



Mobility Therapies

Move with Ease

Exercises & Stretches when sitting for long periods of time

All the exercises and stretches below are so you can keep yourself mobile after you have been sitting for a while and can be used at any time. These stretches and exercises can be done at any time and even if you do just one or two different ones throughout the day this will help you move with more ease and less aches.

Sit to Stand Exercise



Place hands on the knees and feet slightly apart. Move to a standing position and then sit back down again. Please repeat this for 10-15 Reps.

Cross Hammer Exercise



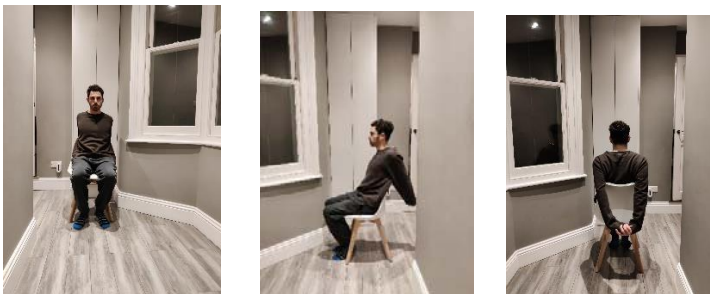
Place hands together and lift the arms across the body in an upward motion when reaching the highest point bring the arms back down across the body towards the opposite hip. Make sure your eyes follow the arm action so that the head moves at the same time as the arm action. Please repeat this for 10-15 Reps on both sides of the body.

Neck Stretch



Place one hand under your leg then tilt your head to the opposite side once you have reached the furthest you can reach when tilting the head place the opposite hand of the head and very gently place some pressure so you can feel a stretch. Swap sides. Please hold this stretch for 10-15 seconds.

Shoulder Stretch



Pull back the shoulders and place your hands behind your back and hold hands. Hold the stretch for 10-15 seconds. This stretch is great if you have been sitting at a computer or playing with your phone this could be done every 30 minutes. Follow this stretch with the shoulder rolls which is the next exercise.

Shoulder Rolls



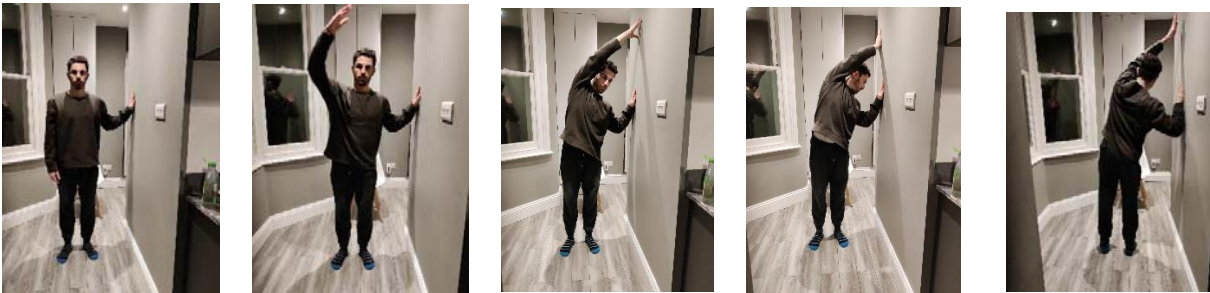
Lift and rotate your shoulders in a forward rotation and then backward rotation. Repeat these shoulder rotations 5-10 Reps Forward and 5-10 Reps Backwards.

Forward Bend with Rotation Exercise



Stand up straight with feet should width apart. Bend at the waist and take the opposite hand to the opposite foot. Stand up and repeat to the other side. Please repeat this exercise 10-15 Reps on each side.

Side Wall Stretch



Stand next to a wall, place one hand on the wall at shoulder height, bring the opposite arm up and over the head placing the hand on the wall above the head. Try and keep your arms over the head so you can feel the stretch in the sides of the body. You can place your hand on other places on the wall to get different types of stretches. If you place your hand a little in front of the head you will get a lower back stretch spiral stretch. Please swap sides. Please hold this stretch for 10-15 seconds.