

## Personal exercise programme

### Progression 1

Children's Therapy

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Provided by  
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Stand on one leg. Tighten your stomach muscles.

Lift the other foot and press it against the inner side of the other leg. Turn your bent knee out to the side by tightening your buttock muscles.

Hold 30 seconds.

Repeat 3 times.



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Stand facing a wall with your arms straight and hands on the wall.

Do push-ups against the wall keeping your body in a straight line.

Repeat 10 times.



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Stand leaning with your back against a wall and your feet about 20 cm from the wall.

Slowly slide down the wall until your hips and knees are at right angles. Return to starting position.

Repeat 5 times.



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Kneeling Back Bend (Quad Strength)

Kneeling with your arms crossed on your chest.

Squeeze your buttocks firmly together, lean backwards keeping your back straight. Return to starting position.

Repeat 10 times.



### Crawling position.

Lift opposite arm and leg to horizontal position. Hold 5 - 10 secs. Try to keep your body still.

Repeat 10 times.

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### Clam

Lie on your side with your knees bent.

Lift your top knee while keeping your feet together. Return to the starting position. Keep your trunk steady throughout the exercise.

Repeat 10 times.

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Lying face down, arms behind your back.

Lift your upper trunk off the floor and pull your shoulder blades together. Look down at the floor while doing the exercise.

Repeat 10 times.

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Lying face down with your arms above your head and in line with your body.

Lift your upper trunk off the floor. Breathe in during the exercise.

Repeat 10 times.

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### Single-leg Bridge

Lie on your back with knees bent.

Squeeze your buttocks, tilt your pelvis backwards. Lift your pelvis and straighten one knee keeping your thighs in line. Bend the knee, lower the foot on the floor and return to the starting position.

Note: Keep your pelvis horizontal and your lower back in a neutral position.

Repeat 10 times.

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### Bridge with Arms Reaching Upwards

Start by lying on your back with your legs bent and feet flat on the floor. Straighten your arms towards the ceiling.



Lift your buttocks off the floor and straighten your hips. Return to the starting position.

Repeat 10 times.