

TIPS FOR SUCCESSFUL MOBILITY EXERCISES

These are exercises that involve gentle movements to loosen and lubricate the joints.

This will help to improve your suppleness/flexibility.

EXERCISING DO'S AND DON'TS

- ✓ Exercise 2 – 3 days per week
- ✓ Do not continue to exercise if you feel any sudden, sharp or intense pain.
- ✓ Do not begin an exercise programme if you have been experiencing significant joint or back pain. First seek the guidance from a medical professional.
- ✓ Do exercise to a point where you feel a slight pull in the muscles
- ✓ Do breathe slowly, rhythmically and under control.

Sitting Posture check

- ✓ Sit towards the front of the chair so that there is a gap between your back and the back of the chair.
- ✓ Make sure that your feet are flat on the floor and they are not tucked back under the chair. Your ankles should be directly below your knees
- ✓ Feet and Knees should be hip width apart. • Try to lengthen your spine so that you feel yourself growing taller. Imagine a piece of string attached to the top of your head keeping your neck long and your ribs lifted away from your hips.
- ✓ Try to pull your navel back towards spine (this will help to support your back and improve your posture).
- ✓ Chin should be parallel to the floor and you should try to look straight ahead.
- ✓ Now breathe!

Exercise 1 Shoulder Mobility

First check your posture

Start by lifting your shoulders up and down 4-5 times
Now gently bring them forwards then up, roll them back and down.

Imagine you are drawing a circle with the tip of your shoulder.

Repeat 4-5 times.



Benefits:

Loosen and lubricates the shoulder joint which helps with reaching. Helps to release tension and prevent round shoulders. Improves posture.

Alternatives: Do one shoulder at a time.

Exercise 2 Leg Mobility

First check your posture

Straighten one leg at a time placing your heel gently on the floor then bend and repeat on the other leg.

Repeat 4-5 times



Benefits:

Loosens and lubricates the knee joints. Helps to improve balance and walking

Alternatives:

Do all on one side before changing.

Exercise 3 Side Bends

First check your posture

Gently bend to one side keeping your head and neck in line with your spine.

Imagine you are sliding between two panes of glass so that you can not lean forwards or back.

Return to the centre (pause for a second to check your posture) and repeat on the other side.

Repeat 4-5 times to each side.



Benefits:

Loosens and lubricates the spine which helps with reaching down to pick things up from the floor. Helps to improve balance.

Alternatives:

_Hold onto the chair

Exercise 4 Ankle Mobility

First check your posture

Place your heel on the floor with your toe pointing up towards the ceiling – now try to put your toe on the same spot and lift your heel.

Repeat 4-5 times



Benefits:

Loosens and lubricates the ankles. Helps to improve walking. Can help to reduce swelling around the ankles

Alternatives:

Keeping the foot flat on the floor – lift the toes first and then the heels.

Exercise 5 Waist Twists

First check your posture

Slowly turn your upper body and head to one side and gently look behind you.

Return to the centre (pause for a second to check your posture) and repeat on the other side.

Repeat 4-5 times to each side.



Benefits:

Loosens and lubricates the spine which helps with reaching and looking behind you. Helps to improve balance.

Alternatives:

Hold onto the chair.