

APRIL 21, 2021



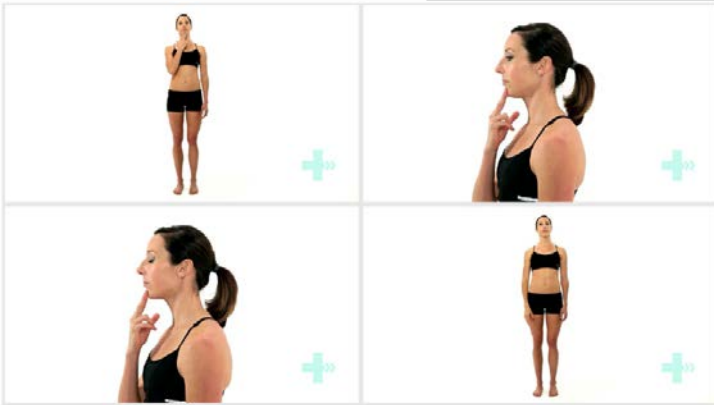
WORKING FROM HOME

11 EXERCISES TO WORK FROM HOME SAFELY



EASTHILL
PHYSIOTHERAPY
+ ACUPUNCTURE

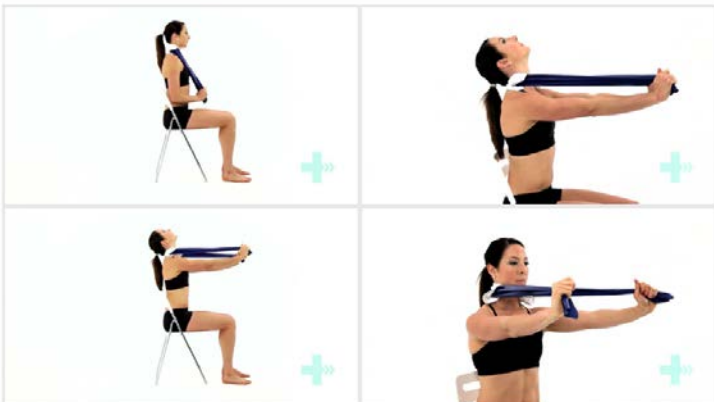
1 CERVICAL RETRACTION STRENGTHENING, TUCKING CHIN, STANDING



2 SETS / 10 REPS / 1 S HOLD

- Stand straight, looking ahead, and place two fingers on your chin.
- Push your chin so that your head goes straight back, lengthening through the back of your neck, and keeping your eyes forwards.
- Hold, and then relax.

