

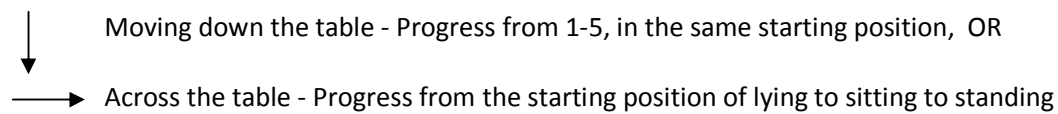
How to start progressing activity:

Lying Position	Sitting Position	Standing Position
1. Loosening, minimal effort	1a. Loosening, minimal effort	1b. Loosening, minimal effort
a) Lie on front – scissors b) Lie on back – knee swings	a) Hip side swings b) Side leaning	a) Shaking b) Bounce heels on floor c) Spine twists d) Arm pendulum swinging
2. Stretching	2a. Stretching	2b. Stretching
a) lie on back; bend hip, support with clasped hands a) Cat stretch: Kneel on all 4's – arch & hollow back b) Dog stretch: sit back on heels (cushion) arms forward	a) Finger interlocks; Arms forward, upwards & back b) Body breathing: arms & body contract inwards whilst breathing out arms & body opening up & out whilst breathing in	a) Sideways leaning stretch b) Touch finger tips behind back, from above and below point elbows to the side (not to the front) Use scarf c) One foot in front, bend both knees.
3. Strengthening	3a. Strengthening	3b. Strengthening
a) Abdomen control: Lie on back with knees flexed, feet on floor Alternate slow leg straightening & flexing (keep hip bones level) b) lie on your front: gently lift head and shoulders, chin in	a) Sitting- Abdomen control: Raise knee (keep hip bones level) b) -Quads; straighten knee slowly, toes up to sky. c) gently squeeze hands together, elbows out to side	a) Push ups against wall b) Flatten spine against the wall, gently bend knees a few inches, hold a few seconds (skiing exercise)
4. Stamina, cardiovascular	4a. Stamina, cardiovascular	4b. Stamina, cardiovascular
a) Lie on back -Spinal rock b) Cross crawl: touch opposite knee with hand: alternate Progress to: <ul style="list-style-type: none"> • Elbow to opposite knee • Hand to opposite foot c) Progress by increasing speed to different music	a) Sit to stand to sit b) Cross crawl: Lift knee and touch with opposite hand: alternate. Progress to: <ul style="list-style-type: none"> • Elbow to opposite knee • Hand to opposite foot c) Progress by increasing speed to different music	a) Stairs: Step up, step down, leading with alternate feet. b) Cross crawl: Lift knee and touch with opposite hand, alternate. Progress to: <ul style="list-style-type: none"> • Hand to opposite foot • Elbow to opposite knee c) Gentle running on the spot, progress by using: stepper, rebounder, stairs, jogging
5. Concentration/Co-ordination	5a. Concentration/Co-ordination	5b. Concentration/Co-ordination
a) Kneel on all 4's Lift 1 arm, then opposite leg, then both together Maintain flat back. <i>(Keep breathing, don't hold your breath)</i>	a) Sit on edge of chair balance lifting 1 knee Throw an object from one hand to another Alternate each knee <i>(Keep breathing, don't hold your breath)</i>	a) Stand on 1 leg with lifted foot resting on supported foot. Use finger tip support. b) Progress by resting foot on lower leg & bringing finger tips together <i>(Keep breathing, don't hold your breath)</i>

Progressive exercises using the above table

It is important to start with gentle activities and exercises which you can do comfortably and which do not worsen symptoms excessively. However, remember that after a time of inactivity, most people have some discomfort after resuming exercise (de-conditioning). By progressing slowly you are able find your own pace at which your body is comfortable.

There are many ways to increase/progress physical activity safely and effectively. The table above shows you several ways. Generally it is better to start with loosening and progress to stretching and then strengthening, building up to stamina – as shown in the downwards columns. You can do all the lying exercises at once, then sitting and finally standing. Once you experience the benefits of each exercise, you will be able to build up your own routine.



If you have not fully recovered by the next session, (sometimes the body takes a little longer to settle down) continue at your previous day's level for a few days then start to increase again.

Rather than returning to no activity, as this is unhelpful, just continue at your earlier level.

A suggestion of how to progress with exercise:

Start by just doing one each of the exercises, across the table. Repeat this 3 X day

Each exercise can be progressed by:

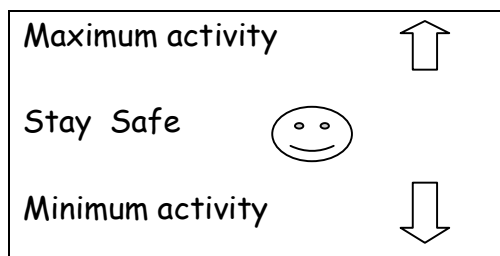
- Increasing each activity by 1 each day e.g. Knee swings : Mon X 1, Tue X 2, Wed X 3
- Increase time taken by 2 seconds e.g. side leaning: Mon 2 secs. Tue 4 secs. Wed 6 secs.

Pacing

Find your minimal amount of activity which does not worsen the symptoms – **the floor**

Find your maximum amount of activity which does not worsen the symptoms – **the ceiling**

Always stay in the **safe zone** between **floor and ceiling** – even if you feel more or less tired.



As improvements become more long term and stable, then the ceiling can be raised and the safety zone widened.

If you have any concerns over the exercises please seek further medical guidance