

Exercise 2 – Neck Rotation

Turn your head to one side, until you feel a stretch on the opposite side.

Repeat on the opposite side.

Exercise 3 – Neck Rotation and Flexion

Turn your head to the side and take your nose towards your armpit.

Repeat on the other side.

Exercise 4 – Neck Retraction

Sit with your back supported, pull your chin in keeping your head and neck straight.

Hold at the end position and feel a stretch in your neck.

Exercise 5 – Wrist Extension

Press and hold palms together with elbows out at the sides, then keeping palms together turn down so the fingers point towards the floor.

Exercise 7 – Finger Extension

Stretch the fingers backward at the same time.

Start at the joint furthest from the palm and work your way in.

You may wish to straighten your elbow during this stretch.

Exercise 8 – Thoracic Rotation

Sitting on a chair, hands on the side of your leg, gently twist around to the side until you feel a stretch in your spine.

Repeat on the other side.

Exercise 9 – Hip Abduction (in sitting)

Sitting at the front of the chair with both legs out straight, cross right ankle over the left.

Slide the right foot up the left leg to above the left knee. If you wish gently apply some pressure to the right knee by pushing down.

Repeat on the other side.

Exercise 10 – Shoulder Flexion:

Stretch one arm up to the ceiling and the opposite arm down to the ground.

Repeat on the other side.

Then stretch both arms up to the ceiling together.

Exercise 11 – Shoulder Rotation and Wrist Stretch

Straighten arms out to the side, palms facing down and bend your wrists down so that your fingers are pointing to the floor.

Then slowly turn your arms until palms are facing upwards and again bend your wrists down so that fingers are pointing towards to floor.

Exercise 11a – Shoulder Rotation

Straighten arms out towards the side.

And turns palms down to face towards the floor.

Then slowly turn your palms up so that they are facing the ceiling or as best you can towards it.

Exercise 12 – Arm Across the Body

Stretch one arm across the body, using the other to support at the elbow.

Repeat on the other side.

Exercise 13 – Chest Stretch

Stand straight and take arms behind you leading with your thumbs pointing towards the ceiling.

If possible progress to clasping hands behind you with elbows straight.

And if you are able, lift your hands up behind you to feel a stretch in the chest and shoulders.

Exercise 14 – Triceps Stretch

Stand straight and reach one arm overhead, then bend the elbow and reach down the back, reach the arm behind the waist and slide your hand up the back. See if you can touch your hands.

Repeat on the other side.

Exercise 15 – Standing Side Bend

Stand up straight with the feet comfortably apart.

Bend to the left sliding the left hand down the left leg.

Progress by raising the right arm over the head.

Repeat on the other side.

Exercise 16a – Spinal Flexion in Sitting

In a sitting position, place your hands on your thighs, palms down and slowly slide your hands forwards and down your legs until you have a feeling of stretch in the lower back.

Exercise 16b – Spinal Flexion in Standing

Stand with your feet comfortably apart.

Slowly bend forwards, sliding your hands down your legs, breathing out as you do so.

Only go as far as you are comfortable and on return try not to walk your hands up the legs but rather slide them back up as you come back into a standing position.

Exercise 17 – Spinal Extension

Stand with feet comfortably apart, hands on the top of your buttock area.

Slowly lean backwards and arch back, breathing out as you do so. Only go as far as you are comfortable.

Exercise 17a – Spinal Extension (modified)

Standing with your feet comfortably apart and your hands on the small of your back, palms down.

Gently take your shoulders back and lift your chest up.

This may be enough of a stretch but if you would like to stretch further gently lean backwards.

Exercise 18a – Hamstring Stretch

Stand with your right foot out in front of you and have a comfortable bend in your left leg.

Pull the toes of your right foot up towards you.

You may wish to hold onto a chair for support.

Gently lean forwards until you feel a stretch in the back of your right thigh.

Repeat on the other side.

Exercise 19 – Hip Adductor Stretch

Stand with legs a little wider than shoulder width apart.

Bend one knee and lean the weight onto one leg, feeling the stretch in the opposite inner thigh.

Keep your back straight.

Repeat on the other side.

Exercise 20 – Calf Stretches

Stand with your right leg forward, take the left leg back and press the left heel down to the floor.

Then bring your left leg forward slightly, still behind the right leg and bend both knees, keeping the back straight.

Repeat on the other side.

Exercise 21 – Quadriceps Stretch

Stand up straight, holding on to something like the back of a chair.

Grasp your right ankle with the right hand.

Aim to keep your knees together, feeling the stretch at the front of the right leg.

If possible, progress to doing without holding on. Try not to bend forwards, keeping the back straight.

Repeat on the other side.

Exercise 22 – Spinal Flexion in Lying

Lie on your back with both knees bent.

Slowly lift one leg towards you and pull it in towards your chest.

Lower slowly and repeat on the other side.

Then pull both knees towards your chest raising and lowering one leg at a time.

Exercise 22a – Spinal Flexion in Lying (with towel)

Lie on your back with both knees bent, feet flat on the floor.

Slowly lift one leg towards you and pull it in towards your chest.

If necessary use a towel behind the knee to pull the leg towards your chest.

Lower slowly and repeat on the other side breathing in and out as you perform each stretch.

Exercise 23 – Hamstring Stretch in Lying

Lying on your back, hold around the back of the right thigh, pulling the leg towards you and slowly straighten your right leg.

Feel the stretch at the back of that thigh and in the calf.

Repeat on the other side.

Exercise 23a – Hamstring Stretch in Lying (with towel)

Lying on your back, hold behind the back of your thigh and then gently straighten the knee until you feel a stretch behind the thigh.

Try to avoid pulling your leg towards the chest. Breathe in and out as you hold this stretch.

If necessary, use a towel behind the knee to bring the leg slightly towards the chest.

Repeat on the other side.

Exercise 24 – Inner Thigh and Hip Stretch in Lying

Lying on your back with knees bent, cross your right ankle over the left.

Slide your right foot up the left leg to above the left knee.

Allow your right knee to fall to the side.

If necessary apply gently over pressure to the right knee by pushing it away.

Repeat on the other side.

Exercise 25 – Inner Thigh Stretch in Lying

Have knees bent and feet together.

Then allow the knees to slowly fall outwards away from each other.

Exercise 26 – Hip Rotation in Lying

With knees bent and feet on the floor, keep the knees together and walk your feet apart.

Then allow the knees to drop inwards together.

Exercise 26a – Hip Rotation in Lying (modified)

Lying on your back with knees bent and feet flat on the floor.

Take your feet apart, allow one knee to roll in towards the other leg.

Repeat on the other side.

Exercise 27 – Knee Roll

Knees bent, feet flat on the floor.

Slowly let both knees fall to the same side.

Progress by turning the head and extending the arms in the opposite direction.

Repeat on the other side.

Exercise 28 – Shoulder Stretch in Lying

Lie on your back with legs straight.

Gently stretch the arms overhead with toes pointing down making yourself as long as possible.

Exercise 29 – Spinal Extension Stretch in Lying

Lie on your stomach with hands either side of your head.

Then push yourself up until you are resting on your forearms keeping your pelvis on the floor.

Exercise 30 – Quadriceps Stretch in Sitting

In a kneeling position, sitting back on the heels, with the tops of the feet flat on the floor.

Progress by reaching your hands straight behind you to the floor, taking some weight on to both hands.

Exercise 31 – Child Pose (lower back) Stretch

Kneel back to sit on the heels with the tops of the feet flat on the floor.

Gently lean forward, stretching your arms away from you, as far as you can manage.