

Basic seated upper body exercise program

Before you begin, think about whether you've had any new symptoms or change in circumstances, for example any joint issues that are exacerbated by exercise, or high blood pressure. If at any time you feel dizzy or nauseous, stop exercising.

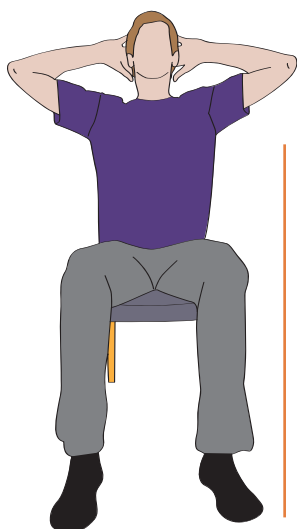
There are two groups of exercises here

1. Engagement
2. Mobilization

Neural engagement and stretches

Start session

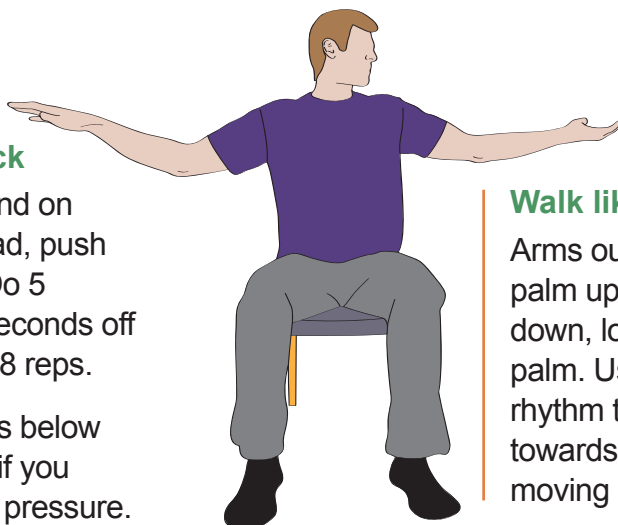
Sit forward on the front of a chair if possible, feet shoulder width apart and sit on your sitting bones. Use a pillow or lumbar support to help your seated posture if you have weak trunk control. It will allow for better range of motion. Concentrate on your breathing rhythm throughout each exercise with 4 seconds in through the nose and 4 seconds out through the mouth.



Head push back

Put hands or hand on back of your head, push back on hand. Do 5 seconds on, 5 seconds off and complete 6-8 reps.

Keep your hands below shoulder height if you have high blood pressure.



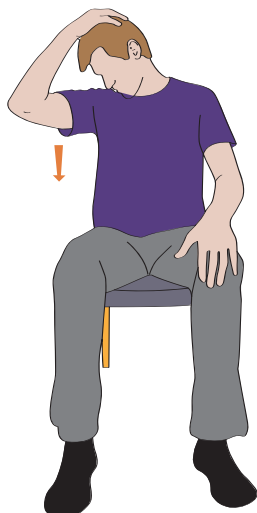
Walk like an Egyptian

Arms out to side with one palm up and one palm down, look at up-faced palm. Using our breathing rhythm then move head towards opposite palm, moving head left and right.

Neck stretch

Look towards your armpit and place right or left hand gently on top of your head to give slight tension to the stretch, with the other hand reach down towards the floor.

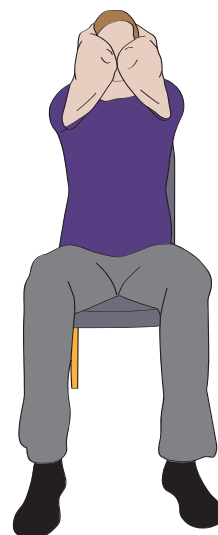
Hold for 6-8 seconds and repeat on other side 6-8 times.



Headphone stretch

Hands on sides of your head like you are putting on headphones, thumbs on jaw line, tuck elbows to together to feel the stretch in upper mid back.

Hold for 6-8 seconds, relax, then repeat 4-6 times.



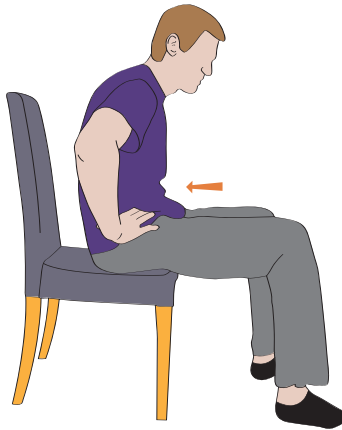
Mobilisation



Shoulder rolls

Make individual circles with each shoulder, with your hands on your thighs.

