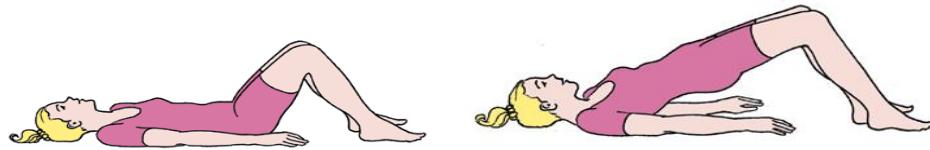


Wvt †gvt Aveyj Kvjvg AvRv`  
 GdwmwcGm (†gwWwmb), GgwW (wiDgv†UvjwR),  
 weGmGgGgBD

Starting position: Lying on your back, both knees bent, feet on floor.

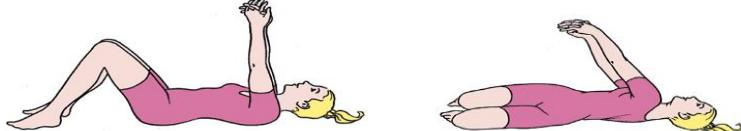


**1a Bridging**

Lift your hips off the floor as high as possible, hold for 5 seconds and lower slowly

**1b Spinal Rotation**

Lift your arms up in front towards the ceiling, with fingers linked



Take your arms to the right as far as possible while taking your knees to the left as far as possible. Turn your head to the same side as your arms. Repeat to the opposite side.

**2. Exercises in 4 point kneeling**

**Starting position:** Kneel on all fours. Keep your hands shoulder width apart and directly under your shoulders. Keep your knees hip width apart and directly under your hips



**2a Cat Stretch (spinal flexion & extension)**

Keeping your elbows straight throughout, tuck your head between your arms and arch your back as high as possible. Now look forward and hollow your back as much as possible

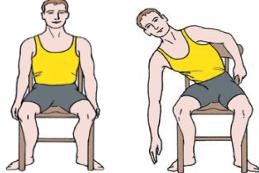
**2b Superman Stretch (spinal extension)**

Keeping your head looking forward, raise your right arm forwards as you raise your left leg backwards to be parallel with the floor. Hold for 5 seconds. Return to all fours and change to raising your left arm and right leg.



**3. Chair Exercises in sitting** **Starting position:**

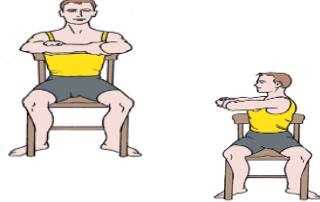
Sit on a stable kitchen/dining room chair with your feet on the floor, hooked around the legs of the chair:



**3a Spinal side flexion-**

Place your hands by your sides. Hold the back of the chair with your left hand. Bend sideways as far as possible, without bending forwards, reaching your right hand towards the floor. Repeat to the opposite side

**3b Spinal Rotation** With your hands clasped on your forearms at shoulder level, turn your upper body to the right as far as possible. Repeat to the opposite side

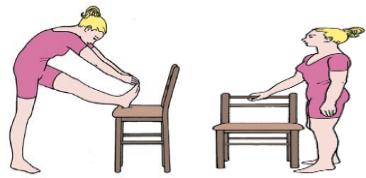


**3c Neck Rotation** Hold the sides of the chair seat. Turn your head to the right as far as possible without letting your shoulders turn. Repeat to the opposite side.

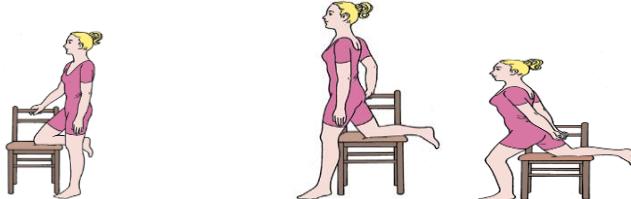


#### 4. Leg Stretches. 4a Hamstring stretch

Stand facing a kitchen chair, with a padded seat for comfort. Place your right heel on the seat, keeping the knee straight, and reach forwards as far as possible with both hands towards your foot. Feel the stretch at the back of your right thigh. Hold for 6 seconds. Relax. Repeat twice, stretching a little further each time. Relax. Repeat with the opposite leg.



**4b Hip flexor stretch** Face the side of the chair and hold the chair back with your right hand. Bend your right knee and place your right shin on the seat.



Place your left foot forward as far as possible

Now place both hands behind your back. Bend your left knee as much as possible, keeping your head up and your back straight. Feel the stretch at the front of your right hip. Hold for 6 seconds. Relax. Repeat twice, stretching a little further each time. Relax. Turn round to face the other side of the chair. Repeat with the opposite leg.

**5. Posture Stretch** Stand with your back to the wall, shoulders and buttocks against the wall and heels as close to the wall as you can. Your chin in and push the back of your head towards the wall. Keep your shoulders down. Stretch up as tall as possible without lifting your heels. Hold this position. Raise your right arm forwards and upwards while keeping your elbow straight, your upper arm close to your ear and your thumb towards the wall. Lower and repeat with opposite arm.

