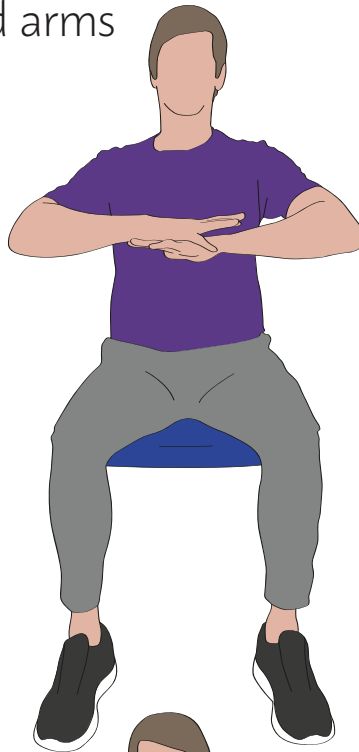


Trunk and arm exercises

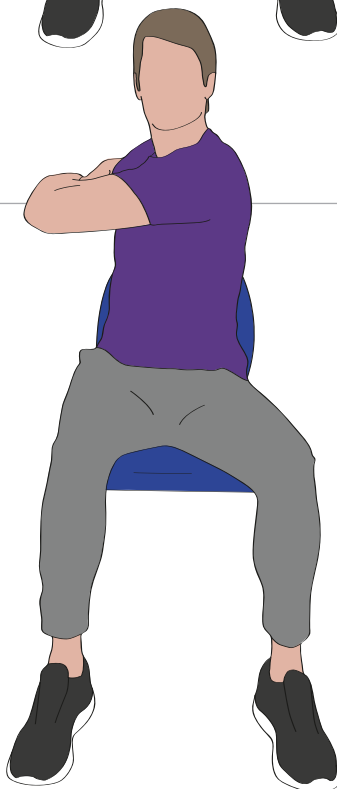
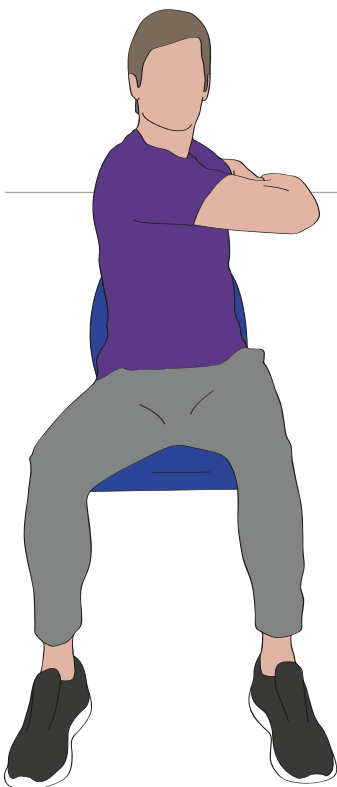
The aim of these exercises is to improve mobility, posture and strength for the trunk and arms

Side bends

- From a seated position, overlap your hands in front of your chest. Slowly bend to one side, avoiding bending forward, until your arms are at a 45-degree angle. Pause briefly before returning to the starting position, then repeat on the other side
- Repeat for a total of 10-20 reps



