

Exercise plan:

**Work based standing exercises**

Patient:

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Date:

**16th Jul 2020**



### 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)



### Wall Press-Up

Position yourself in a press-up position with your arms straight, and palms flat on the wall. Drop your chest towards the wall by bending your elbows. Hold this position for 1-2 seconds. Return to the start position. This is a chest, back and shoulder strengthening exercise. You can make the exercise harder by standing further back from the wall.

**Repeat 10 times**

Video: <http://youtu.be/w8in7tdjsaY>



### Scapular Control with Flexion

Rest your forearms against a wall, in front of you. Slowly slide your arms above your head, while focussing on the movement of your shoulder blades upwards and outwards. At your comfortable end of range, slowly do the opposite as you come back down. Remember to move your shoulder blades slowly throughout the whole movement as you lift your arms up. This exercise helps improve shoulder blade control, and can reduce shoulder impingement.

**Repeat 10 times**

Video: <http://youtu.be/5Cl6merCy7w>

## Shoulder Rolls

Standing with good posture, and your arms by your side, move your shoulders backwards, up, forwards and down in a circular movement. Your arms remain by your side.

**Repeat 10 times**

Video: <http://youtu.be/X7NtgY9kCCM>



## Toe Touch

Keeping your legs straight, run your hands down the front of your thighs and touch your toes (or go down as far as feels comfortable). Hold the stretch as required, and then come up. This will increase the mobility in your spine, and also stretch your Hamstrings.

**Hold for 5 | Repeat 10 times**

Video: <http://youtu.be/dkblOfX4DW0>



## Standing Extension

Standing up with good posture, extend your back by arching your spine backwards. You can place your hands in the small of your back for support if you require. Start gently, and keep the exercise within your comfort zone.

**Hold for 5 | Repeat 10 times**

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



## Lumbar and Thoracic Side Flexion Standing

Stand up straight, and bend to the side by running your hand down the outside of your leg. Keep the movement slow and fluid. Repeat to the opposite side. This is a good mobility exercise for the lower and upper back.

**Repeat 10 times | Perform both sides**

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





## Bruegger's Posture Standing

Keep your body and spine tall, and open your legs to shoulder width. 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/GeD1qMKla-E>



## Standing Rotation

Stand with your feet shoulder width apart. Cross your arms over your shoulders. Twist your spine to one side as far as comfortable. Keep your spine upright. Repeat to the opposite side. This exercise is a mobility exercise for the spine.

**Repeat 10 times | Perform both sides**

Video: <http://youtu.be/dn8Kp17tgRA>



## 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>



## Marching

March on the spot. Keep your knees up, and move your opposite arm with the opposite knee. To progress, lift your opposite arm above your head when lifting your knee up. Try to stay in exactly the same spot throughout your march. This exercise is good for knee mobility, endurance, balance and co-ordination.

**Repeat 20 times**

Video: [http://youtu.be/9wl\\_AiNhYP0](http://youtu.be/9wl_AiNhYP0)



## Hip Flexion Standing 2

Stand up against a wall, and bend your knee towards your chest. This exercise will mobilise your hip joint and strengthen the hip flexor muscles.

**Repeat 10 times | Perform both sides**

Video: <http://youtu.be/Znn8EgEM5PY>



## Calf Raises Two Legs

Stand upright and hold onto a wall/table for balance if required. Slowly raise up onto your toes, and control the movement back down. This exercise will strengthen the calf muscles and ankle joints.

**Repeat 10 times**

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