

# Exercises for Pain Management

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**Discomfort whilst doing your exercises is normal, as is discomfort for a short while after wards.**

If you continue to experience a marked increase in pain for longer than an hour after exercising, try reducing the repetitions or the weight you are using.

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**Pain Relief Expert**



# Personal Exercise Program

## Back Exercises



Stand straight with feet apart. Support your back with your hands while bending your back as far backwards as possible. Keep your knees straight during the exercise.

Repeat **10** times



Standing. Bend sideways at the waist.

Repeat **10** times



Sit on a chair and clasp your arms on your chest. Push your shoulder down while rotating the upper trunk in the opposite direction. During the exercise straighten your upper trunk fully and let your eyes follow the movement. Breathe in during the exercise.

Repeat **10** times



Sit or stand. Hold your hands and lift your arms over your head. Breathe in and stretch your hands towards the ceiling. Breathe out and return to the starting position.

Repeat **10** times



Lying with your knees bent and feet on the floor. Lift your knees towards your chest. Place your hands behind both knees and draw them towards your chest. Hold \_\_\_ secs. Repeat **10** times



Lying on your back with your arms in a T-position and knees bent towards the ceiling. Slowly roll both your legs from side to side without touching the floor. Repeat **10** times



Lying on your back with knees bent. Pull pelvic floor muscles up and in. Hold approx \_\_\_ secs. Repeat **10** times



Lying face down with both your hands at shoulder height. Straighten your elbows and lift your upper trunk as far up as you can. Keep your pelvis and legs relaxed. Repeat **10** times

# Personal Exercise Program

## Back Exercises



Sit on a chair and clasp your hands behind your neck.

Lean the affected part of the thoracic spine against the back of the chair so that the chair supports the lower of the vertebrae to be mobilised. While exhaling push the shoulders over the edge of the chair.

Repeat **10** times



Stand with your back against a wall.

Push your hands against the wall. Tighten your stomach muscles to keep your back in contact with the wall.

Repeat **10** times



Stand straight with one hand on your hip and the other straight up.

Bend to the side with opposite arm reaching overhead. Keep your pelvis in mid-position.

Repeat **10** times



Stand straight with feet apart.

Support your back with your hands while bending your back as far backwards as possible. Keep your knees straight during the exercise.

Repeat **10** times



Lying on your back.

Using your arms pull your knees up towards your chest. Reach with your forehead towards your knees.

Hold approx. **5** secs. relax.

Repeat **10** times



Lying on your back with one leg bent.

Bring your bent knee over the other leg and push your knee against the floor with the opposite hand. Then reach with the other arm to the opposite side looking in the same direction. You will feel the stretching in your lower back and bottom.

Repeat **10** times



Lying on your back with hands supporting pelvis.

Make a cycling movement with both legs for **2** min.



Crawling position.

Hollow your back. Keep your neck long and elbows straight.

Repeat **10** times

# Personal Exercise Program

## Back Exercises



Crawling position.  
Arch your spine upwards while letting your head relax between your arms.

Repeat **10** times



Crawling position.  
Lift your arm up to the side while rotating the body. Let your eyes follow the arm. Lower your arm (repeat with other arm).

Repeat **10** times



Crawling position.  
Bring your forehead and knee towards each other. Then straighten your leg and body (look down at the floor).

Repeat **10** times



Lying face down with both your hands at shoulder height.  
Straighten your elbows and lift your upper trunk as far up as you can. Keep your pelvis and legs relaxed.

Repeat **10** times



Lying face down with your arms above your head on the floor (you can have a pillow under your stomach and one under your ankles).  
Lift opposite arm and leg approx. 20 cm off the floor and stretch. Repeat with the other side.

Repeat **10** times



Lying face down.  
Lift your upper trunk off the floor. Stretch your arms towards your heels and "keep your neck long".

Repeat   10   times

# Personal Exercise Program

## Knee Strengthening Exercises



Lie or sit on the floor with one leg straight.

Tighten your front thigh muscles and try to press the back of your knee against the floor. Hold the tension for **5** seconds and relax.

Repeat **10** times



Stand behind a chair and support yourself with both hands.

Slowly bend your hips and knees, trying to push your bottom back. Your knees should be above your toes. Do not let your knees turn in or out during the movement.

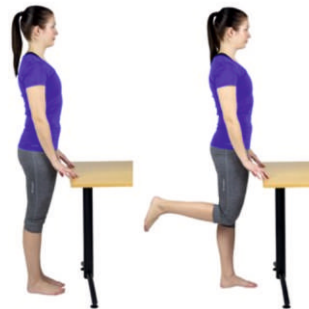
Repeat **10** times



Lie on your back with one leg bent and foot on the floor, the other leg is straight.

