

# Simple Exercises for Knee Pain



## Leg stretch

- Sit on the floor with your legs stretched out in front.
- Keeping your foot to the floor, slowly bend one knee until you feel it being comfortably stretched. Hold for 5 seconds.
- Straighten your leg as far as you can and hold for 5 seconds.
- Repeat 10 times with each leg.



## Sit / Stands

- Sit on a chair. Without using your hands for support, stand up and then sit back down.
- Make sure each movement is slow and controlled.
- Repeat for 1 minute. As you improve, try to increase the number of sit/stands you can do in 1 minute.



## Leg cross

- Sit on the edge of a table or bed. Cross your ankles over.
- Push your front leg backwards and back leg forwards against each other until the thigh muscles become tense.
- Hold for 10 seconds, then relax.
- Switch legs and repeat. Do 4 sets with each leg.



## Step ups

- Step onto the bottom step of stairs with the right foot.
- Bring up the left foot, then step down with the right foot, followed by the left foot.
- Repeat with each leg until you get short of breath.
- Hold on to the bannister if necessary.
- As you improve, try to increase the number of steps you can do in 1 minute and the height of the step

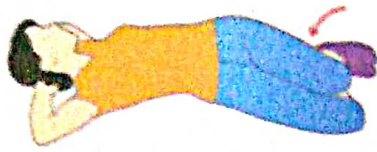


## Knee squats

- Hold onto a chair or work surface for support.
- Squat down until your kneecap covers your big toe. Return to standing. Repeat at least 10 times.
- As you improve, try to squat a little further.
- Don't bend your knees beyond a right angle.



# Simple Exercises for Low Back Pain



## Back Stretch

- Lie on your back, hands above your head.
- Bend your knees and roll them slowly to one side, keeping your feet on the floor.
- Hold for 10 seconds.
- Repeat 3 times on each side.

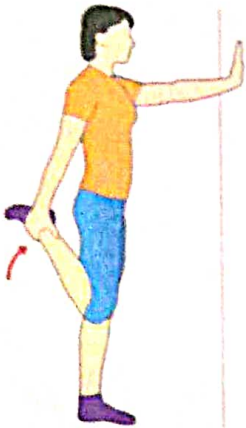
## Deep Lunge

- Kneel on one knee, the other foot in front.
- Facing forwards, lift the back knee up.
- Hold for 5 seconds.
- Repeat 3 times on each side.



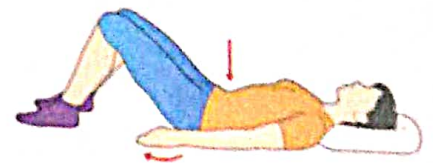
## One-leg Stand (front)

- Holding onto something for support if needed, bend one leg up behind you.
- Hold for 5 seconds. Repeat 3 times on each side.



## Pelvic Tilt

- Lie down with your knees bent.
- Tighten your stomach muscles, flattening your back against the floor.
- Hold for 5 seconds. Repeat 5 times.



## One-leg Stand (front)

- Lie on your back, knees bent.
- Bring one knee up and pull it gently into your chest for 5 seconds.
- Repeat up to 5 times on each side.



# Simple Exercises for Neck Pain

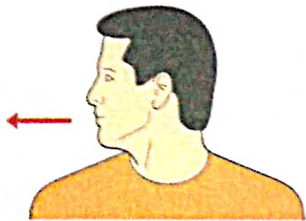


## Neck Tilt

- Tilt your head down to rest your chin on your chest.
- Gently tense your neck muscles and hold for 5 seconds. Return to a neutral position.
- Repeat 5 times.

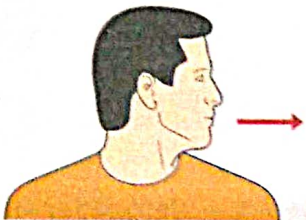
## Neck Tilt (side to side)

- Tilt your head down towards your shoulder, leading with your ear.
- Gently tense your neck muscles and hold for 5 seconds.
- Return your head to center and repeat on the opposite side.
- Repeat 5 times on each side.



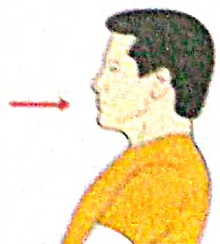
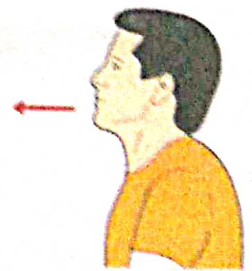
## Neck Tilt

- Turn your head towards one side, keeping your chin at the same height and moving within comfortable limits.
- Gently tense your neck muscles and hold for 5 seconds.
- Return your head to the center and repeat on the opposite side.
- Repeat 5 times on each side.



## Neck Stretch

- Keeping the rest of the body straight, push your chin forward so your throat is stretched.
- Gently tense your neck muscles and hold for 5 seconds.
- Return your head to the center and push it backwards, keeping your chin up.
- Hold for 5 seconds. Repeat 5 times.



# Simple Exercises for Shoulder Pain

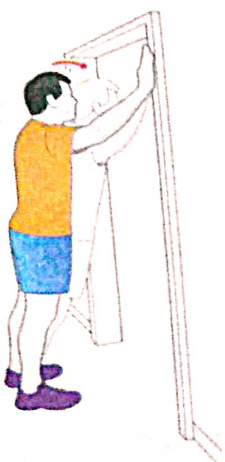
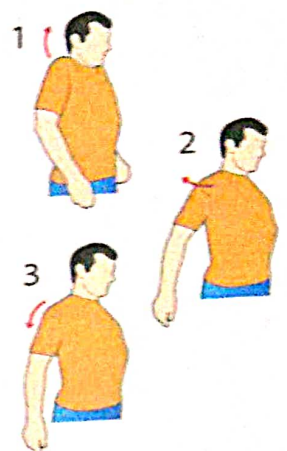


## Pendulum Exercise

- Stand with your good hand resting on a chair.
- Let your other arm hang down and try to swing it gently backwards and forwards and in a circular motion.
- Repeat about 5 times. Try this 2–3 times a day.

## Shoulder Stretch

- Stand and raise your shoulders. Hold for 5 seconds.
- Squeeze your shoulder blades back and together and hold for 5 seconds.
- Pull your shoulder blades downward and hold for 5 seconds. Relax and repeat 10 times.



## Door Lean

- Stand in a doorway with both arms on the wall slightly above your head.
- Slowly lean forward until you feel a stretch in the front of your shoulders.
- Hold for 15–30 seconds. Repeat 3 times.

## Door Press

- Stand in a doorway with your elbow bent at a right angle and the back of your wrist against the door frame. Try to push your arm outwards against the door frame.
- Hold for 5 seconds. Do 3 sets of 10 repetitions on each side.
- Use your other arm and, still with your elbow at a right angle, push your palm towards the door frame.
- Hold for 5 seconds. Do 3 sets of 10 repetitions on each side.

