

## Stage 1 (Regain) Exercises

# Stretch and Flex movements

*Repeat this section twice*

**Oomph!**

A full life for life

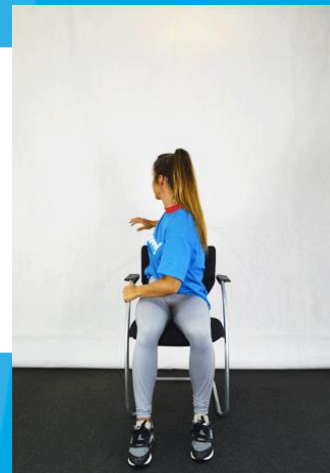
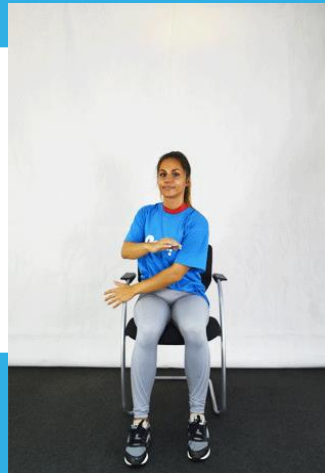


### **Shoulder Roll 4 on each side**

Rotate shoulder in a forward direction, making a big circle, and then rotate your shoulder backwards. Keep your back straight and breathing normal.

### **Buttercup Stretch 4 on each side**

Stretch out to the side, reaching down with one arm and reaching over your head with the other. You will feel a stretch down the elevated arm.



### **Knee Push away 4 on each side**

Lift one knee up and extend the knee, slow and controlled, focusing on stretching the leg out.

### **Chair Pull with rotation**

#### **4 on each side**

Hold the side of the chair with one arm, and rotate around with your whole torso as far as feels comfortable.

#### **Guidance notes:**

- Slow and controlled movements

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 **Arthritis  
ACTION**

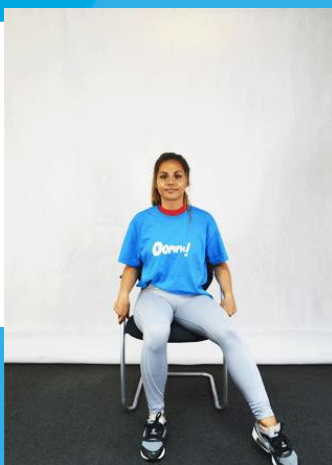
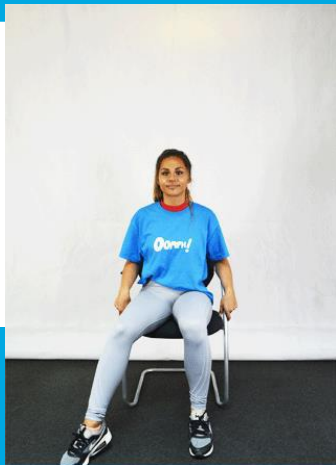
# Stage 1 (Regain) Exercises

## Strength movements

*Repeat this section twice*

**Oomph!**

A full life for life



### **Diagonal Toe Tap 8 on each leg**

Bring one knee up towards your body and kick out diagonally to the opposite side. Place the toe on the floor and return your foot back to the centre. Alternate this movement on each leg.

### **Knee Lifts 8 on each leg**

Lift each knee up in turn as high as feels comfortable.



### **Rowing 16 times**

With feet firmly on the ground, lean forward from the hips and reach both arms out. Bring your body back to the centre and pull your arms in as if you are rowing.

### **Seated Cycle 4 on each leg**

Lift one leg up and rotate in a forward circular motion, as if cycling with one leg. Try and keep your foot from hitting the floor.

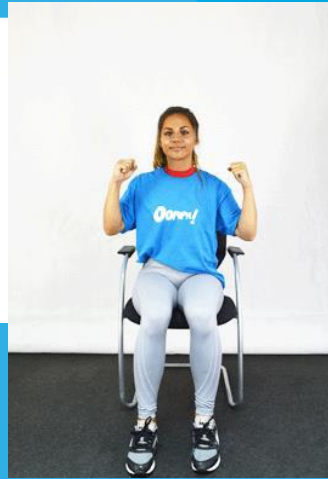
#### **Guidance notes:**

- Move to where feels comfortable, focusing on the end point as a hold

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## Coordination movements



### **Double Reach Throughs 8 each side**

With one hand extended out, the other hand will go over and under. Start the movement slow and see if you can speed it up.

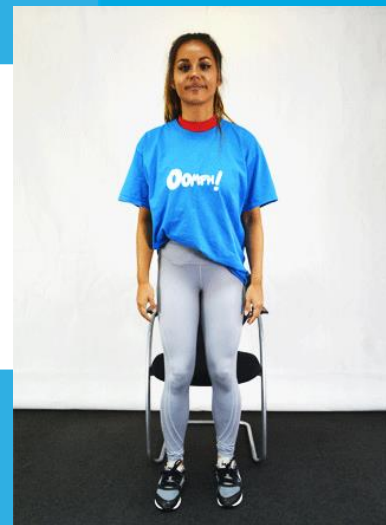
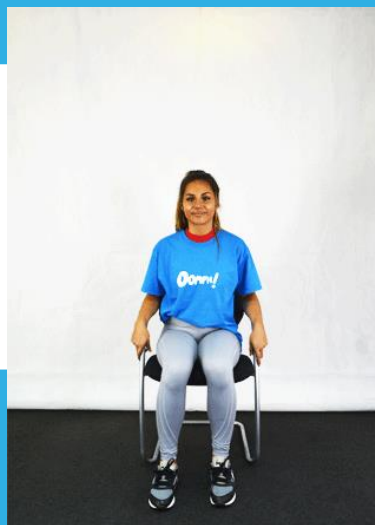
### **Knee Lifts 8 on each leg**

Lift each knee up in turn as high as feels comfortable.

## Soft Cardio movements

### **Sit to stand test**

Using the sides of your armchair for support, time how long it takes you to go from seated to standing safely.



#### **Guidance notes:**

- You may notice your heart rate increase - this is normal