

Home mobilisation exercise

GET STARTED

Before you start this programme you will need to ensure that you use a chair that is sturdy and stable, and you have water and any small exercise equipment near you. Wear comfortable clothing and the correct footwear to exercise.

Please bear in mind while exercising that if you feel any discomfort, experience any chest pain, dizziness or severe shortness of breath, stop immediately and contact your GP (or call an ambulance if you feel very unwell and your symptoms do not go away when you stop exercising).

While exercising you may feel a little stiffness in your joints or muscles if you haven't moved them much, and this feeling should subside once you have done a warm-up. If you experience pain in your joints or muscles, then stop, check your position and try the movement again. If the pain persists, then seek advice from your exercise instructor or your GP.

Once you have completed your daily exercise, and you may feel slightly sore the next day this is normal as this shows that you have worked your muscles. If the discomfort persists or the pain gets worse, then stop the exercises and seek advice from your instructor or GP.

We recommend to stay active every day doing your daily tasks and you should try to exercises two to three times a week, these exercises can be spaced out throughout your day and once you are more conditioned you can try doing these in one go.

If you choose to use this home exercise programme, please seek advice from your instructor to check suitability.

Here are a few tips to remember.

Mobilisation is gentle form of exercise and it helps to loosen your joints, improves or maintains your joints' range of movement, and reduces muscle stiffness. As mobilisation is a relaxing way to keep active these can be done as part of your daily routine or included as part of your daily exercise programme.

Remember:

1. Movement should always be controlled and maintain correct posture throughout the exercise.
2. Don't push yourself too hard. The aim of mobilisation is to keep your movements controlled and relaxed.
3. Take regular rest breaks between each exercise if you need to.
4. Keep yourself hydrated.
5. If you have eaten a large meal leave up to two-hour gap before exercising.
6. Remember to breathe normally throughout the exercises - never hold your breath while exercising.
7. Do not exercise if you're feeling unwell!

Mobilisation

HEAD ROTATION



- Sit up straight and look forward.
- Turn your head slowly to the left and then to the right.
- Repeat 5 - 10 times.

CHIN TO CHEST



- Sit up straight and look forward.
- Start by looking forward (head in neutral position) then lower your chin to your chest, then slowly raise your head back to the neutral position.
- Repeat 5-10 times.

HEAD TILTS



- Sit up straight and look forward.
- Tilt your head to your right shoulder then return to the neutral position, then tilt your head to the left shoulder.
- Repeat 5-10 times.

Mobilisation

SHOULDER ROTATION



- Sit up straight and look forward.
- Start with arms relaxed to your side or you can rest your hands on your legs.
- Lift your shoulders towards your ears and roll them backwards, then lower them back down to the starting position.
- Repeat this movement 5 to 10 times and then change the direction to forward shoulder rolls for 5 to 10 rolls.

SCAPULA (Upper back and shoulders)



- Sit up straight and look forward.
- Lift your arms out so that your arms are bent at 90 degree angle with your elbows in line with your shoulders, then bring your elbows together and slowly return to the starting position.
- Repeat this movement 5 to 10 times.

TORSO TWISTS



- Sit straight and look forward.
- Rotate your torso toward your left side and then over to your right side while maintaining your upright posture.
- Repeat 5 to 10 times while keeping your movement controlled.

Mobilisation

TORSO SIDE BENDS



- Sit up straight and look forward.
- Either cross your arms in front of your chest or place your arms by your side.
- Slowly lean to the one side and then back to start and then down to the other side.
- Repeat 5 to 10 times on each side.

CHEST AND BACK



- Sit up straight and look forward.
- Raise your hands inline with your shoulders and extend one arm out and then return to the start position.
- Repeat 5 to 10 times on each side.

WRIST ROTATION



- Sit up straight and look forward.
- Rotate both hands clockwise and then anticlockwise.
- Repeat 5 to 10 times.
- Finally open and close your fists 5 to 10 times.

Mobilisation

ANKLE FLEXION



- Sit up straight and look forward.
- Place your heel on the floor and then point your feet towards the floor and then point your toes up towards the ceiling.
- Repeat 5-10 times on both ankles.

LEG EXTENSION



- Sit up straight and look forward.
- With your feet flat on the floor and legs hip-width apart. You should start by lifting your leg a little and extend out until your heel touches the floor or lifted off the floor.
- Then return to the starting position.
- Repeat 5 to 10 times on each leg.

KNEE LIFTS



- Sit up straight and look forward.
- Feet flat on the floor.
- Slowly lift your knee up towards the ceiling and then lower your leg to the floor.
- Repeat 5 to 10 times on each leg.