Bend the ankle of the straight leg, contract the muscles of your front thigh and lift the leg off the floor keeping it straight. In a controlled manner, return to the starting position.

Repeat **10** times



Stand tall and take support if needed.

Tighten your buttocks, and by bending one knee bring your heel towards the buttocks. Return to the starting position in a controlled manner.

Repeat **10** times



Lie on your back with one leg bent and the other leg straight. Place a towel roll under the straight knee.

Bend your ankle and straighten the knee using your front thigh muscles. Keep the back of your knee against the towel roll. Keep the tension for a moment and then relax.

Repeat **10** times

# Personal Exercise Program

## Knee Strengthening Exercises



Stand tall with feet slightly wider than hip-width apart. Toes pointing forward or turned a few degrees outwards. Keep your chest up and your spine and neck in a neutral position.

Squat down by sitting back and bring your arms forward.

Repeat **10** times



Stand on a step board.

Bend one knee and straighten your other leg behind you. Do not let the bent knee turn in or out at any point in the movement. Return to the starting position.

Repeat **10** times



Stand on one leg on a step facing down.

Slowly lower yourself by bending your knee. Return to starting position.

Repeat **10** times



Stand tall with feet hip-width apart.

Take one long step forward and squat down so that your rear knee touches the floor and hip is fully straightened. Shin of the front leg and trunk is upright. Stand back up pushing through your heel, bringing your front foot back to the starting position.

Repeat **10** times



Stand sideways on a step with one foot hanging over the edge of the step.

Slowly bend your knee allowing your other foot to brush the floor.

Repeat **10** times



Stand. Put a weight around your ankle. Hold onto a support and bring one leg slightly backwards.

Bend your knee and lift your foot off the floor.

Repeat **10** times



# Personal Exercise Program

## Hip Osteoarthritis Exercises



Lie on your side with your knees bent.

Lift your top knee as far as you can, without letting your pelvis rotate forward or back. Keep your feet together during the exercise.

Repeat **10** times



Stand straight holding on to a support.

Lift your leg sideways and bring it back keeping your trunk straight throughout the exercise.

Repeat **10** times



Side lying. Keep the leg on the bed bent and the upper leg straight.

Lift the upper leg straight up with ankle flexed and the heel leading the movement.

Repeat **10** times



Lie on your back, with knees bent and feet hip-width apart.

Lift your bottom off the floor

Repeat **10** times



Lying on your back.

Bend the leg to be stretched towards your chest and hold onto the knee with both arms.

Pull your knee towards your chin keeping your head on the floor.

Repeat **10** times

# Personal Exercise Program

## Hip Osteoarthritis Exercises



Stand tall with feet slightly wider than hip-width apart. Toes pointing forward or turned a few degrees outwards. Keep your chest up.

Squat down by sitting back and bring your arms forward.

Repeat **10** times



Stand tall with your feet approximately hip-width apart and weight distributed evenly on both feet.

Make sure the chair behind you is at a suitable distance from you.

Bend your knees and hips and squat down onto the chair. Knees and toes should be pointing in the same direction.

Sit down lightly and push back up to the starting position using your front thighs and buttock muscles.

Repeat **10** times



Crawling position.

Bring your forehead and knee towards each other. Then straighten your leg and body (look down at the floor).

Repeat **10** times



Lie on your back with legs straight.

Tighten your front thigh muscles and lift one leg keeping it straight. Lower the leg to the starting position in a controlled manner.

Repeat **10** times



Standing straight with your arms close to your sides.

Step your affected leg forwards and lunge as far as you are comfortable.

Repeat **10** times



# Personal Exercise Program

## Shoulder exercises following injury

Try and perform these exercises 2 or 3 times a day.

Work within tolerable pain limits, try and combine them with when you have taken pain relief.

Try and use your arm as normally as possible, and gradually build up how much you are doing day to day.



Stand leaning on a table with one hand.

Let your other arm hang relaxed straight down. Swing your arm forwards and backwards.

Repeat **10** times



Stand tall, sideways next to a wall. Lift your arm to the side against the wall.

Press the back of your hand against the wall and hold for **5** seconds. Keeping your hand against the wall, relax and repeat.

Repeat **10** times



Keep your arms straight and use your good arm to lift your sore arm as far as you can.

Repeat **10** times

Repeat **10** times



Stand with arms behind your back and hold one hand.

Slide your hand up along your back.

Repeat **10** times



Stand and grip one end of a stick (mop or broom) with the arm to be exercised.

Lift your arm to the side, assist by pushing with the other hand.

Repeat **10** times



Stand up straight with arms by your sides.

Lift your arm forwards to horizontal with the thumb leading the movement. Lower the arm back to the starting position.

Repeat **10** times