Tip If holding your arms in front is difficult, you can place on your lap



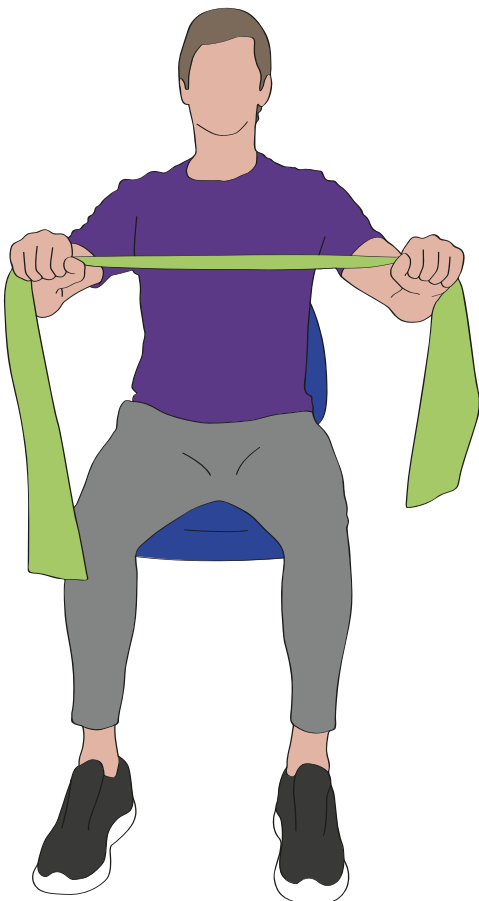
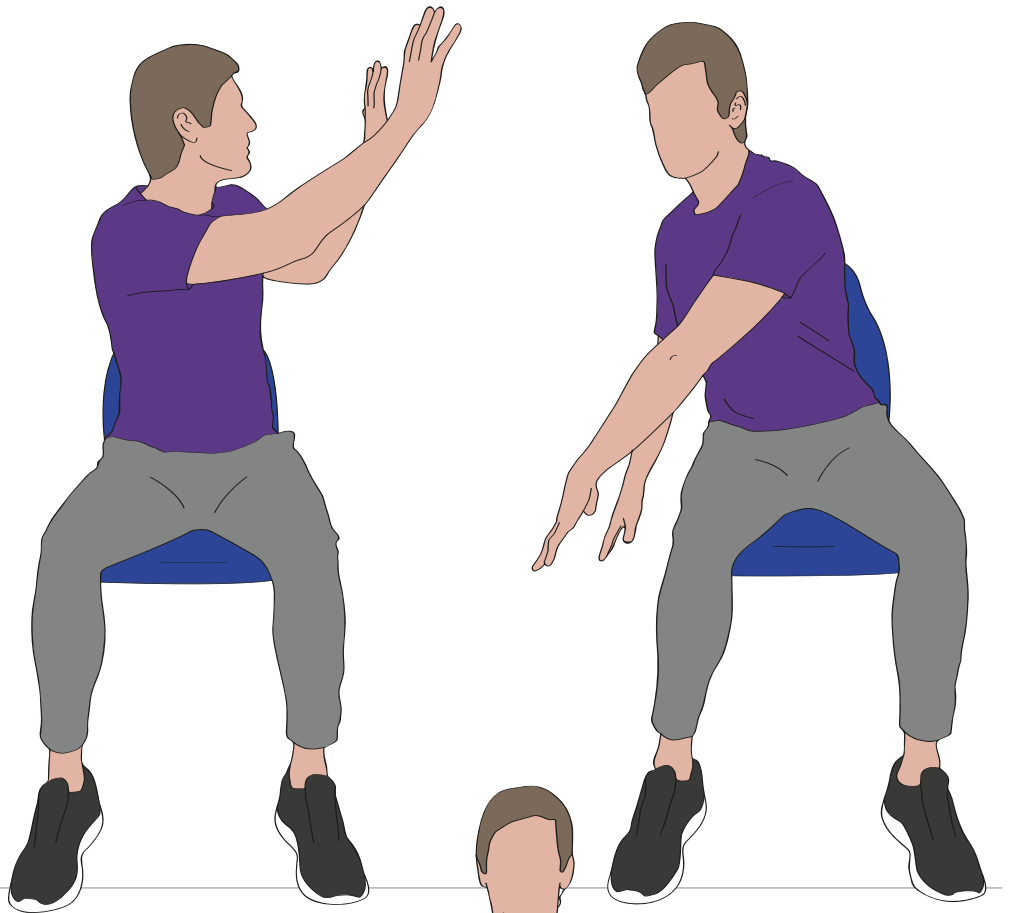
Trunk twists

- Holding your arms in the same position as the last exercise, slowly rotate your shoulders to the right, keeping your head looking forward, until your arms are 90 degrees to the starting position or as far as comfortable. Pause briefly and then return to the starting position before repeating on the other side
- Repeat for a total of 10-20 reps

