards.

**Hold for 5 | Repeat 10 times**

Video: <http://youtu.be/Si0OKWUogjk>



### Sitting Leg Straightener

Sit down on a chair, and place a towel under your thigh. Pull your toes up, tighten the muscles in the front of your thigh (quadriceps muscles), and slowly pull your leg to a straight position. You will feel a stretch to the hamstring at the back of the thigh, and contraction of the quadriceps in the front of the thigh. Hold this stretch, and relax.

**Hold for 3 | Repeat 10 times | Perform both sides**

Video: <http://youtu.be/EfYV4ztjsQI>



### Neck Rotation Stretch Standing

Stand up straight (you can rest your back against a wall if you wish) and place one arm up to 90 degrees. Rotate your neck to the opposite side. You should feel a stretch in the lower side of the neck on the same side you are lifting your arm.

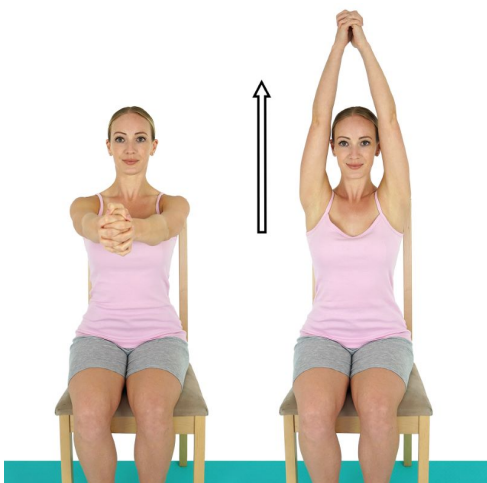
**Hold for 5 | Repeat 10 times**

Video: [http://youtu.be/ZgeO87\\_VFog](http://youtu.be/ZgeO87_VFog)

### Shoulder Flexion Hands Clasped

Standing or sitting, clasp both hands together and elevate your arms as far as feels comfortable. Stop if you get any pain. Return to the start position. As you practice the exercise, you are likely to become more mobile through your shoulder.

**Hold for 5 | Repeat 10 times**



## Bruegger's Posture Sitting



Sit on the edge of a chair, and open your legs and allow them to relax outwards. Keep your body and spine tall, lift the crown of your head towards the ceiling, and arch your lower back slightly. Turn your arms outwards so your palms are facing forwards, and draw your shoulder blades down and towards the midline. Make a gentle double chin with your head at the same time. Breathe deeply throughout. You will feel a stretch across your chest and front, as well as muscles working in your back, all helping to improve your posture.

**Hold for 5 | Repeat 10 times**

Video: [http://youtu.be/uQ\\_-JeWTgU](http://youtu.be/uQ_-JeWTgU)

## Hip Flexion Sitting



Bend your knee towards your chest. This exercise will mobilise your hip joint and strengthen the hip flexor muscles. You can make the exercise stronger by pulling your knee towards your chest.

**Repeat 10 times | Perform both sides**

Video: <http://youtu.be/l6ChVWAVwbg>

## Heel Raises Sitting



Sit upright on a chair, with your feet flat on the floor. Slowly raise your legs up onto your toes. Hold, and gradually control the movement back down to the starting position. This is a useful calf pump exercise to improve circulation to your lower legs, as well as improving mobility of the ankle joints.

**Repeat 10 times**

Video: <http://youtu.be/aujGDKa4o8k>

## Sit-Down Chair Squat

Stand up, and position yourself in front of a chair or stool. Bend your knees to go into a squat position, and touch your butt on the chair. Then, push up and go into the standing position. Throughout the exercise, keep your knee in-line with your foot, do not let your knee drift outwards or inwards. Also keep your hips and pelvis level as you squat, so you go down in a straight line. Be careful not to slump forwards as you squat, maintain good posture.

**Repeat 10 times**

Video: <http://youtu.be/ViFGDZzSCHA>



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