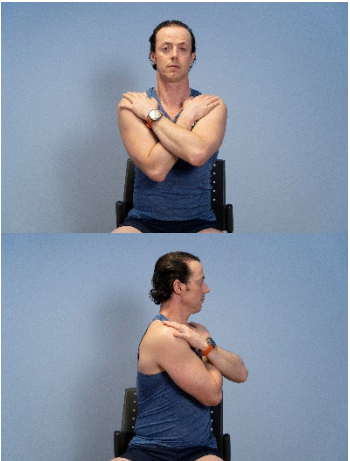


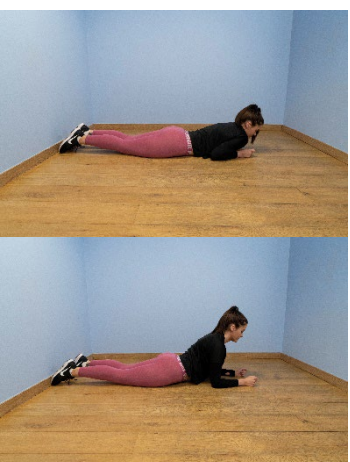
Aim to perform this programme a minimum of once per day unless prescribed otherwise. As with any new exercise, start slowly (repetitions as able) and build up as you are able within the guidelines below. Pain should not exceed 3/10 whilst completing this exercise programme.



10 reps / 2-3 sets / 1 minute rest

1. Thoracic rotation

- Sitting in an upright chair put your arms across your chest to touch the opposite shoulder.
- Twist to look over one shoulder as far as is comfortable and then repeat to the opposite side.
- Repeat for 10 on each side.



15 reps / 2-3 sets / 1 minute rest

2. Lumbar extension

- Lie on your front on the floor or in bed.
- Put your elbows underneath your shoulders.
- Push up on your elbows to raise your shoulders and upper body off the floor.
- Try not to allow your hips to raise up off the floor.
- Push up as far as you feel comfortable, and as pain and stiffness allow.



Start 5-10 minutes progressing each week as pain and function allows



3. Brisk walking

- Start by taking shorts walks everyday just to get out in the fresh air and into nature if you can.
- Walk at a speed that raises your heart rate but leaves you able to have a conversation.
- Walking with a friend or partner with the government guidance is great.

We recommend consulting a musculoskeletal physiotherapist to ensure exercises are best suited to your recovery. If you are carrying out an exercise regime without consulting a healthcare professional, you do so at your own risk. If you have any concerns whilst completing these exercises, please contact a healthcare professional.