Side reaches

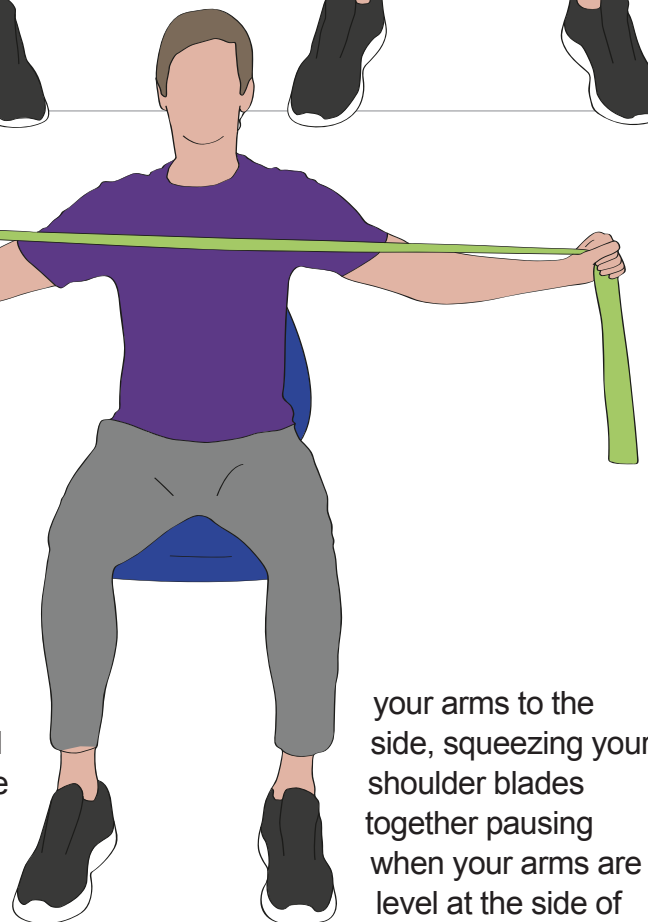
- Starting with both hands to one side at hip level, rotate your body slowly raising your hands until they are at head height or to a position comfortable for you. Return to the starting position.
- Repeat 5-10 times and then swap and repeat on the other side

Tip To increase the range of motion, look behind with each rotation



Back exercise

- This exercise can be performed using a resistance band as shown or without
- Start by holding your arms at chest level or at a height comfortable for you. Keeping your elbows locked, but with a slight bend, and slowly extend