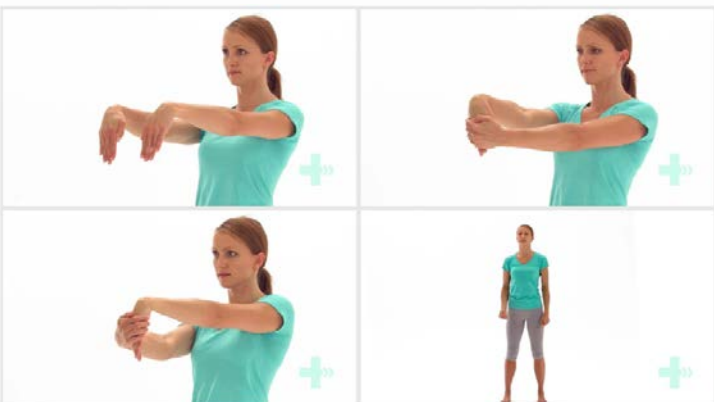
2 CERVICAL EXTENSION ROM MOBILIZATION WITH MOVEMENT (SEGMENTAL), SITTING



2 SETS / 10 REPS / 1 S HOLD

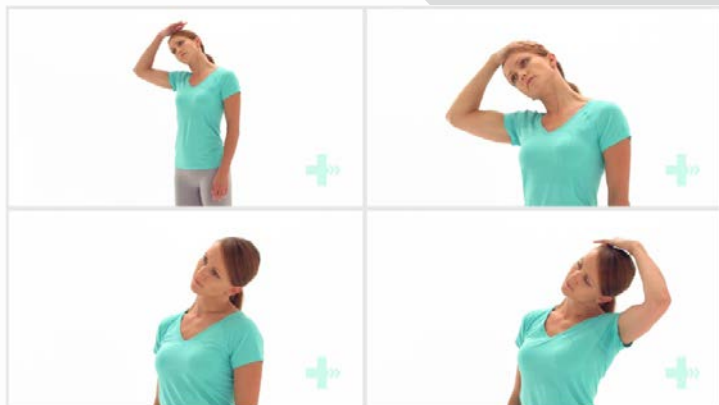
- Sit up tall with a towel behind your neck.
- Hold the ends in each hand.
- Look up towards the ceiling, extending your neck, whilst simultaneously pulling forwards on the ends of the towel.
- You can move the towel up and down your neck to find different points to stretch at.

3 WRIST EXTENSORS STRETCH PALM DOWN, STANDING

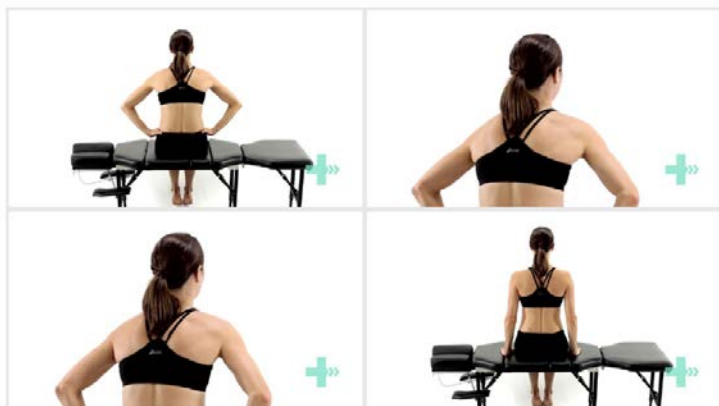


1 SET / 4 REPS / 15 S HOLD

- Extend your affected arm straight out in front of you with your palm face down, and drop your hand towards the floor.
- With your other hand, apply a gentle pressure to the back of your wrist and hold. You should feel this stretch down the back of your forearm.

4**"UPPER TRAPEZIUS STRETCH"
CERVICAL SIDE BENDING STRETCH, STANDING****1 SET / 4 REPS / 15 S HOLD**

- Gently tilt your head to one side until you feel the stretch on the opposite side. If it's comfortable for you, apply some gentle pressure on the side of your head with one hand to increase the stretch.
- Repeat on the opposite side.

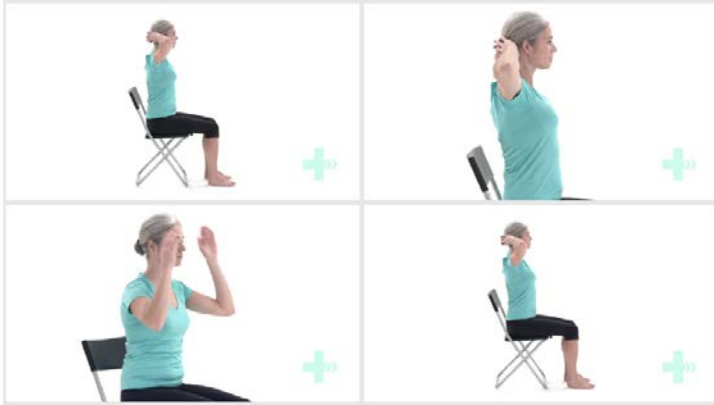
5**SCAPULAR RETRACTION/DEPRESSION
STRENGTHENING, HANDS ON WAIST, SITTING ON TABLE****2 SETS / 10 REPS / 1 S HOLD**

- Start in a seated position and place your hands on your hips.
- Let your shoulders fall forward by rounding the upper back, then squeeze your shoulder blades together, drawing them back and down as your elbows come out and back.
- Keep your shoulders pressed down and away from the ears at all times.

