

Clever Movement Physiotherapy & Pilates 10 minute programme

Chair squat

- Stand in front of a chair with feet hip width apart.
- Bend knees to squat down to touch the chair.
- Do not sit down.
- Then return to starting position.
- Repeat x 5



Lunge

- Stand with feet hip width apart.
- Use hand to hold onto a chair for balance.
- Take a large step forward with one leg.
- Bend knees to lower body down.
- Then rise up and step back to the starting position.
- Repeat x 5



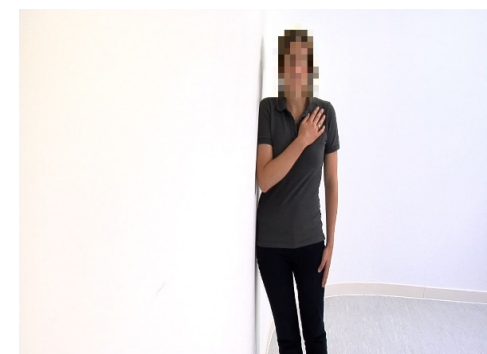
Bent knee lift

- Lie on the floor on your side.
- Bend your hips and knees a little way.
- Place your lower arm underneath your head.
- Place your upper arm on the floor in front of you.
- Ensure your hips are stacked on top of each other.
- Part your knees keeping your feet together.
- Ensure your top hip does not roll backwards.
- Now lower your leg.
- Repeat until fatigued



Side glide

- Stand sideways onto a wall, with your feet a short distance away from the wall
- Have your feet together and your knees straight
- Lean your shoulder and hip into the wall.
- Place your inside arm across your body.
- Now move only your hips away from the wall.
- And then return to the starting position
- Repeat x 5



Roll down

- Stand against a wall with your feet a small distance away from the wall.
- Flatten your low back into wall.
- Now slowly roll down, starting with head and neck, then your upper back, lower back and hips, moving towards your toes.
- Then reverse the movement by coming back up starting with your lower back, followed by your upper back, neck and head
- Repeat x 2



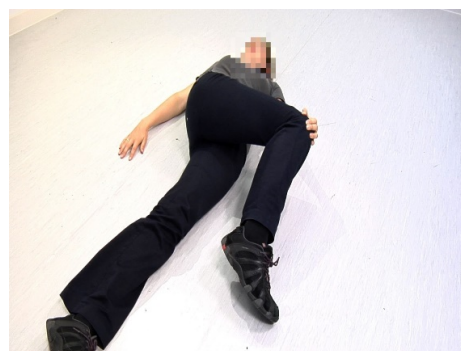
Knee to chest

- Lie flat on the floor.
- Bend one knee and hug knee into your chest.
- Then lower the leg back down to the ground again.
- Repeat x 2



Lower back rotation

- Lie flat on your back
- Bend one knee up and take hold of the knee with the opposite hand.
- Gently pull the knee across your body.
- Ensure your shoulders remain flat on the floor.
- Slowly return to the starting position.
- Repeat x 2



Upper back rotation

- Lie on your side with your hips and knees bent into the chair position.
- Place your hands either side of your head.
- Have your elbows together and in front of your face.
- Keeping your hips still, rotate your upper arm over towards the ceiling and then other towards floor.
- Return to the starting position
- Repeat x 6