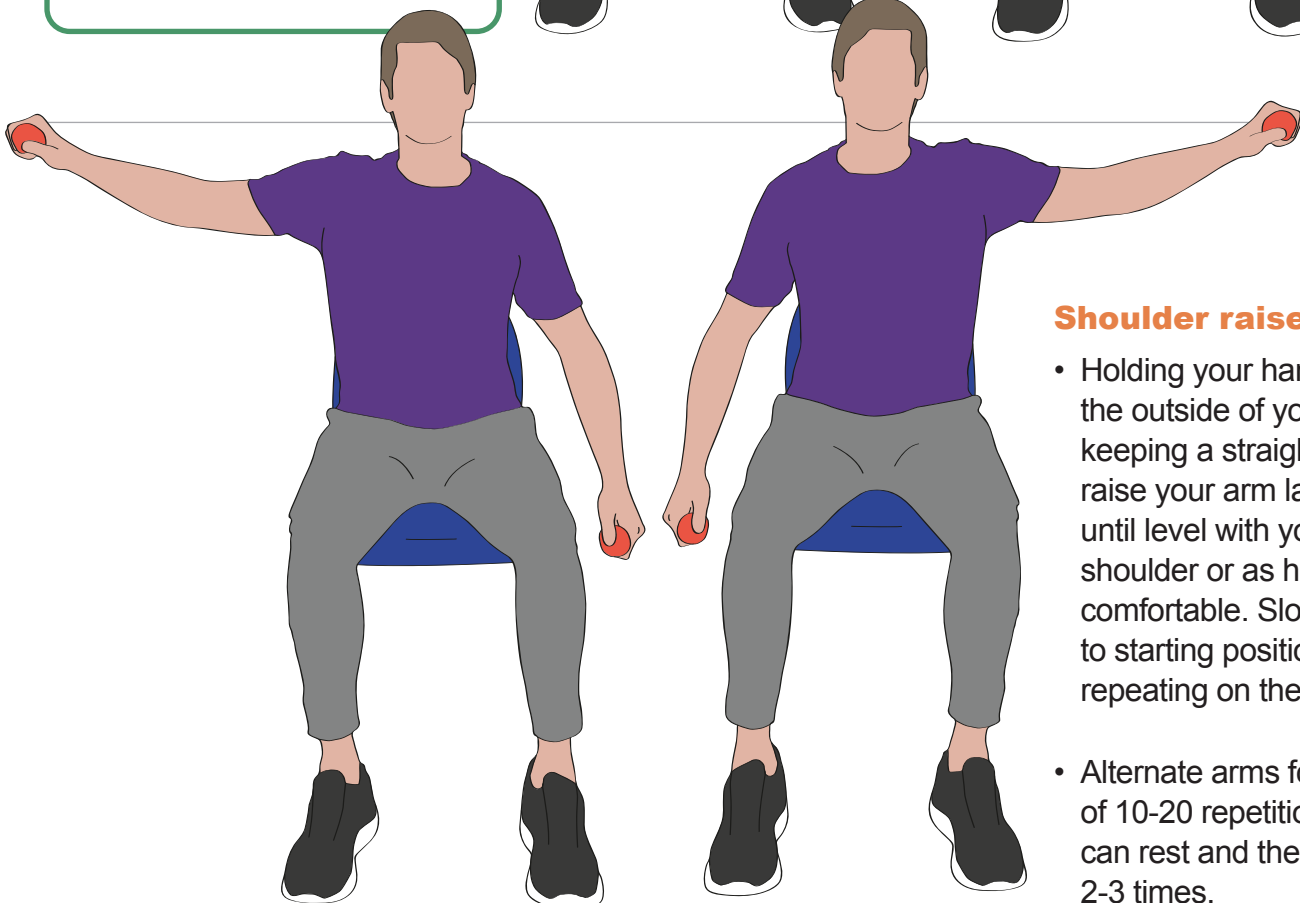
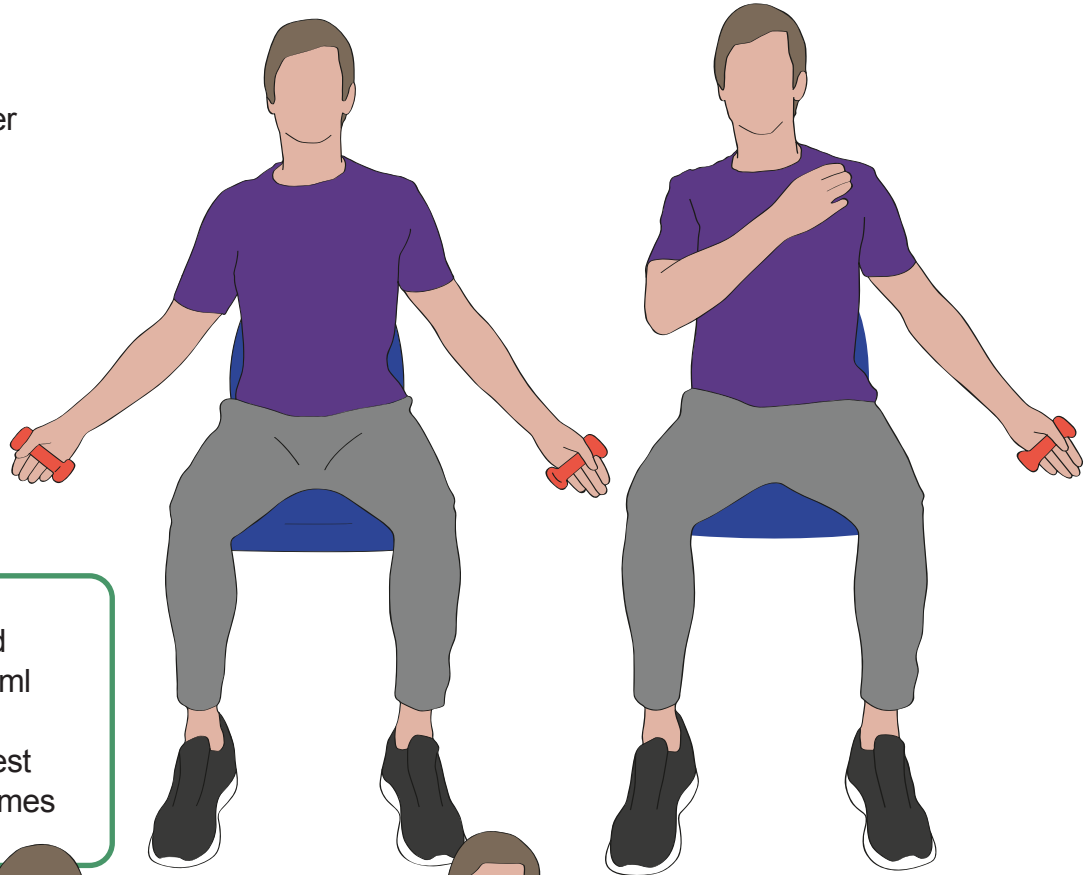
your arms to the side, squeezing your shoulder blades together pausing when your arms are level at the side of you. Return slowly to the starting position.

- Repeat 5-10 times. You can rest and then repeat 2-3 times

Bicep curls

- Holding your hands over the arms of the chair, bend the elbow up and into your chest, before lowering down. Repeat on the other side
- Repeat ten times on both sides

Tip You can use hand weights or fill two 500ml bottles of water for resistance. You can rest and then repeat 2-3 times



Shoulder raises

- Holding your hands on the outside of your chair, keeping a straight elbow, raise your arm laterally until level with your shoulder or as high as comfortable. Slowly return to starting position before repeating on the other side
- Alternate arms for a total of 10-20 repetitions. You can rest and then repeat 2-3 times.