

Becoming more active
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Salford Royal **NHS**
NHS Foundation Trust

University Teaching Trust

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Strengthening Exercises



To motivate and support change



Pain Centre
Irving Building
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painreception@srft.nhs.uk

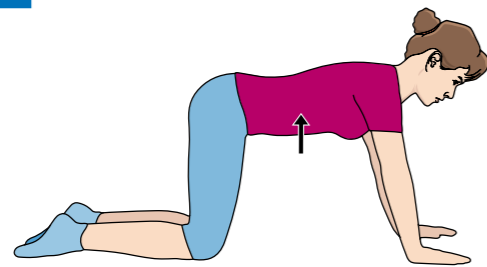
**Saving lives,
Improving lives**

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Becoming more active

1 Abdominal hollowing (H)

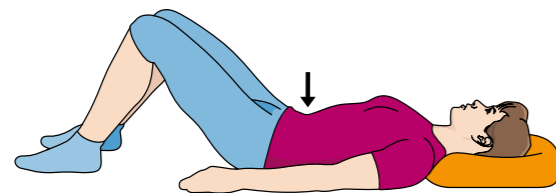


Starting position: all fours

Without arching the back, draw the tummy muscles up and in to engage your centre. Hold for 5 seconds, then gently release.

HOLD

2 Pelvic tilt (lying) (H)

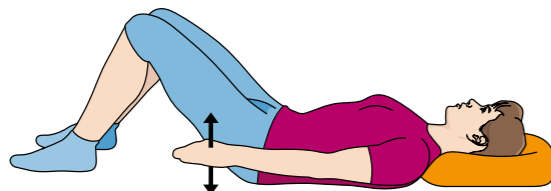


Starting position: lying on back with knees bent.

Draw the lower tummy muscles gently inwards as though you are tightening up two notches on a low slung belt. This will help to engage your centre. Hold for 5 seconds then gently release.

HOLD

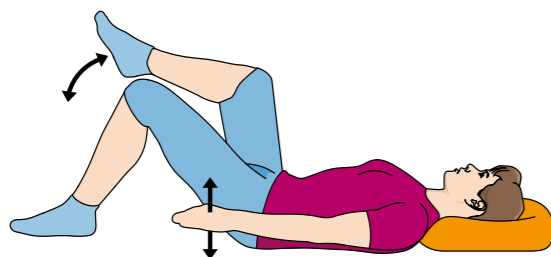
3 Hundreds



Starting position: lying on back with knees bent, arms by sides with palms facing down, centre engaged with pelvic tilt.

Hover both arms off the floor by around 10 cms and gently pulse both arms with the palms facing downwards. Keep your centre engaged and breathe in and out gently.

4 Hundreds in single leg tabletop



Starting position: lying on back with knees bent, arms by sides with palms facing down, centre engaged with pelvic tilt.

Float one leg into the tabletop position (hip and knee at 90 degrees) and hover both arms off the floor by around 10 cms. Gently pulse both arms as you breathe in and out 5 times, then lower the leg down and repeat on the opposite side for another 5 breaths.

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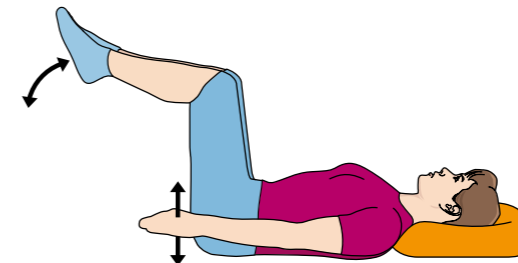
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5 Hundreds in double leg tabletop



Starting position: lying on back with knees bent, arms by sides with palms facing down, centre engaged with pelvic tilt.

Float one leg into the tabletop position (hip and knee at 90 degrees) and then float the opposite leg up to connect with the first leg. Hover both arms off the floor by around 10 cms. Gently pulse both arms as you breathe in and out. Aim to pulse the arms 100 times. Gently lower one leg down at a time.

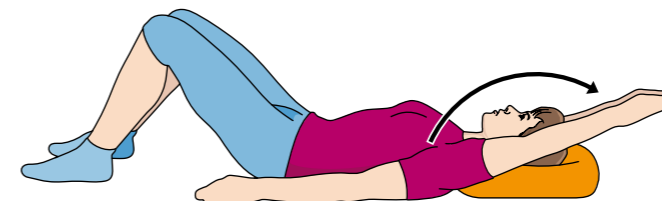
6 Bent knee fall out



Starting position: lying on back with knees bent, feet hip distance apart arms by sides with palms facing down, centre engaged with pelvic tilt.