6**"PELVIC TILTING" LUMBAR FLEXION/EXTENSION
AROM, HANDS ON TABLE, SITTING****2 SETS / 10 REPS**

- Sit up straight with your feet flat on the floor.
- Place your arms on the table.
- Push out your lower back and sit slouched.
- NOTE: Do not slip your buttocks forward.
- Pull in your lower back and sit upright exaggeratedly. Keep looking straight ahead.
- Repeat 5 times.
- A tip: Relax your arms.

7 THORACIC EXTENSION STRETCH, OVER BACK OF CHAIR, HANDS BEHIND HEAD, SITTING; 02



3 SETS / 10 REPS / 1 S HOLD

- Sit up straight on a chair.
- Place your hands behind your head and extend your upper back over the top of the chair.
- Hold this position.

8 ILIOPSOAS STRETCH FOOT ON CHAIR, STANDING



1 SET / 4 REPS / 15 S HOLD

- Stand up straight facing a chair or high bench.
- Stand on the leg you would like to stretch, placing the sole of your other foot firmly on the chair.
- Ensure your foot is in the middle of the chair so as to avoid any tipping.
- Stand up straight, look ahead, and tighten your buttock muscles.
- Keep your stance leg straight as you push your hips forwards.
- You should feel a stretch in the front of your hip on your stance leg.
- Hold this position.

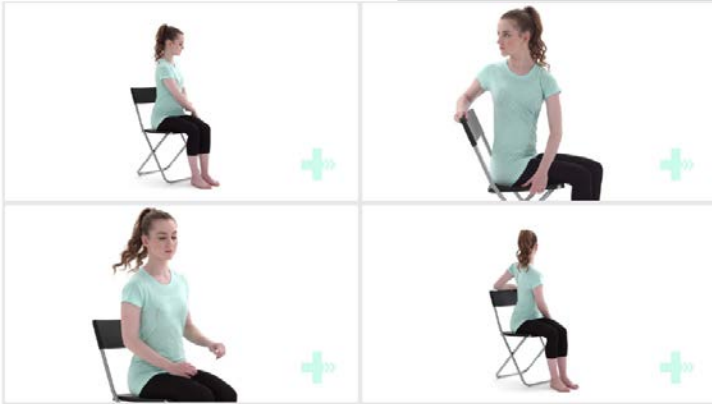
9 'NEURODYNAMICS' SCIATIC NERVE SLUMP SITTING - LIFTING/POINTING TOES



2 SETS / 10 REPS

- Sit in a chair.
- Round your back and lower your head so your weight is down through your tail bone.
- Slowly begin to straighten your affected leg out until you reach the point of tension in the nerve.
- Do not push any further than this point.
- Holding your knee in this position, raise your head up whilst moving your toes in towards you, then lower your head back down and point your toes as you do so.
- Perform the movement fluidly.

10 UPPER TRUNK ROTATION AROM, END RANGE ASSISTED, SITTING; 02



2 SETS / 10 REPS / 1 S HOLD

- Sit upright in a chair.
- Rotate your body around to one side, then rotate around to the other side. You can hold onto the back of the chair to increase the stretch.

11 "FIGURE 4" PIRIFORMIS/GLUTEALS STRETCH SITTING; 01



1 SET / 4 REPS / 15 S HOLD

- Sit upright in a chair.
- Cross the ankle of the affected leg over the opposite thigh just above the knee. Lean forwards, bending from the hip.
- Increase the stretch by placing your hand on the inside of the affected knee, and apply some downwards pressure.
- Do not round your back whilst you hold this position.



REPAIR. RESTORE. REBUILD.

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