Gentle neck turns

STRETCHING & MOBILITY / HOME EXERCISE GUIDE

PURPOSE

Practice a small, comfortable turning movement without pulling or forcing your neck.

YOU WILL NEED

A firm chair without wheels, with your feet supported.

BEFORE YOU BEGIN

Ask for individual guidance after a recent injury or surgery, or if neck movement causes dizziness, arm symptoms or a severe headache.

PAUSE AND GET ADVICE

Stop for sharp pain, new tingling or weakness, dizziness or visual symptoms; contact your care team before repeating.

Sudden severe headache with weakness, trouble speaking or loss of balance requires emergency care.

STEP BY STEP

1. Sit tall but relaxed. Let your shoulders settle and look straight ahead.
2. Slowly turn your head toward the side selected by your clinician. Stop before strain or pain; a small turn is enough.
3. Return smoothly to the middle. Repeat toward the other side only if it is part of your plan.
4. Keep your chin level. Do not make circles or use your hands to push farther.

KEEP IN MIND

Move at an easy pace and keep breathing. Your shoulders can stay quiet without being held rigidly.

YOUR INDIVIDUALIZED PLAN

Your clinician should select this exercise and complete the plan before you begin. Use only the range and resistance demonstrated for you.

Repetitions: _____ Sets: _____

Hold (seconds): _____ Days per week: _____

Side: _____

Clinician / date: _____

Range or modification: _____

Review date: _____

SOURCES AND FURTHER READING

NHS - Sitting exercises

Gentle pelvic tilts

STRETCHING & MOBILITY / HOME EXERCISE GUIDE

PURPOSE

Explore a small movement of the pelvis while your back is supported.

YOU WILL NEED

A firm, comfortable surface and a small head pillow if needed.

BEFORE YOU BEGIN

Have your clinician confirm that lying on your back and getting on and off the surface are appropriate for you. Recent surgery, pregnancy or a new back injury may require a different position.

PAUSE AND GET ADVICE

Stop if back or leg symptoms worsen or new tingling, numbness or weakness develops.

New trouble controlling bladder or bowels, numbness around the groin, or rapidly worsening leg weakness needs emergency assessment.

STEP BY STEP

1. Lie on your back with knees bent and feet resting flat. Relax your shoulders.
2. Breathe out gently and tip your pelvis a little so the space under your lower back becomes smaller.
3. Keep your buttocks on the surface. Do not push hard or lift into a bridge.
4. Release to your starting position. Repeat in a small, easy range.

KEEP IN MIND

Keep breathing normally. The aim is controlled movement, not pressing your back flat with force.

YOUR INDIVIDUALIZED PLAN

Your clinician should select this exercise and complete the plan before you begin. Use only the range and resistance demonstrated for you.

Repetitions: _____ Sets: _____

Hold (seconds): _____ Days per week: _____

Side: _____

Clinician / date: _____

Range or modification: _____

Review date: _____

SOURCES AND FURTHER READING

Newcastle Hospitals NHS Foundation Trust - Osteoarthritis (OA) hip and knee: pelvic tilts

NHS - Back pain

General adult education. Use only when selected and adapted by your clinician. This handout does not diagnose symptoms or replace your individual care plan.

Supported hamstring stretch

STRETCHING & MOBILITY / HOME EXERCISE GUIDE

PURPOSE

Use a comfortable position to feel a mild stretch behind the thigh, without pulling on the foot.

YOU WILL NEED

A comfortable firm surface; a small pillow if needed.

BEFORE YOU BEGIN

Ask for a different option if you cannot lie comfortably or have a recent hamstring injury, hip replacement precautions or symptoms traveling down the leg.

PAUSE AND GET ADVICE

Stop for sharp pain, burning, tingling or symptoms traveling below the knee; ask your clinician to reassess the movement.

Do not continue if symptoms persist or become stronger after the stretch.

STEP BY STEP

1. Lie on your back with both knees bent and feet resting on the surface.
2. Lift the selected thigh and support it with your hands behind the thigh, away from the knee joint.
3. Slowly open the knee until you feel a mild stretch behind the thigh. Keep the ankle relaxed and the other foot supported.
4. Hold for your prescribed time without bouncing. Bend the knee and lower the leg slowly.

KEEP IN MIND

A partly bent knee is fine. Do not pull the thigh hard toward your chest or aim for a straight leg.

YOUR INDIVIDUALIZED PLAN

Your clinician should select this exercise and complete the plan before you begin. Use only the range and resistance demonstrated for you.