Gently roll one leg outwards from your body, keeping your foot in contact with the floor and then roll the leg slowly back in. Repeat on opposite side.

7 Lat raise



Starting position: lying on back with knees bent, arms relaxed by sides and centre engaged with pelvic tilt.

Engage your centre. Keeping both arms straight, raise them slowly overhead to try and touch the floor above your head. Return to the starting position.

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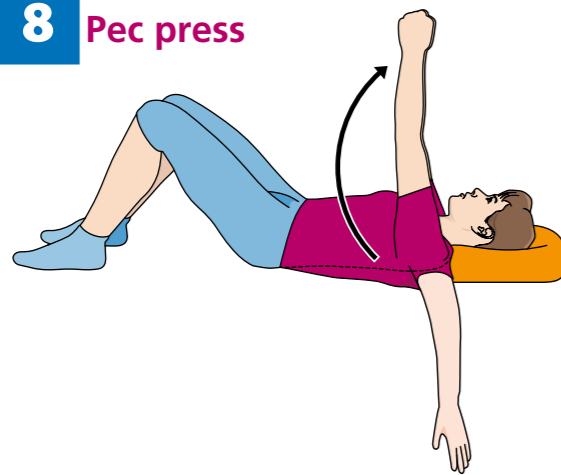
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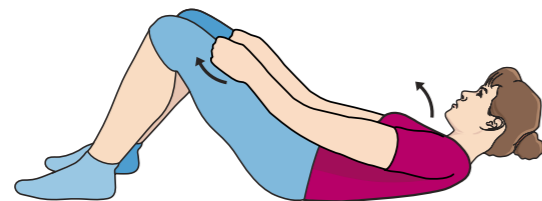
8 Pec press



Starting position: lying on back with knees bent and arms outstretched and centre engaged with pelvic tilt.

Raise both arms at the same time to meet above your chest. Keep the elbows slightly bent. Lower arms slowly back down to the floor.

9 Head-arms by side, lift (H)

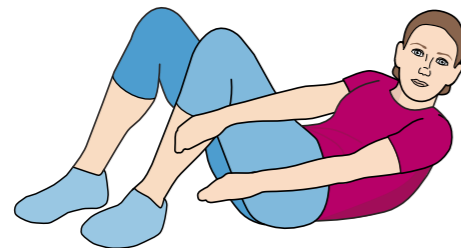


Starting position: lying on back with knees bent, arms relaxed by sides and centre engaged with pelvic tilt.

Place hands on thighs and slide towards the knees as you raise your head and chest off the floor, hold for 5 seconds, lower back down gently.

HOLD

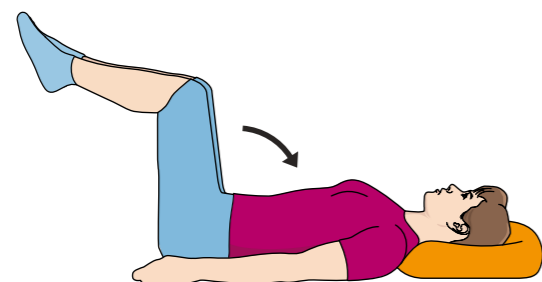
10 Diagonals



Starting position: lying on back with knees bent, arms relaxed by sides and centre engaged with pelvic tilt.

Reach to the outside of the right knee with both hands. Repeat other side.

11 Reverse Trunk Curls



Starting position: lying on back with hips and knees bent up to 90 degrees the chest.

Slowly curl knees into chest using your tummy muscles and return to starting position.

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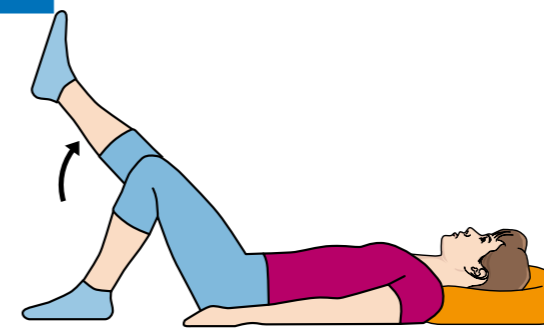
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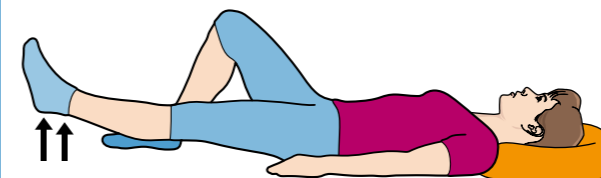
12 Leg straightening



Starting position: lying on back with knees bent and centre engaged with pelvic tilt.

