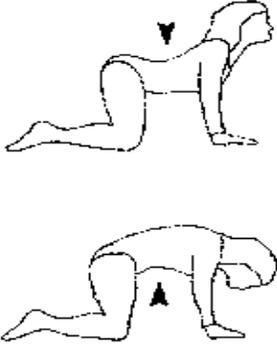
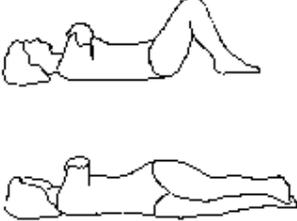
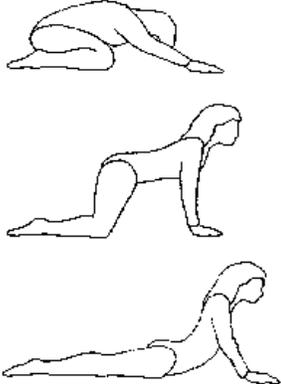


Mobility Exercises

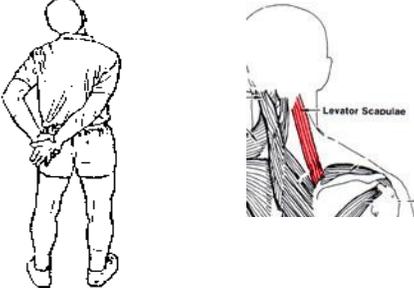
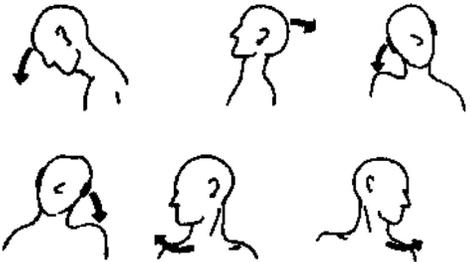
The main goal of these exercises is to improve your mobility and reduce your pain. Joint inflammation is aggravated by lack of movement. These exercises will help to reduce the inflammation in your joints by improving your joints' range of motion.

<p>Exercise 1: Knee to Chest Starting Position: Lie on your back on a firm surface or carpet. Action: Clasp your hands behind the thigh and pull it towards your chest. Keep the opposite leg flat on the surface. Maintain the position for 30 seconds. Switch legs and repeat.</p> <p><i>Do Not Cause Pain.</i> REPS- SETS-</p>	
<p>Exercise 2: Cat and Camel Starting Position: Kneel down on the floor and assume the "all-four's" position. Keep your head straight so that the gaze of your eyes is toward the floor. Action: Slowly allow your trunk to sag as far as you can so that your back is arched. Do not pull it down. Then round your back up at the waist as far as you can by contracting your lower abdominal muscles as you lower the top of your head toward the floor. All motion should be initiated from your low back</p> <p><i>Do Not Cause Pain.</i> REPS- SETS-</p>	
<p>Exercise 3: Hip Rolling Starting Position: Lie on your back on a firm surface or carpet. Both knees bent, feet flat on the table. Action: Cross your arms over your chest. Turn your head (trunk) to the right as you turn both knees to the left. Allow your knees to relax and go down without forcing. Bring knees back up, head to centre. reverse directions.</p> <p><i>Do Not Cause Pain.</i> REPS- SETS-</p>	
<p>Exercise 4: Hand-Knee Rocking Starting Position: Kneel on a mat with your knees and ankles. Allow your buttocks to rest on your heels. Action: Take your upper body over so you are in a crouched position with your arms stretched out in front of you. Relax in this position and then slowly move forward with your elbows straight into a press-up position.</p> <p><i>Do Not Cause Pain.</i> REPS- SETS-</p>	

Beach House Chiropractic, 64 Sea Lane, Goring By Sea, West Sussex BN12 4PY
01903 66 00 94 | www.beachhousechiropractic.co.uk | facebook.com/beachhousechiropractic

If you have any questions please consult your Chiropractor or other healthcare professional. Do not cause pain.

Neck Mobility Exercises

<p>Exercise 1: Upper Trapezius and Supraspinatus</p> <p>Sit straight up in a chair with your shoulders relaxed. Bring your ear towards your right collar bone as far as you can without rounding your upper back. You should feel a pulling sensation across the shoulders. Hold this position for 20 seconds. Then perform the stretch on the opposite side.</p> <p><i>Do Not Cause Pain.</i> REPS- SETS-</p>	
<p>Exercise 2: Levator Scapularis</p> <p>Place the involved hand behind your back and grasp hand with other hand. Pull diagonally down and across back. Tilt head toward the uninvolved shoulder. You should feel the stretch across the top and front of your shoulder.</p> <p><i>Do Not Cause Pain.</i> REPS- SETS-</p>	
<p>Exercise 3: Scapular Stretches/Infraspinatus</p> <p>Take the left arm across your chest so that your left hand is near your right shoulder. Use your right hand to then push your left elbow in close to your chest. Hold this stretch 20 seconds. Then repeat the whole exercise on the other side.</p> <p><i>Do Not Cause Pain.</i> REPS- SETS-</p>	
<p>Exercise 4: Pectoral Stretch</p> <p>Stand with your forearms against the wall in a corner of the room. Gently lean forward until you feel a stretch in the front of your shoulder and chest. This can be done one arm at a time by placing one forearm up against a wall and turning your chest away from the wall until you feel a stretch.</p> <p><i>Do Not Cause Pain.</i> REPS- SETS-</p>	
<p>Exercise 5: Neck mobility</p> <p>Stand in the normal upright position. Bend your head forward as far as possible then bend your head back as far as possible. Put your right ear towards your right shoulder then your left ear towards your left shoulder. Turn your head to the right as far as possible and then turn your head to the left as far as possible. Do this exercise slowly and gently and never roll the neck.</p> <p><i>Do Not Cause Pain.</i> REPS- SETS-</p>	

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