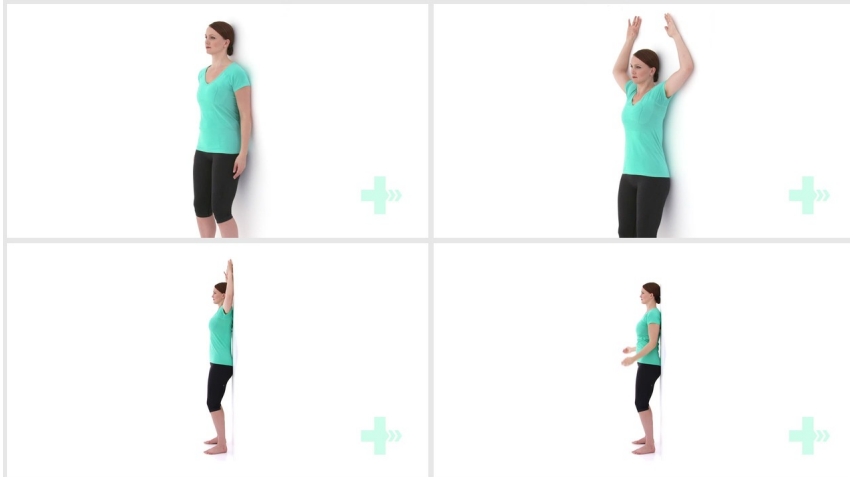




The White House Physiotherapy Group  
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### 1. Wall angels

1 Set / 10 Reps / 3 s hold



Stand with your back against a wall and bend your knees a little.

Your shoulders and head should be touching the wall.

Start with your upper arms at your side with your elbows bent.

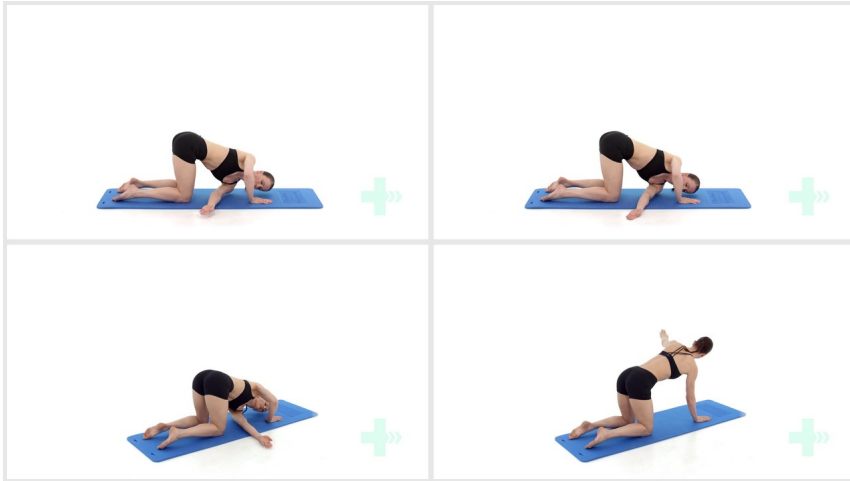
Your wrists and forearms should be touching the wall.

Bring your arms up as high as you can get them, without any of your body parts coming away from the wall.

When you reach as far as you can, slide the arms back down to the start position.

## 2. "Thread the needle" full rotation

1 Set / 10 Reps / 2 s hold



Start on your hands and knees, with your hands under your shoulders and knees under your hips.

Take one hand off the floor and reach in and through between your other arm and your legs.

Allow your body and head to follow, moving your shoulder down towards the floor as your hand reaches through.

You should feel a stretch down your side, your shoulder blade and neck.

Hold this position, and then return to the starting position.