Repetitions: _____ Sets: _____

Hold (seconds): _____ Days per week: _____

Side: _____

Clinician / date: _____

Range or modification: _____

Review date: _____

SOURCES AND FURTHER READING

NHS - How to stretch after exercising

Supported calf stretch

STRETCHING & MOBILITY / HOME EXERCISE GUIDE

PURPOSE

Gently stretch the calf with steady support from a wall.

YOU WILL NEED

A solid wall and supportive, nonslip footwear.

BEFORE YOU BEGIN

Use only if you can stand safely. Ask for a seated alternative if balance or an ankle, foot or Achilles problem makes this position unsuitable.

PAUSE AND GET ADVICE

Stop for pain, pins and needles or unsteadiness.

New unexplained calf pain with one-sided swelling or skin color change needs prompt medical assessment before stretching. Chest pain or breathlessness with these symptoms is an emergency.

STEP BY STEP

1. Face the wall and place both hands on it at a comfortable height.
2. Step the selected leg back. Keep that heel resting on the floor and the back knee gently straight.
3. Bend the front knee slightly and shift forward until there is a mild stretch in the back calf. Keep both feet pointing ahead.
4. Hold without bouncing, then ease out of the stretch. Switch sides only as prescribed.

KEEP IN MIND

Shorten the stance if you cannot keep the heel down comfortably. Do not force the ankle.

YOUR INDIVIDUALIZED PLAN

Your clinician should select this exercise and complete the plan before you begin. Use only the range and resistance demonstrated for you.

Repetitions: _____ Sets: _____

Hold (seconds): _____ Days per week: _____

Side: _____

Clinician / date: _____

Range or modification: _____

Review date: _____

SOURCES AND FURTHER READING

NHS - Flexibility exercises

NHS - DVT (deep vein thrombosis)

General adult education. Use only when selected and adapted by your clinician. This handout does not diagnose symptoms or replace your individual care plan.

Resistance-band row

RESISTANCE BANDS / HOME EXERCISE GUIDE

PURPOSE

Practice a controlled pulling movement with resistance selected by your clinician.

YOU WILL NEED

Your prescribed band and a purpose-built anchor installed as its manufacturer directs.

BEFORE YOU BEGIN

Have your clinician check the anchor and standing or seated setup. Inspect the band for damage; replace it if worn. Follow the manufacturer's eye-protection guidance.

PAUSE AND GET ADVICE

Stop for shoulder pain, new arm tingling, weakness or dizziness.

Do not use an uncertain anchor, unstable furniture, damaged band or resistance that changes your technique.

STEP BY STEP

1. Face the secure anchor, with the band at about elbow height. Begin in the position demonstrated for you.
2. Hold the band with wrists comfortable and shoulders relaxed.
3. Bring your elbows back close to your sides. Gently draw your shoulder blades toward each other without shrugging.
4. Return slowly. Keep control of the band and do not let it snap back.

KEEP IN MIND

Stay upright rather than leaning back to pull harder. Keep the band and its recoil path away from your face.

YOUR INDIVIDUALIZED PLAN

Your clinician should select this exercise and complete the plan before you begin. Use only the range and resistance demonstrated for you.

Repetitions: _____ Sets: _____

Hold (seconds): _____ Days per week: _____

Side: _____

Clinician / date: _____

Range or modification: _____

Band / anchor / position: _____

Review date: _____

SOURCES AND FURTHER READING

American Academy of Orthopaedic Surgeons - Rotator Cuff and Shoulder Conditioning Program

Performance Health / THERABAND - THERABAND Professional Latex Resistance Bands: use and safety

General adult education. Use only when selected and adapted by your clinician. This handout does not diagnose symptoms or replace your individual care plan.

Band shoulder rotation

RESISTANCE BANDS / HOME EXERCISE GUIDE

PURPOSE

Rotate the shoulder through a small range while keeping the elbow by your side.

YOU WILL NEED

Your prescribed resistance band, approved anchor and a small folded towel if advised.

BEFORE YOU BEGIN

Your clinician should select the side, resistance and range, especially after a dislocation, tear or surgery. Replace damaged bands and follow manufacturer eye-protection guidance.

PAUSE AND GET ADVICE

Stop for sharp pain, instability, catching, new tingling or weakness.

Ask for reassessment if symptoms worsen after exercise. Do not increase resistance on your own during injury rehabilitation.

