

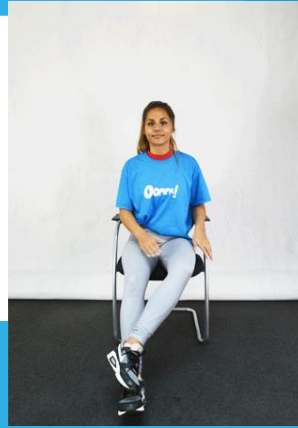
Stage 1 (Regain) Exercises

Stretch and Flex movements

Repeat this section twice

Oomph!

A full life for life

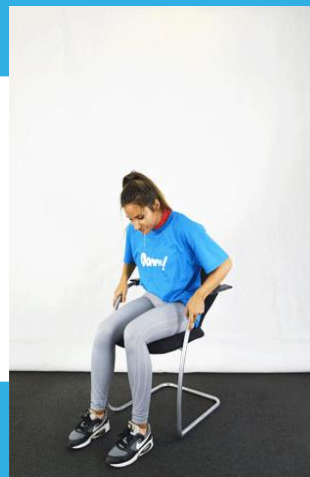


Reach and Pull 8 on each side

Reach across your body as far as feels comfortable, with your hand flexed open. At the end point, grip and pull back to the centre position. Repeat with the other arm.

Hip Opener 4 on each side

With one leg out as your base, rest your other leg on top with a slight bend at the knee. Gently push down on the knee to feel a stretch on your upper leg.



Chair Hold Plus Side Reach

8 on each side

Bring one hand across your body and hold on to the chair for support, then raise the opposite arm above your head and reach to the side.

Cat Stretch 10 times

While seated in a chair, round your shoulders forward and nod your head downwards. Slowly move your head back up and gradually tilt back, looking upwards. Bring your shoulders back and lift your chest forward.

Guidance notes:

- Slow and controlled movements

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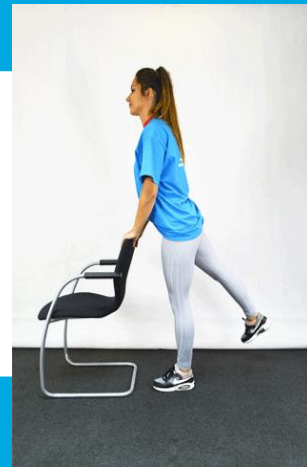
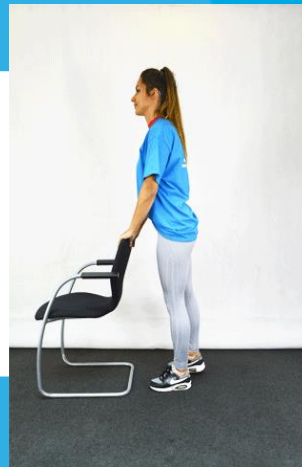
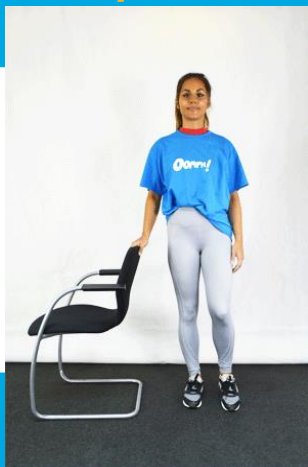
 **Arthritis
ACTION**

Stage 1 (Regain) Exercises

Strength movements

Repeat this section twice

Oomph!
A full life for life

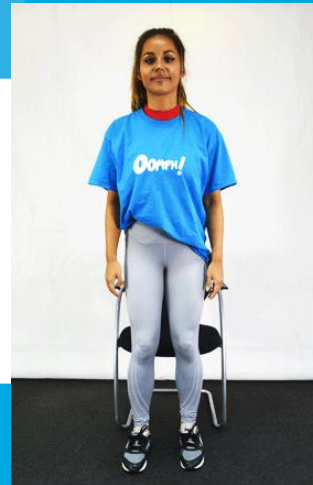


High Knees Step Up **8 on each leg**

Hold on to a chair for support. With one leg at a time, raise your knee up to complete high knee steps. This can be done seated as a knee lift.

Hip Extension **8 on each side**

Hold on to a chair for support. Using one leg at a time, swing your leg backwards from your hip.



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.

Sit to Stand **No more than 3 times**

From a sitting position, raise up to a standing position (without using your hands to support you to stand if possible)

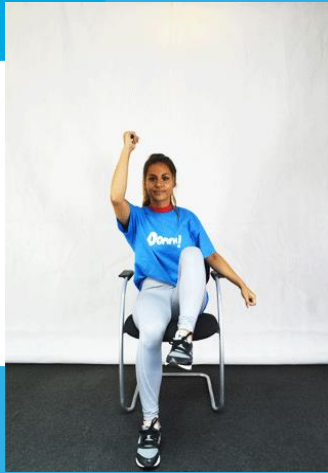
Guidance notes:

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

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Coordination movements



Cross Crawl 15, rest, 10, rest, 5, rest

Lift one knee and your opposite arm up together, then lower them down and lift the opposite knee and arm together.

Knee Lifts 8 on each leg

Lift each knee up in turn as high as feels comfortable. If you can, twist the upper body and touch your knee with the opposite elbow.

Soft Cardio movements

Walk / jog like no body is watching

Put on your favourite song or radio station. When it's the chorus of the song, walk/jog. When it stops, rest. See if you can do the full song!



Guidance notes:

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