Keeping your knees together, slowly straighten one leg out and then carefully bend it back down. Repeat other side.

13 Straight leg raise

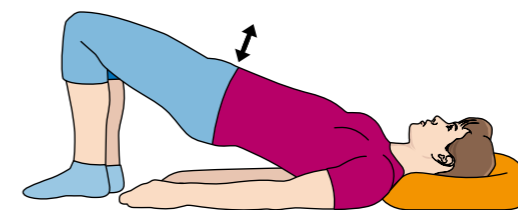


Starting position: lying on back with one knee bent and one leg straight, centre engaged with pelvic tilt.

Raise the straight leg up in the air by around 10cms, hold for 5 seconds, then lower back down slowly. Repeat on opposite leg.

HOLD

14 Bridging (H)

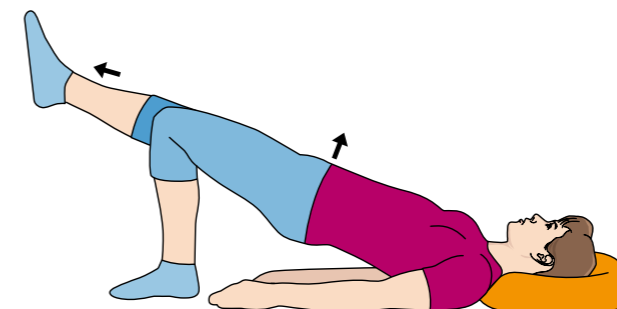


Starting position: lying on back with knees bent and centre engaged with pelvic tilt.

Raise hips up, hold for 5 seconds, then lower slowly back down.

HOLD

15 Bridging - alternate leg



Starting position: lying on back with knees bent and centre engaged with pelvic tilt.

Get into bridging position then straighten one leg out in front of you, keeping knees level. Repeat other side whilst still in the bridging position.

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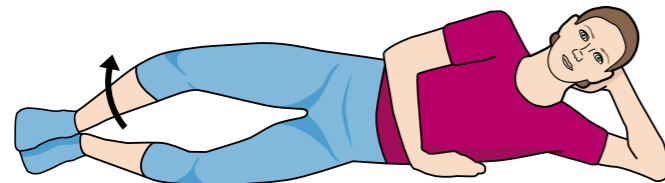
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16 Clam

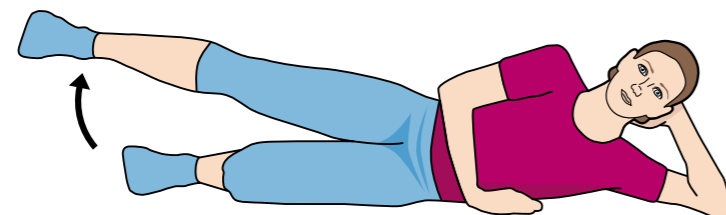
Starting position: side lying, underneath arm outstretched or bent to rest on elbow and use hand to support head. Uppermost arm in front of the body with hand on floor to support. Hips bent to 45 degrees and knees to 90 degrees.



Lift the top leg upwards keeping the feet together, slowly lower the top leg back down. Repeat on opposite side.

17 Leg Lifting

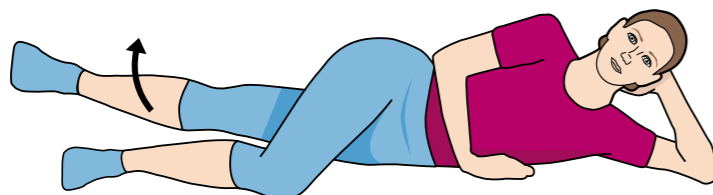
Starting position; side lying, lower leg bent with upper leg straight. Underneath arm outstretched or bent to rest on elbow and use hand to support head.



Hold your top leg straight and raise up off floor by around 10 cms. Repeat on opposite side.

18 Scissors

Starting position: side lying with top leg crossed over in front of lower leg. Underneath arm outstretched or bent to rest on elbow and use hand to support head.



Hold your lower leg straight and then raise it off the floor by around 10 cms, return to starting position. Repeat on other side.

