Anytime Exercises

This leaflet is designed to help you remember the advice given you by your physiotherapist. Exercise forms an essential part of your treatment; if you follow advice about it, you are likely to increase the amount of improvement you experience.

We hope that our advice helps you develop a long-term approach to activity and lifestyle. You can contact us for further advice about your exercises for as long as you remain under the care of the Rheumatology Department.

1. Tall stretching

1(a) Stretch tall with you back against wall, try to keep your back and head on the wall. Keep your chin slightly tucked in.

1(b) Keeping your back to wall now lift your arms above your head.
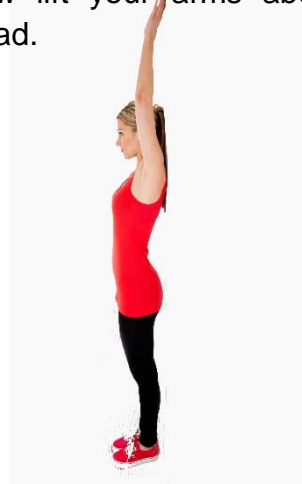
2. Lean back stretch; don't throw your head back when you do this.

3. Side stretch in standing; try not to lean forward as you slide your hand down the side of your leg.

4. Sitting stretches- turn your trunk to look behind you as far as you can.

5. Sitting stretch-side bend – similar to 3 above but in sitting.

6. Sitting stretch- head turn. Sit tall with your head in line with your body with your chin tucked slightly in – turn your head until you feel a stretch.

Exercises 3-6 should be done slowly to both left and right

These exercises are chosen to be done "*any time*" of the day. Aim to do exercises during the day little and often.

It is useful to develop the habit of doing a few of these whenever you have a spare few minutes, for example when waiting for the kettle to boil.

Your physiotherapist will give you more detail about these exercises.

Contact details

Rheumatology physiotherapists:

Tel. (01803) 655345

Rheumatology Department:

Tel. (01803) 654832

For further assistance or to receive this information in a different format, please contact the department which created this leaflet.

PATIENT INFORMATION

Basic Home Exercises for Spinal Mobility
Leaflet 1 Anytime Exercises

EXERCISE PRESCRIPTION:

EXERCISES:

NUMBER:

Working with you, for you