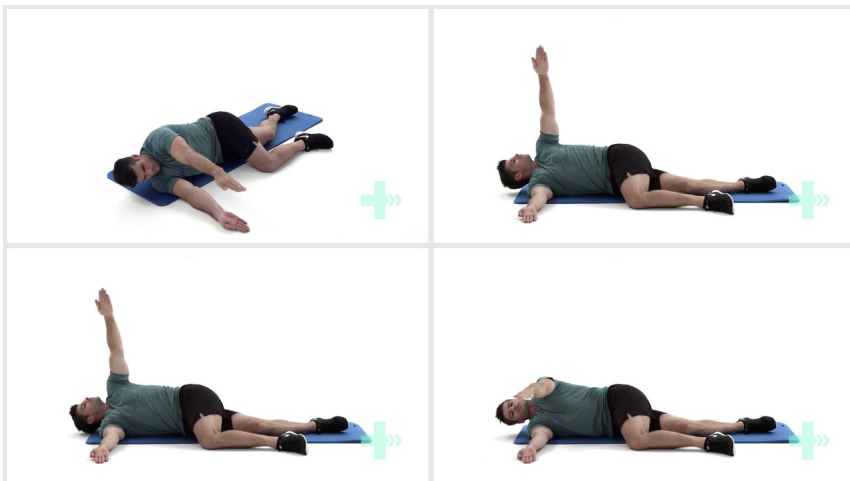
Reach your arm out to the other side, and then up towards the ceiling.

Follow the movement of your hand with your head, twisting in the other direction to look up towards the ceiling.

Hold this position, and then repeat the sequence.

## 3. 90/90 with single leg extended

1 Set / 10 Reps / 3 s hold



Lie on your side with your lower leg extended and your upper knee and hip bent at 90 degrees.

Reach your arms out in front of you with your hands one on top of the other.

Open out the upper arm, keeping your back on the floor.

Hold your knees on the floor and keep your pelvis still.

At the end of the rotation, breathe out and hold.

Rotate to the other side breathing normally.

Turn your arm as far as possible.

## 4. Cat and camel on fists

1 Set / 10 Reps / 2 s hold



The cat and camel exercise helps to stretch your spine and helps with improving the mobility of your trunk.

Start on your hands and knees, with your knees directly underneath your hips and your hands underneath your shoulders and your back in a neutral position.

Make a fist if your hands can not be laid flat on the floor.

Contract your abdominal muscles, making sure that your spine is well aligned with your back straight as a table-top.

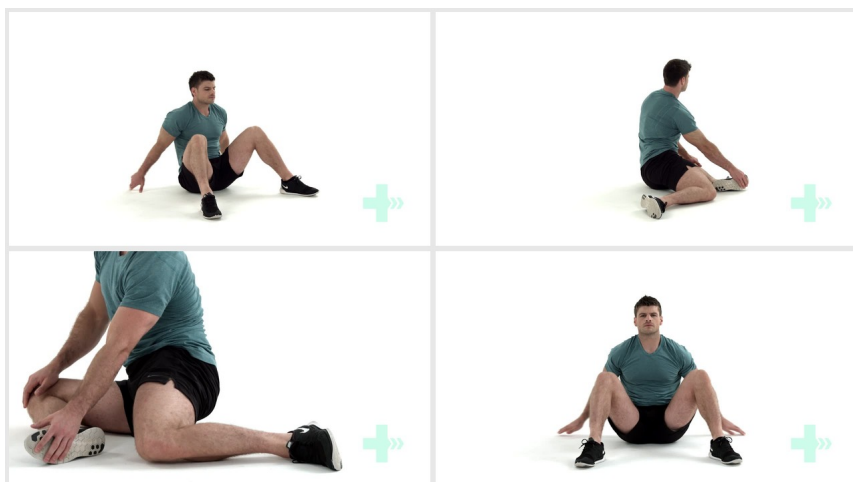
Inhale, and arch your spine away from the floor, pulling your belly up like a cat.

When it comes time to exhale, round your spine in the opposite direction, lowering your belly towards the floor and lifting your head.

Rest for a few seconds and repeat as directed.

## 5. Hip 90/90

1 Set / 10 Reps / 2 s hold



Adopt a sitting position with your back straight, legs out wide and knees bent.

Drop both knees to one side under control until you are in 90/90 position.

Return to the start position and repeat on the opposite side.