

Self Guided Exercises

Compiled by John Davis



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Registered Charity: 1098658

Warmup Exercises

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TIP

“ If you stare at something visual it will help you to concentrate and gain your balance”

- Arms swinging across the body, twisting at the waist, knees bent, slightly 20 either side.
- Hands on hips and rotate, then step up and down 6 times.
- Hand over Left shoulder, count of 6 down slowly, same with Right shoulder.
- Left arm centre of back, same for Right arm.
- Back of Left hand on Right shoulder, then back of Right hand on Left shoulder.
- Right arm down Right leg same for the Left side and stretch.
- Hands on top of bottom and stretch back.
- Knees bent, hips forward, arms out and reach to Left and Right.
- Stand on Left leg and pull Right knee up and repeat Right leg.

REMEMBER SLOW AND DELIBERATE



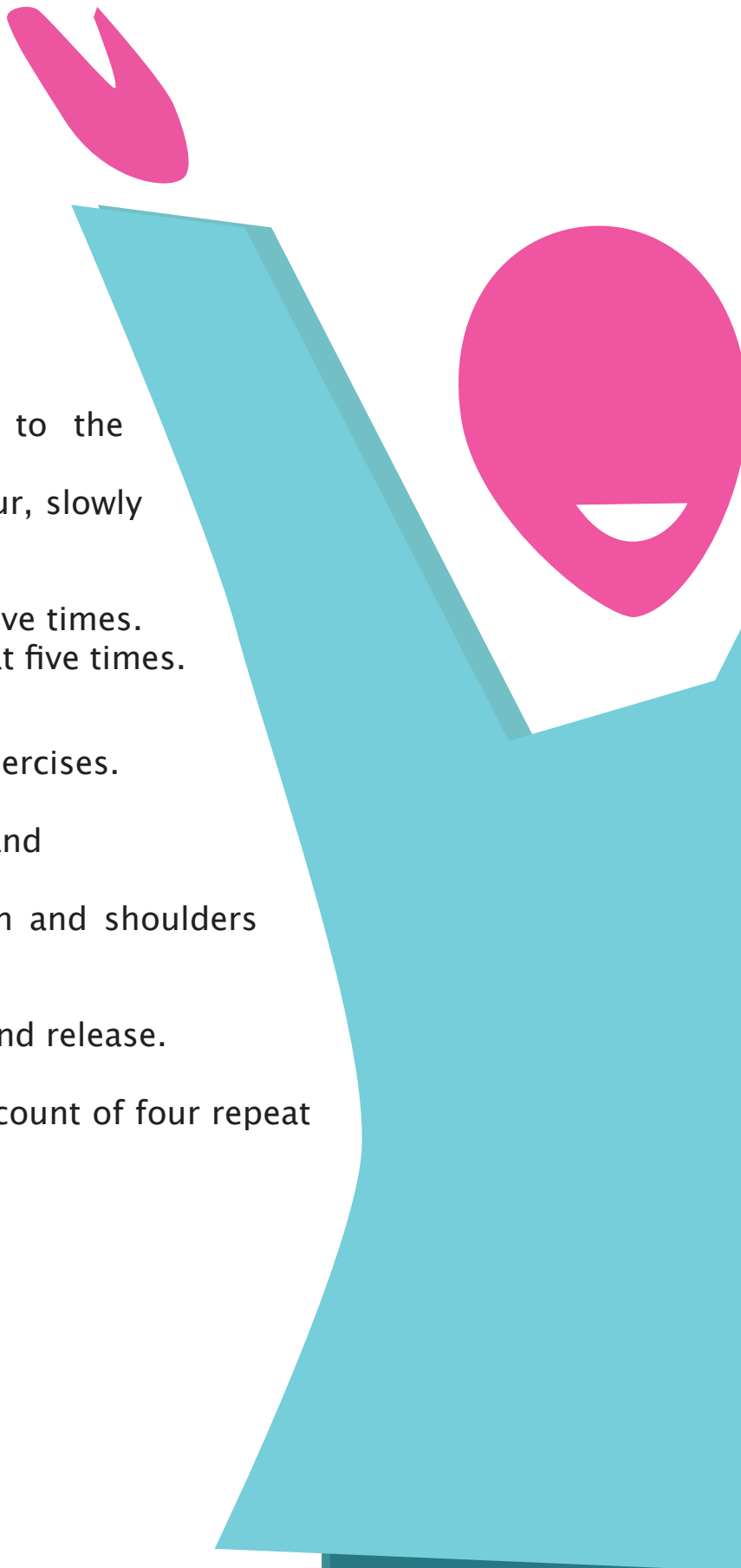
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Chair Exercises

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- Breathing using Diaphragm in to the count.
- of three, out to the count of f our, slowly and peacefully.
- Left ear on left shoulder, repeat five times.
- Right ear on right shoulder, repeat five times.

Feet Stretches and Rotation Chair Exercises.

- Keep legs still, this is stretching and co-ordination.
- Stretch arms down, fingers down and shoulders down.
- Arms stretched out, make a fist and release.
- Stretch arms above the head.
- Pull stomach in and hold for the count of four repeat twice.



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Mat Exercises

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- Right arm to left leg, then Left arm to right leg.
- On back, hips and feet square knees to the left hold for the count of five, same with right side.
- Repeat five times each side.
- Swing left and right five times.
- Same position move knees about an inch each side twenty times in all.
- Pull knees up and hold for the count of ten.
- Knees across body in turn.
- On front, pull legs up back in turn for the count of five.



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Standing Exercises

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- Choose a Partner now face them, stretch Left and Right hamstrings.
- Next bend alternate ankles.
- Alternate swinging motions with locked fingers, shoulders together knees bent and bums pulled in!

Ball Games.

- Get the members together passing ball, then speed lap and alternate passing the ball?
- This exercise is about coordination, balance and team work.



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Relaxation

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After any exercise session it is important that you relax your muscles and joints to allow any toxins that have accumulated to be flushed away. Relaxation also takes pressure off your joints and allows water and fluid to be absorbed by your discs.

It is also important to relax your mind. Breathing in to the count of three, hold for a moment breath out to the count of four, using your diaphragm.

This deep relaxation, is very useful to chronic pain sufferers, as it reduces stress levels and with practice, it can reduce the suffering associated with chronic pain.

Mindfulness is a clinically proven series of relaxation and meditation practices, and the relaxation sessions we carry out at SMILE, are a very good start on this pain relieving journey. This is also a core principle of SMILE Preston.



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