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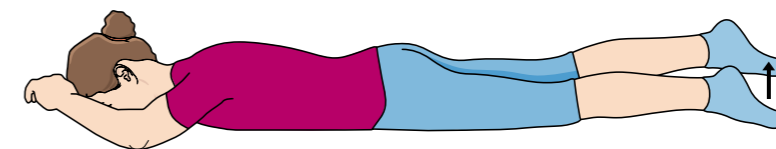
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19 Swimming (legs)

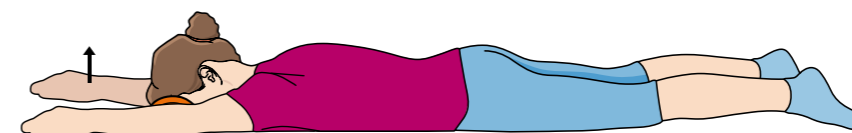
Starting position: lying on your front, forehead resting on the back of the hands. Centre engaged.



Reach one leg backwards and away from the floor allowing it to hover 2-3cms off the floor, then lower this leg to the floor. Repeat with the opposite leg.

20 Swimming (arms)

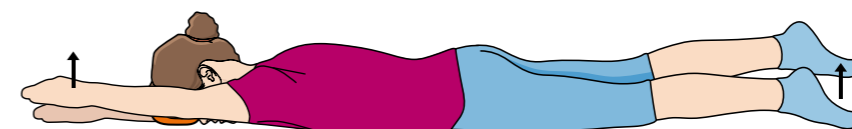
Starting position: lying on your front, forehead resting on a folded up towel. Arms overhead, slightly wider than shoulder width, palms facing downwards and centre engaged.



Reach one arm forwards and allowing it to hover 2-3cms off the floor, then lower this arm to the floor. Repeat with the opposite arm.

21 Swimming (arms and legs)

Starting position: lying on your front, forehead resting on a folded up towel. Arms overhead, slightly wider than shoulder width, palms facing downwards and centre engaged.



Reach one arm and the opposite leg away from your body allowing them to hover 2-3cms off the floor, then lower both back to the floor. Repeat with the opposite arm and leg.

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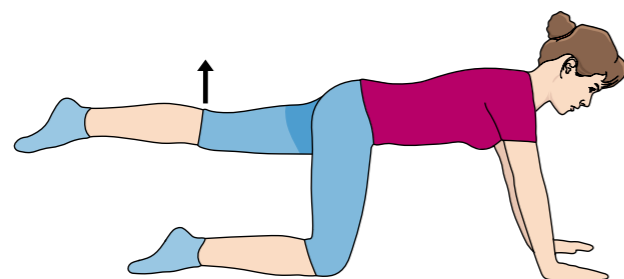
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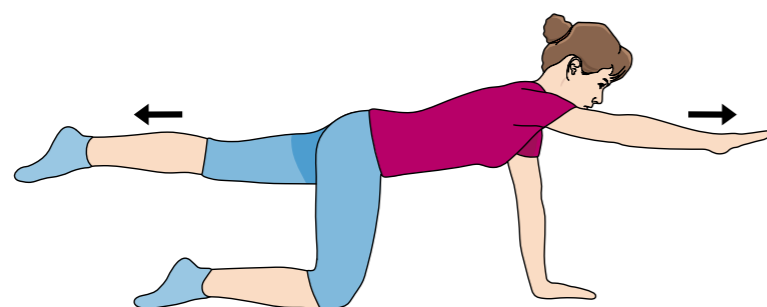
22 Leg lifting



Starting position: all fours, hands under shoulders and knees underneath hips. Engage your centre by drawing the tummy muscles upwards and inwards.

Straighten one leg out behind you and rest the foot on the floor then raise and lower the leg. Repeat on the opposite side.

23 Opposites



Starting position: all fours, hands under shoulders and knees underneath hips. Engage your centre by drawing the tummy muscles up and inwards.

Straighten one arm out in front and the opposite leg out behind. Try to keep your back from arching. Repeat with opposite arm and leg.

24 Knee extension (H)



Starting position: seated in a chair with back supported, both knees bent to 90 degrees.

Gently kick the heel outwards to bring the leg straight, hold for 5 seconds, and then lower back down. Repeat with the opposite leg.

