

MUSCLE AND JOINT PAIN THAT COMES ON AFTER ACTIVITY AND LASTS MORE THAN TWO HOURS MEANS YOU MAY HAVE DONE TOO MUCH, TOO QUICKLY. DO IT LESS VIGOROUSLY OR DO IT FOR LESS TIME THE NEXT DAY. IF IT CONTINUES TO BE A PROBLEM, SEEK MEDICAL ADVICE.

1 SHOULDER ROLLS



- Bring your shoulders up towards your ears as if you are shrugging.
- Roll them backwards and then return to the starting position.
- This movement should be a circular motion.
- Perform 2 sets of 10 repetitions of this exercise, 3 – 4 times per week (p/w).

2 TRUNK ROTATION STRETCH



- Sit in a sturdy chair.
- Turn your upper body to the right side, towards the back of the chair.
- Grasp the chair and gently pull your upper body further around, increasing the stretch.
- Hold this position for 30 seconds and then return to the start position.
- Repeat for the left side.
- Perform 2 sets of 10 repetitions of this exercise, 3 – 4 times p/w.

3 ANKLE ROTATION

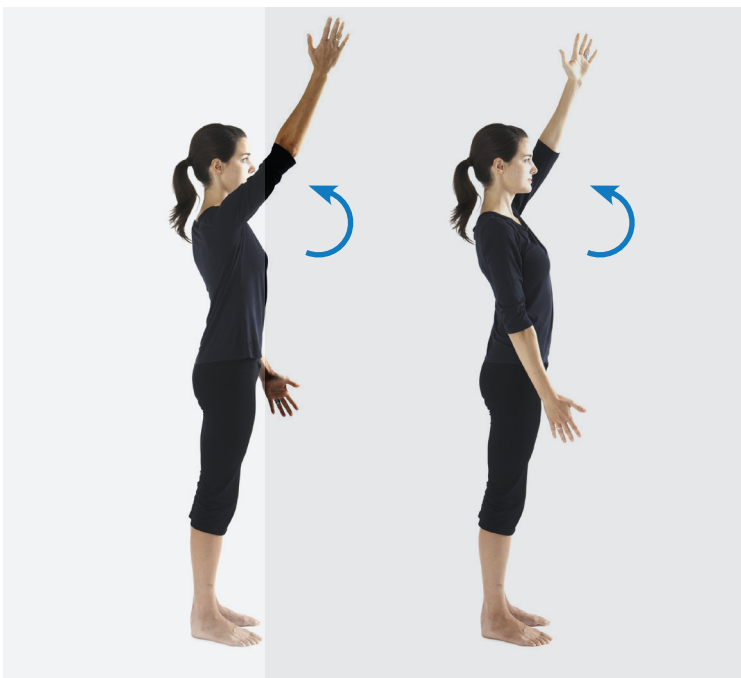


- You will need a chair for this exercise.
- Sit in your chair with your knees bent.
 - With your right foot draw 10 large clockwise circles in the air.
 - Reverse this and, still with your right foot, draw 10 large counter clockwise circles in the air.
 - Repeat these movements with your left foot.
 - Perform 2 sets of this exercise, 3 – 4 times p/w.

4 CHIN TUCK WITH ROTATION



- You will need a chair for this exercise.
- Sit up straight in your chair. Pull your chin backwards, keeping your neck straight.
 - In a smooth motion move your head to the right and hold for 10 seconds. Come back to the centre.
 - Repeat this exercise to the left.
 - Perform 2 sets of 3 repetitions, 3 – 4 times p/w.



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SHOULDER ELEVATION

This exercise can be done either sitting or standing.

- ▶ Start this exercise with both arms by your side.
- ▶ Lift your right arm upwards in front and overhead.
- ▶ As you lower your right arm, lift your left arm in the same movement.
- ▶ Perform 2 sets of 10 repetitions of this exercise, 3 – 4 times p/w.

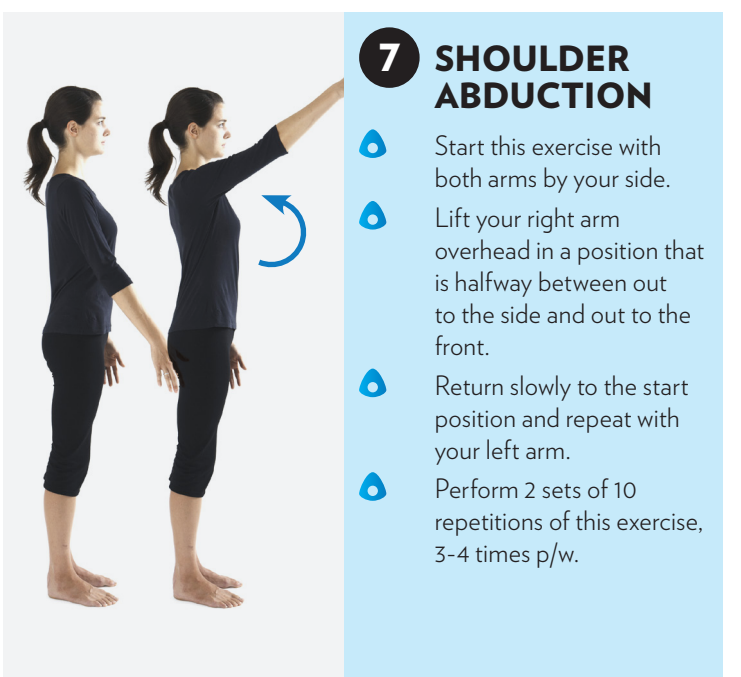


6

SHOULDER RETRACTION

You will need a chair for this exercise.

- ▶ While sitting up straight in your chair, raise both of your arms out to the side with your elbows bent. Do not lift your arms past shoulder height.
- ▶ Squeeze your shoulder blades together and then relax, keeping your arms raised.
- ▶ Perform 1 set of 10 repetitions of this exercise, once a day.



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SHOULDER ABDUCTION

- ▶ Start this exercise with both arms by your side.
- ▶ Lift your right arm overhead in a position that is halfway between out to the side and out to the front.
- ▶ Return slowly to the start position and repeat with your left arm.
- ▶ Perform 2 sets of 10 repetitions of this exercise, 3-4 times p/w.



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