St George's University Hospitals NHS
NHS Foundation Trust

BACK CLASS

Patient Exercise Booklet

Bending

Low level

- Sit on the chair with your arms down by your sides
- Slowly reach your hands down to the floor bending your back as much as possible
- Slowly return to starting position




Moderate level

- Standing with your feet shoulder width apart
- Slowly bend your back and reach your hands down towards the floor
- Allow your knees to bend a little if you feel some tightness in the back of your legs
- Slowly return to the starting position without using your hands




High level

- Stand on the middle portion of the band and hold either end in each hand
- Starting with your back in a bent position, slowly straighten up
- Slowly return to the starting position allowing your back to bend as much as able




Squats

Low level

- Standing in front of a raised surface
- Slowly sit down on the edge of the surface
- Slowly stand back up again

Moderate level

- Standing in front of a low to moderate height chair
- Slowly sit down on the edge of the chair
- Slowly stand back up again

*** Physio Tip:**
For both of the above exercises, you can make this harder by gently tapping your bottom on the surface instead of sitting your weight down

High level

- Stand with your feet shoulder width apart
- Slowly squat down until your thighs are parallel to the floor
- Hold for a moment and slowly stand back up

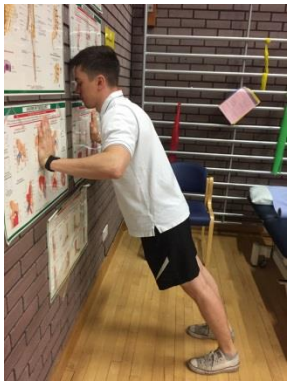


*** Physio Tip:**
Make this exercise harder by holding a weight close to your chest with both hands

Press ups

Low level

- Stand just further than arms-length away from the wall
- Lean against the wall with your hands about chest height
- Slowly lower yourself towards the wall
- Slowly push yourself away from the wall until your arms are straight

Moderate level

- Stand leaning forwards on a stead surface
- Bend your elbows to slowly lower your chest towards the plinth
- Hold for a moment and return to the starting position




High level

- Starting in a press up position on the floor with your hands in line with your chest and your body straight
- Slowly lower your chest towards the floor
- Stop just short of contacting the floor and then push yourself up to the starting position




Bridging

Low level

- Lying on the floor with your knees bent
- Keep your bottom and shoulders in contact with the floor and gently arch the small of your back up into the air
- Then gently flatten your back down into the floor and slightly lift your bottom into the air a little bit





Moderate level

- Lie on your back with your knees bent
- Slowly lift your bottom up into the air until your body is straight
- Hold for a moment and then slowly lower



High level

- Lie on your back with your knees bent with your feet further away from your bottom than in the 'Moderate' exercise
- Hands up in the air
- Slowly raise your bottom into the air and hold for a moment
- Slowly lower your bottom to the floor



Step ups

Low level

- Stand holding on to the hand rails and step up and down the bottom step
- Alternate your feet to ensure an equal amount of work through each leg



Moderate level

- Step up and down the step without holding on with your hands
- Alternate your feet to ensure an equal amount of work through each leg



High level

- Hold a weight close to your chest
- Step up and down the step
- Alternate your feet to ensure an equal amount of work through each leg



Row

Low—moderate level

- Stand with one foot in front and one behind and hold onto each end of the band
- Pull the band towards your stomach whilst keeping your elbows tight to your sides
- Hold for a moment then slowly return to the starting position

* Low level: Yellow and red bands
* Moderate level: Green and blue bands




High level

- Stand on the band with both feet and hold onto each end with your hands
- Bend your knees a little knees and lean your body forwards
- Raise your elbows towards the ceiling and squeeze your shoulder blades together




Balance

Low level

- Hover your hands near a steady surface for support
- Stand on one leg and hold for as long as able



Moderate level

- Stand on one leg
- Swing your arms and other leg forwards and backwards to mimic a walking pattern
- Swap legs and repeat





High level

- Stand on the centre of a less steady surface (e.g. folded towel, pillow etc) on one leg and hold your balance
- Hover your hands near a wall or rail for safety
- Repeat on other leg



Marching/jogging on spot

Low level

- March on the spot raising your knees nice and high



Moderate level

- Jog on the spot
- Make this harder by raising your knees nice and high



High level

- Jog on the spot on the trampette
- If you have no trampette available, jogging on a softer surface such as grass can make this harder
- Make this harder by raising your knees nice and high



Mobility exercises

Knee rolls

- Lie on your back with your knees bent
- Slowly roll your knees side to side




Knee hugs

- Hug your knees into your chest and hold

Pelvis rotations

- Rotate your pelvis around in large circular motions




Side bends

- Slowly reach down sideways towards your knee
- Return to star and repeat on other side

Rotations

- Rotate your whole body around to the side as much as able
- Return to start and repeat on other side




Leaning backwards

- Lean back as far as able

* **Physio Tips:**
Use these exercises in between other exercises in this booklet.
Use these exercises on days of increased pain