HOLD

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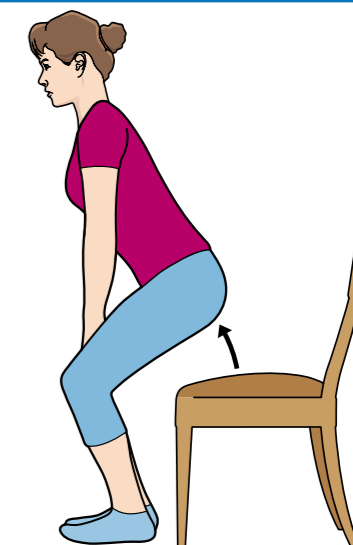
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25 Sit to stand

Starting position: seated in a chair, towards the front edge, with back supported, both knees bent to 90 degrees and feet slightly further back.

Sitting towards the front edge of the chair stand up and then lower back down slowly to sit back in the chair.



26 Bilateral arm raise

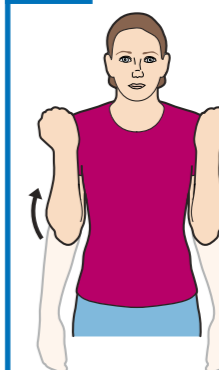
Starting position: sitting in a chair with back supported and hands on shoulders.

Straighten both arms together towards the ceiling and bend back to starting position.



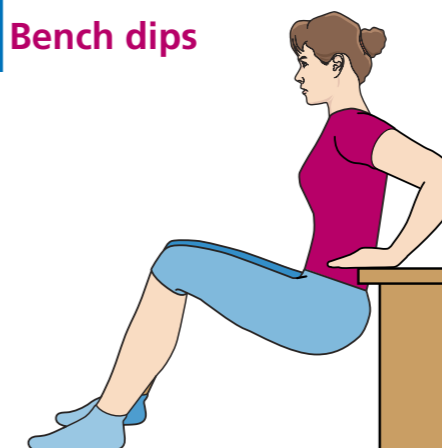
27 Biceps curl

Starting position: either sitting or standing, arms relaxed straight by side, elbows tucked in, palms facing backwards.



Bring the hand up to the shoulder by bending at the elbow. Turn the palm towards you on the way up. Return down again to starting position. Repeat other side.

28 Bench dips



Starting position: Hands on side of secure chair or stool, bottom forwards off seat, feet in front of you.

Lower your bottom towards the floor and up again by bending the elbows and knees. Keep the weight evenly distributed between arms and legs.

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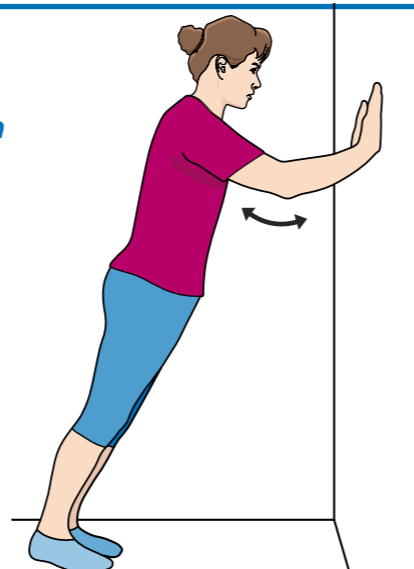
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29 Push-ups against wall

Starting position: standing facing the wall with palms at shoulder height in 'press-up' position and feet 60 cm away from the wall.

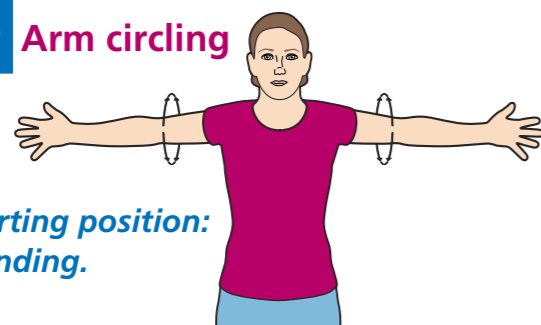
Keeping back straight, perform a push-up against the wall gently bending at the elbows and pushing in and then away from the wall.



30 Arm circling

Starting position: standing.

Hold both arms out to the side. Moving from the shoulders, circle the arms clockwise in small circles with the palms upwards. Repeat anti-clockwise.



