



## Pain Management Programme

### Strengthening Programme

#### Sitting Exercises



**1. Arm raises.** Sit with hands on shoulders. Reach up with both arms together towards the ceiling and lower again.

When this becomes easier, try holding light weights.

**2. Sit to stand.** Sit at the front of your chair, and move from sitting to standing, then sit again, as smoothly as you can.

#### Standing Exercises



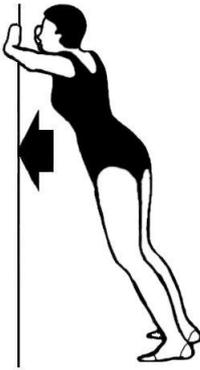
**3. Knee-ups.** Stand on the spot, lift alternate legs, with the aim being to lift the knees higher as you become better at the exercise.



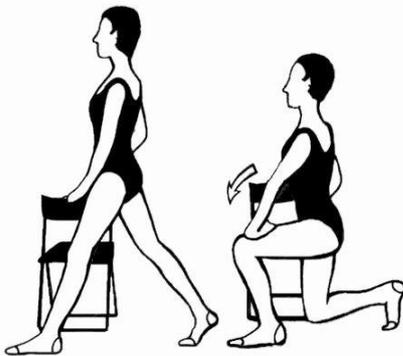
**4. Mini squats.** Stand upright, let your knees bend a little, then straighten them again.



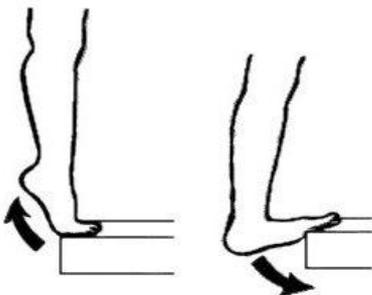
**5. Step ups.** Step up onto the bottom step with one leg, then bring your second foot up onto the same step. Step down again, leading with the leg that stepped up first. Repeat, then try leading with your other leg.



**6. Pressups.** Keep your back straight, perform a pressup against the wall.



**7. Half-kneel.** Stand next to a chair to help with your balance. Brace the stomach muscles. Bend both knees and slowly lower the knee of your back leg towards the floor. Keep the top half of your body relaxed and upright.



**8. Heel raises.** Stand on a step or on the floor. Raise up onto your toes, and lower again.



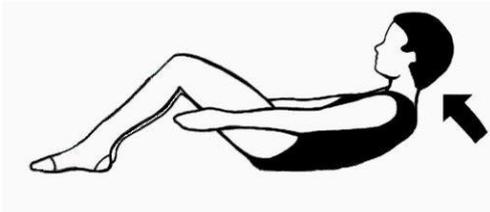
## Floor exercises



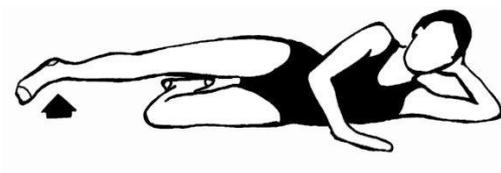
**9. Pelvic tilt.** Lie on back with knees bent. Press the low back into the floor by pulling the stomach muscles in.



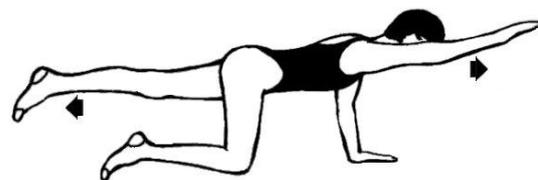
**10. Bridging.** Pelvic tilt, then raise hips up and lower down to the floor.



**11. Curl ups.** Pelvic tilt, reach hands towards heels by raising your head and shoulders.



**12. Outer thigh lift.** Lie on side with lower knee bent, hold top leg straight and lift it.



**13. Leg and arm lifts.** Practice lifting one arm, then one leg. Once you have got control of this, try lifting the opposite arm and leg together. Repeat for the other side.