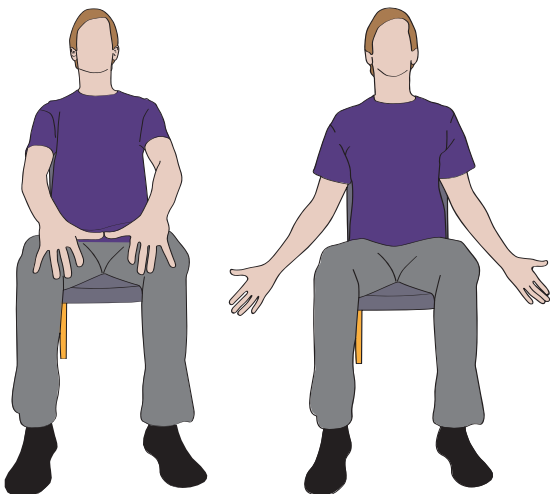
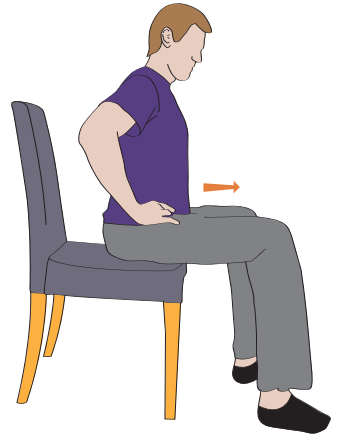
Repeat 10 times each side, and do 2-3 sets.



Pelvic rolls

With your hands on thighs, roll your pelvis back, drawing in your tummy, then roll your pelvis forward and sit up onto your sitting bones. Use your breathing as your tempo.

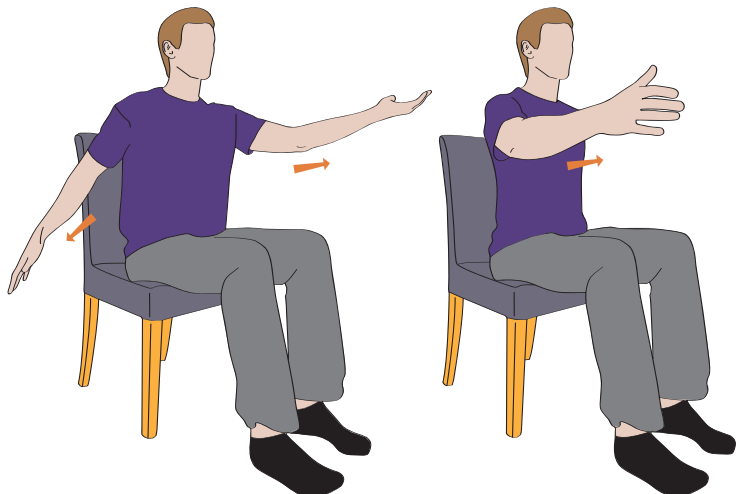
Do 10 reps and 2-3 sets.



Seated Cobras

Thumbs together, centre line of your body, then move hands outward so thumbs point upwards and palms face to the front.

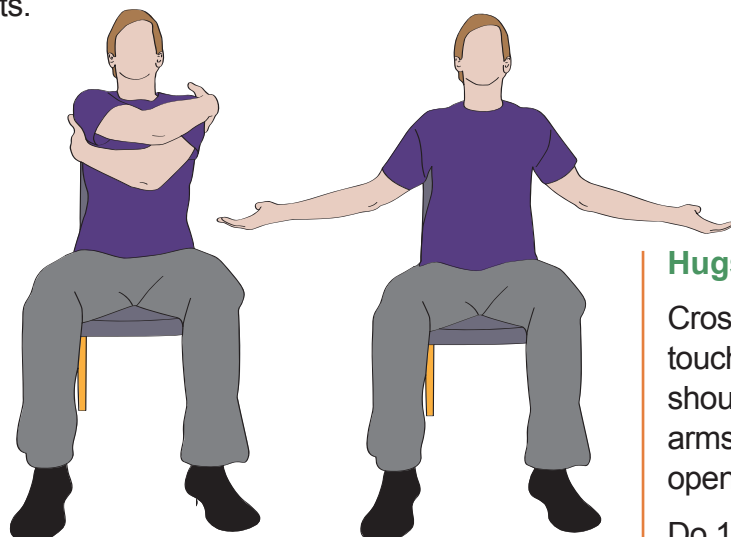
Do 10 reps and 2-3 sets.



Arm swings

Double or single arm, use other hand for support if necessary.

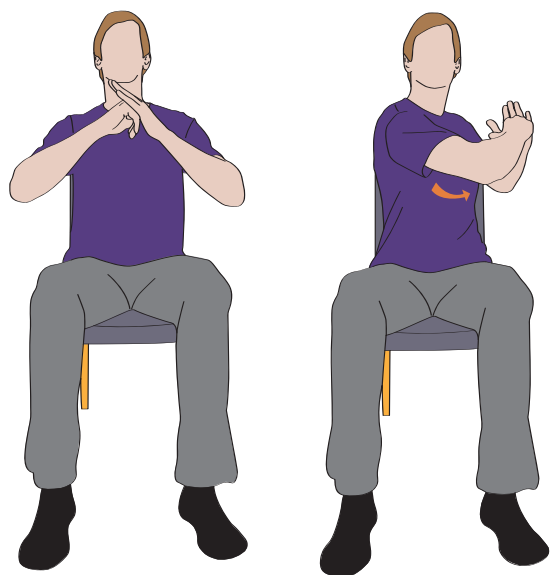
Do 20-30 swings and 2-3 sets.



