

Pure Physiotherapy
963 Penistone Road
Hillsborough
Sheffield, S6 2DH

Complete 3x per week (Mon,Wed,Fri)
always give a days rest between exercises

Next appt 9.20 28/05/2020

3 Sets / 10 Reps / 1 s hold

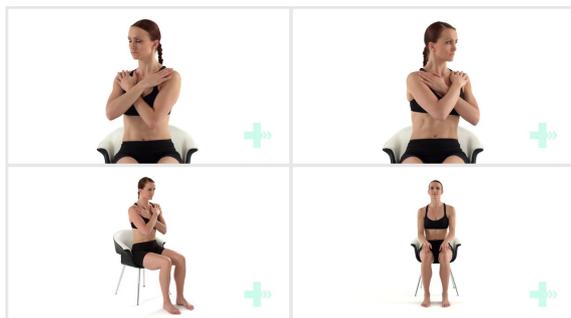


1. Thoracic flexion stretch sitting

Sit upright in a chair.
Slowly drop your chin to your chest and reach your hands down and around your thighs.
Round your upper back until you feel the stretch across your shoulder blades.
Hold this position.

*Slowly place chin onto chest and then lower shoulders down towards the knees, you do not have to fold arms at the bottom or hold, then reverse the movement so the last thing is lifting your head up off your chest
Complete at a comfortable speed*

3 Sets / 20 Reps / 1 s hold

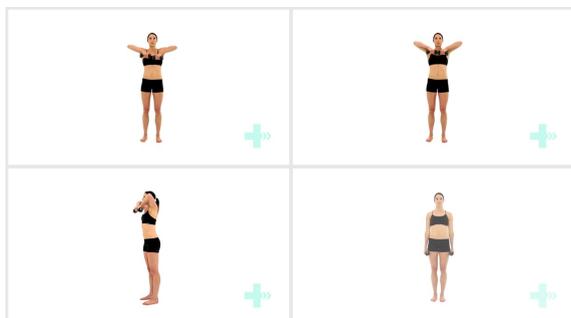


2. Sitting active trunk rotations

Sit straight on a chair.
Cross your arms over your chest.
Rotate your body around to one side and then around to the other holding each position.
Continue this movement.

*Can do as pictures show
OR place R hand on R knee the L hand on the L top of thigh, as you pull the R hand back to the hip, push the L hand forward to the knee.
Complete at a comfortable pace throughout the movement*

3 Sets / 8 Reps / 2lbs weight



3. Upright row with weights

Hold a weight in each hand and hold them by your side.
Lift your elbows up towards the ceiling, making sure your elbows stay higher than your hands at all times.
Your hands will draw up in front of your body.
Control the movement back to the start position, making sure you do not allow your shoulders to hunch at any point.

*Can be done sitting or standing, with 1x 500ml bottle in each hand or tin of beans.
Overhand grip pull your hands up to just under your chin, then slowly lower over 5 seconds and repeat*



4. Side lying thoracic rotations L2

Lie on your side with the bottom leg straight and the top leg bent.

You can rest your top leg onto a folded towel.

Stretch both arms out in front of you as far as you can.

Keep your bottom arm on the floor as you reach the top up and back, allowing your body to rotate with the movement.

You will feel this stretch through your upper back.

Complete on both sides

Side lying arms out and then lift the upper hand up and over as far as possible following with the eyes, return to the start and repeat 10 times