

Mobilisation exercises

Here are the mobilisation exercises. I think they are clear enough.

Every day: Mobilise joints: Best to perform these early in the morning.

Shoulder shrugs; x 15 - lift shoulders up towards the ears .

Shoulder rotation forward x 8 and back x 8- finger tips on shoulders and circle arms.

Neck: Turn head right and left x 8.

Tuck chin in to chest and lift chin up x 8.

Side stretch: slide straight arm down outside of thigh alternate sides x 8

Calf raises: Stand feet hip width apart lift heels and lower x 15.

Squats: Feet hip width apart, hips back as is if sitting on a chair and bend the knees x 12.

Use kitchen work top for support if needed.

Lockdown exercises set 1.

Hi everyone

A Lockdown exercise plan for you.

Aim to do this circuit of 6 exercises 2 to 3 times a week. We have done all of these in class in the last 5 weeks prior to 2nd lockdown, so you are familiar with them.

1. March on the spot for 1 min

2. Sit to stand x 10 - use a hard chair ie dining or kitchen chair.

Sit on the chair hands on thighs and stand up. Sit back on chair. Use hands to push yourself up if needed.

Seated option x 10 each leg

Lift the knee, straighten and bend the leg place foot back on the floor.

3. Seated or standing - arm circles

Forward x 10

Backward x 10

4. Slow high knee lifts on the spot with big forward and back arm swings x 20
Can perform seated.

5. Calf raises x 20

Lift heels onto ball of foot. Use kitchen worktop for support if needed.
Can perform seated. Feet flat on floor lift the heels.

6. Sky reach x 10 each side

Sit on chair. Reach across to opposite ankle. Powerful movement sit tall and reach hand up to the sky diagonally.

Remember to keep moving and make sure you get up out of your chair a couple of times an hour and take a walk round the house up the stairs etc to help your circulation.

If you are sitting down for prolonged periods when watching TV etc do some ankle circles, point and flex your feet, extend and bend your leg, again all to maintain good circulation in your

If anyone wants to contact me about any exercises or advice please email me:

lindaj19@hotmail.co.uk

Lockdown exercises set 2.

Hi everyone.

Hope you are all staying well.

Ian has asked me to send you some different exercises to keep you 'amused' 🤔
Mobilisation exercises are the same as there aren't really any alternatives. These should be done first thing every morning to loosen up the joints after lying down all night.
Eight exercises below, have kept 3 from first lockdown and added 5 more;

1: Knee lifts x 20

2: Side and front arm raises x 15

Seated or standing. Lift both arms out to the side to shoulder height then lift both arms out to the front to shoulder height. If shoulder height stresses the joint lift to where it is comfortable'You could hold a tin of something to make this harder.

3: Tightrope walking:

Forwards- heel to toe

Backwards- toe to heel

4: Sit to stand. Use hard kitchen or dining chair as before

5: Punches: All directions forward, upwards, sideways and down. Strong movements alternate arms x 10 rounds

6: Double side step, straight arms at shoulder height open out and back together x 12

7: Walk on toes

Walk on heels

8: Seated Sky reach as before x 20

Keep taking extra special care everyone. It's tough this time of year but let's all hang on in there and look forward to having that needle in our arms and better times ahead.

Love and best wishes to you all

Linda xx