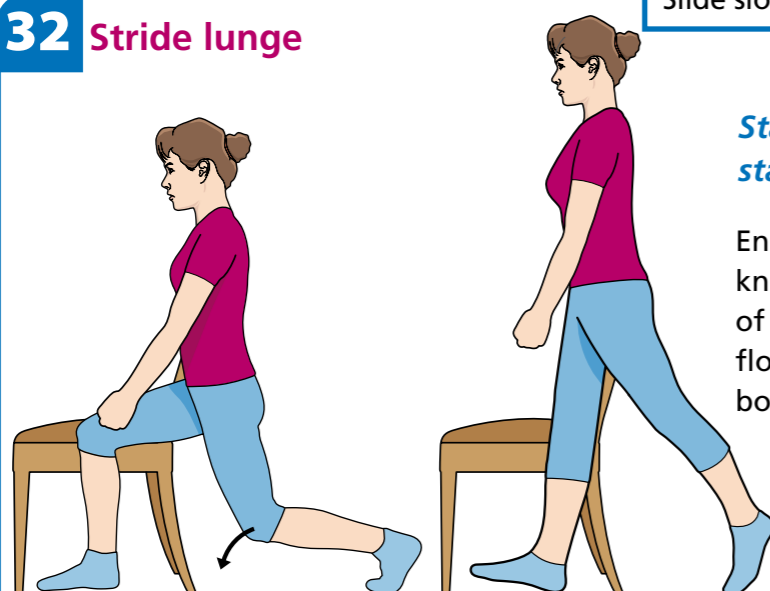
31 Wall slide

Starting position: standing with back resting against the wall, feet shoulder width apart and away from the wall.

Engage your centre. Slowly slide down the wall until your knees are slightly bent (not more than 90 degrees). Slide slowly up to the start position.



32 Stride lunge



Starting position: stride standing next to a chair.

Engage your centre. Bend both knees slowly and lower the knee of your back leg towards the floor. Keep the top half of your body relaxed and upright.

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33 Step ups

Starting position: standing at the bottom of your stairs/ in front of a step.

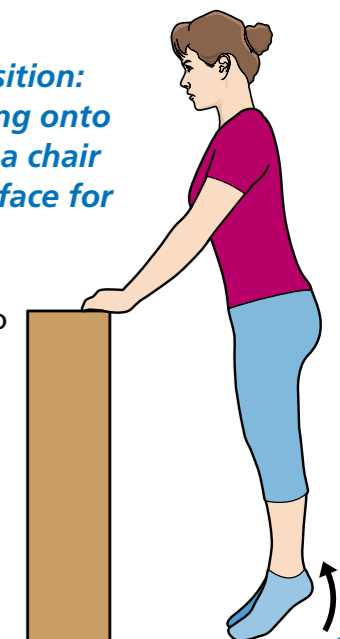
Step up onto the step with one foot, then step the opposite foot onto the step. Step off the step one foot at a time. Use the support of a rail/ banister if needed.



34 Bilateral heel raises

Starting position: stand holding onto the back of a chair or work surface for support.

Raise up onto your tip-toes and lower back down again slowly.



35 Hip abduction (H)

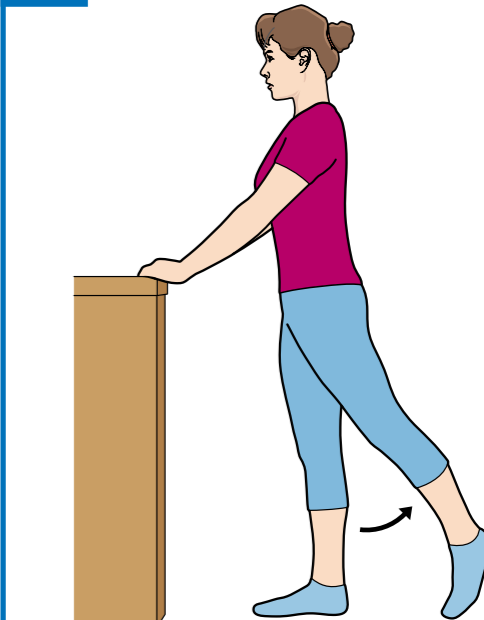


Starting position: standing sideways next to a chair or worktop for support.

Lift your leg out to the side, hold for 5 seconds, bring it back slowly. Keep your body straight throughout.

HOLD

36 Hip extension (H)



Starting position: standing facing forwards towards a chair or worktop holding on for support.

Move your leg backwards, keeping your knee straight. Squeeze your buttock tightly and hold for 5 seconds. Keep your body upright throughout.

HOLD

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For further information on this leaflet, its references and sources used, please contact
0161 206 4002.

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