STEP BY STEP

1. Stand or sit side-on to the secure anchor, with the exercising arm farther from it.
2. Hold the band and bend that elbow to about a right angle. Keep the elbow gently beside your body; a small towel may help.
3. Move your hand outward a short distance while the elbow stays in place.
4. Return slowly without letting the band recoil. Keep your trunk facing forward.

KEEP IN MIND

Use a comfortable range. Do not twist your body, shrug or pull the elbow away to gain distance.

YOUR INDIVIDUALIZED PLAN

Your clinician should select this exercise and complete the plan before you begin. Use only the range and resistance demonstrated for you.

Repetitions: _____ Sets: _____

Hold (seconds): _____ Days per week: _____

Side: _____

Clinician / date: _____

Range or modification: _____

Band / range / anchor: _____

Review date: _____

SOURCES AND FURTHER READING

American Academy of Orthopaedic Surgeons - Rotator Cuff and Shoulder Conditioning Program

Performance Health / THERABAND - THERABAND Professional Latex Resistance Bands: use and safety

General adult education. Use only when selected and adapted by your clinician. This handout does not diagnose symptoms or replace your individual care plan.

Seated band hip opening

RESISTANCE BANDS / HOME EXERCISE GUIDE

PURPOSE

Practice a small outward knee movement while your feet stay supported.

YOU WILL NEED

A stable chair without wheels and a clinician-selected loop band.

BEFORE YOU BEGIN

Confirm suitability if you have hip surgery precautions, recent injury or groin pain. Inspect the band and replace it if damaged. Use a latex-free product if needed.

PAUSE AND GET ADVICE

Stop for hip, groin or knee pain, new numbness or tingling, or a feeling of instability.

Do not force a wider position. Contact your care team if symptoms last or worsen afterward.

STEP BY STEP

1. Sit with your feet flat, knees comfortably apart and trunk upright.
2. Place the prescribed loop just above your knees, not across the kneecaps.
3. Keep your feet on the floor and gently move the knees apart against the band. Use only the range demonstrated for you.
4. Bring the knees back slowly. Keep your pelvis still and avoid leaning backward.

KEEP IN MIND

Keep the loop flat against clothing and stop if it pinches. A small controlled movement is enough.

YOUR INDIVIDUALIZED PLAN

Your clinician should select this exercise and complete the plan before you begin. Use only the range and resistance demonstrated for you.

Repetitions: _____ Sets: _____

Hold (seconds): _____ Days per week: _____

Side: _____

Clinician / date: _____

Range or modification: _____

Loop resistance / range: _____

Review date: _____

SOURCES AND FURTHER READING

Dynamic Health, Cambridgeshire Community Services NHS Trust - Hip pain: information and exercises

Performance Health / THERABAND - THERABAND Professional Latex Resistance Bands: use and safety

General adult education. Use only when selected and adapted by your clinician. This handout does not diagnose symptoms or replace your individual care plan.

Supported sit-to-stand

EVERYDAY STRENGTH / HOME EXERCISE GUIDE

PURPOSE

Practice standing up and sitting down with a setup matched to your strength and balance.

YOU WILL NEED

A firm chair without wheels, placed against a wall; armrests if prescribed; nonslip footwear.

BEFORE YOU BEGIN

Ask your clinician to choose a safe seat height and hand support. Use supervision if advised. Do not use a chair or support that can slide or tip.

PAUSE AND GET ADVICE

Stop for joint pain, dizziness, unusual breathlessness or loss of balance.

Chest pain, fainting or severe breathing difficulty requires emergency help.

STEP BY STEP

1. Sit near the front of the chair with both feet firmly on the floor, about hip-width apart.
2. Bring your chest forward over your feet. Use the prescribed armrests or hand support as needed.
3. Press through your feet and rise smoothly. Stand tall without locking your knees.
4. Reach for the armrests if used, bend at the hips and knees, and sit down slowly with control.

KEEP IN MIND

Breathe out as you stand. Pause between repetitions; avoid rocking repeatedly to build momentum.

YOUR INDIVIDUALIZED PLAN

Your clinician should select this exercise and complete the plan before you begin. Use only the range and resistance demonstrated for you.

Repetitions: _____ Sets: _____

Hold (seconds): _____ Days per week: _____

Side: _____

Clinician / date: _____

Range or modification: _____

Seat height / hand support: _____

Review date: _____

SOURCES AND FURTHER READING

NHS - Strength exercises

General adult education. Use only when selected and adapted by your clinician. This handout does not diagnose symptoms or replace your individual care plan.