

Personal exercise program

General mobility exercises standing and sitting



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Work with the Best



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Standing with hands clasped in front of you.

Lift both arms straight forward over your head. Separate your arms sideways and take them back down to the starting position.

Repeat _____ 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 _____ times.



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Standing.

Bend sideways at the waist.

Repeat _____ times.



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Stand straight with feet apart.

Support your back with your hands while bending your back as far backwards as possible. Keep your knees straight during the exercise.

Repeat _____ times.



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Stand or sit.

Move your shoulder blades gently back and up (small movement).

Hold _____ seconds.

Repeat _____ times.



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Sit or stand.

Lift your shoulders - relax.

Repeat _____ times.



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Stand with arms behind your back. Grasp the wrist of the arm you want to exercise.

Slide your hands up the back.

Repeat _____ 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 _____ times.



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Sit or stand. Place your fingers on your shoulders.

Roll your shoulders back.

Repeat _____ times.



Sitting on a chair.

Lift your leg up off the seat keeping the knee bent. Return to starting position.

Repeat _____ times.

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Stand.

Push up on your toes. Repeat _____ times.

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Stand in front of a table or chair holding on to the support with both hands.

Slowly crouch keeping your back straight and heels on the floor. Stay down for approx. 20 secs. and feel the stretching in your buttocks and the front of your thighs.

Repeat _____ times.

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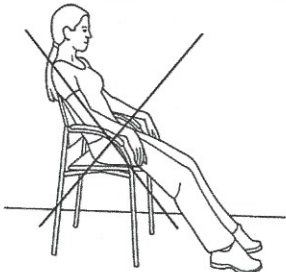


Stand in a walking position with the leg to be stretched straight behind you and the other leg bent in front of you. Take support from a wall or chair.

Lean your body forwards and down until you feel the stretching in the calf of the straight leg. Hold approx. 30 secs. - relax. Stretch the other leg.

Repeat _____ times.

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Bad sitting position.

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Sitting on a chair with good back support.