Hugs

Cross arms over your body, touching the backs of your shoulders, then open up your arms to the side with palms open and thumbs uppermost.

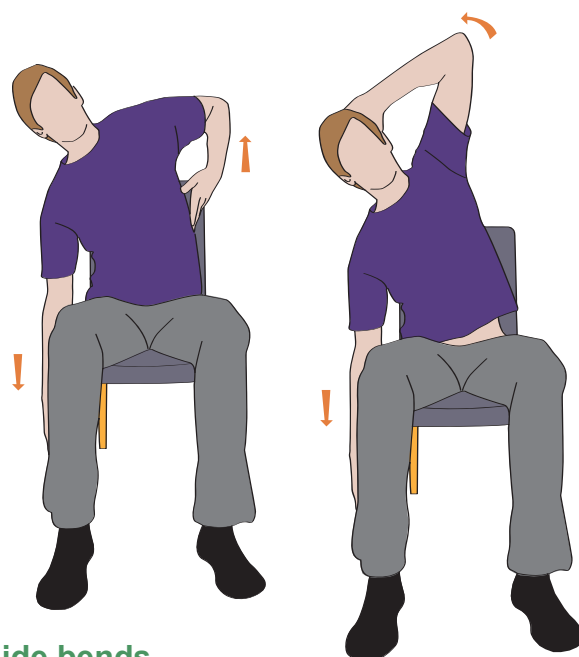
Do 10 reps and 2-3 sets.



Trunk rotations/torso twists

With a good seated position, place fist and hand together to the front and rotate torso to left and right with control. Make sure that your head is facing forward throughout movement.

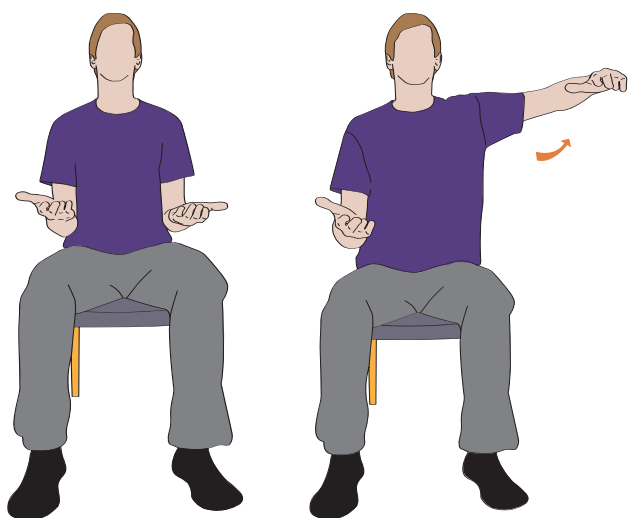
Do 20-30 reps and 2-3 sets.



Side bends

2 versions, one with your hand sliding up the side of body as you reach towards the floor, the second with your hand on the side of your head, then come back to centre position to finish the movement.

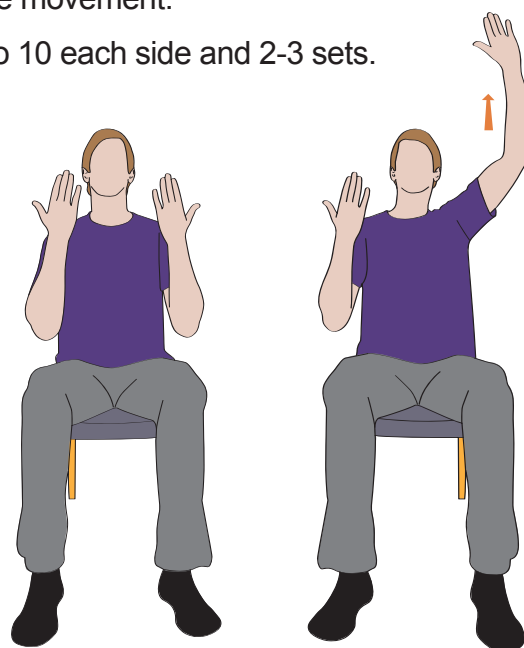
Do 10 each side and 2-3 sets.



Arm abduction

Palms up above thighs, then lift out to the sides so palms are facing down, elbows bent at 90 degrees.

Do 10-20 reps each side and 2-3 sets.



Shoulder presses

Individual or alternating, with palms facing towards your body at shoulder height, individually push hand upwards, rotating hand so palm is facing forward as you go through the movement.

Do 10-20 reps and 2-3 sets.