

Patient Exercise Sheet:
Multi Joint Pain
Exercise *STAGE 1:*
Basic Exercises

Physiotherapy



1 Seated Marches

2 Seated Knee Extension

3 Seated Heel Raises

4 Seated Pelvic Tilts

5 Seated Shoulder Rolls

6 Seated Trunk Rotations

7 Seated 'Rope Climb'

8 Seated 'Stars'

It is OK to feel some discomfort whilst completing the following exercises, which is entirely normal to begin with, providing the pain is not significantly worse the following day. We recommend to only exercise up to around 4-5/10 if zero is no pain and 10/10 is severe pain.

1 Seated Marches



Sitting on a chair, slowly lift your leg off the ground and then return it back to the start position. Alternate legs as though you are marching. To make this exercise more dynamic, you can swing your arms.

CONTINUED OVERLEAF



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|--------------------------------|---------------------------------|------------------------------|------------------------------|
| 1 Seated Marches | 2 Seated Knee Extension | 3 Seated Heel Raises | 4 Seated Pelvic Tilts |
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2 Seated Knee Extension



Sitting on a chair with your feet flat on the floor. Slowly straighten out your knee so that your leg is straightened. Hold for a few seconds and then return to the start position. Alternate legs.

3 Seated Heel Raises



Sitting on a chair with your feet flat on the floor and just in front of you, slowly raise your heels off the floor in an upward direction while pushing downwards through the ball of your feet.

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4 Seated Pelvic Tilts



Sitting on a chair (clear of the back of it). Drop the trunk down from a point on the breastbone whilst letting the pelvis tip down and back as if you are slumping.

Then sit up straight, tilting the pelvis slightly forward and bringing the breastbone up and forward, making you stretch your back upright.

Your head should remain level with your eyes focused ahead.

You should feel that your weight comes forward over the hips.

5 Seated Shoulder Rolls



Sitting on a chair with your arms hanging down at the sides of the body. Breathe in and lift the shoulders up toward the ears. Move the shoulders back, squeezing the shoulder blades together.

Exhale and drop the shoulders back.

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6 Seated Trunk Rotations



Sit in a chair with your back straight. Twist your upper body to one side, but try to keep your hips in one spot. You can use the back of the chair to pull and get more of a stretch. Hold the stretch. Repeat to the other side.

7 Seated 'Rope Climb'



Sitting on a chair, slowly gaze upwards and reach towards the ceiling and then pull your arm downwards as though you are climbing a rope.

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Sitting on a chair with your arms down by your side and your feet flat on the floor. Move all 4 limbs away from your body as though were trying to do a 'Star jump' and then return back to your start position.