

Patient Exercise Sheet:  
**Multi Joint Pain**  
**Exercise** *STAGE 2:*  
Intermediate  
Exercises

Physiotherapy



**1 Sit to Stand**

**2 Wall or High-Surface Push-Ups**

**3 Supine Bridge**

**4 Seated Pelvic Tilts**

**5 Hand Support Split Squat**

**6 Loaded Carry**  
- Single or Double Arm

**7 Heel Raises**

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 Sit to Stand



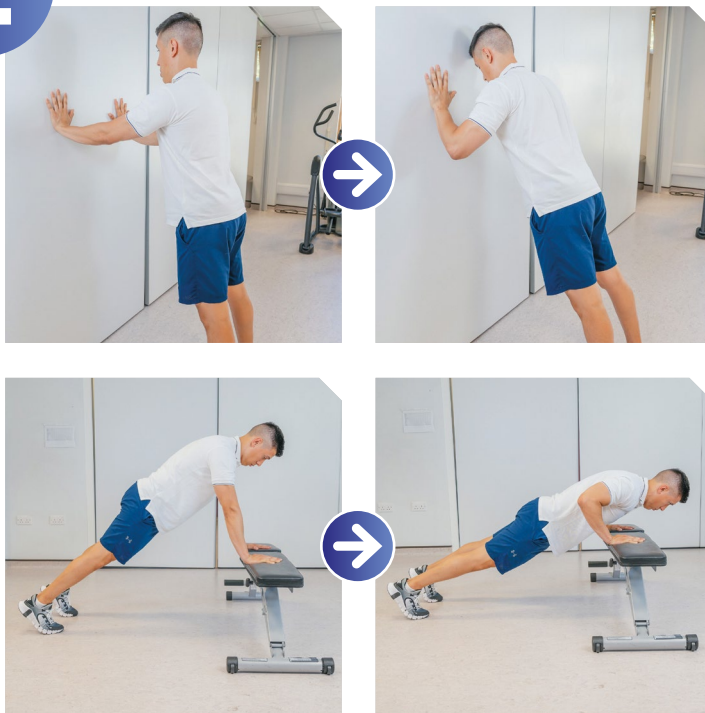
Sitting on a chair with your arms down by your side or across your chest. Stand up from the chair and then slowly lower yourself back to the start position. If you are struggling with the depth of the chair, place a cushion or book under your bottom to make it a bit easier.

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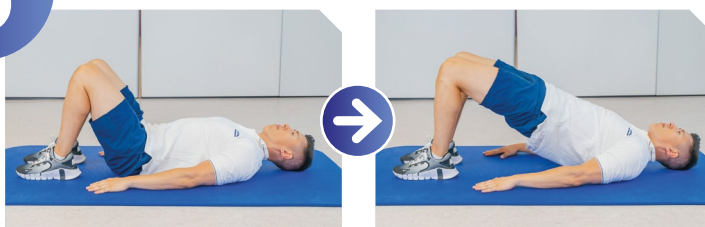
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|-----------------------------------|---|------------------------|-------------------|
| <b>1</b> Sit to Stand             | <b>2</b> Wall or High-Surface Push-Ups          | <b>3</b> Supine Bridge | <b>4</b> Bird-Dog |
| <b>5</b> Hand Support Split Squat | <b>6</b> Loaded Carry<br>- Single or Double Arm | <b>7</b> Heel Raises   |                   |

## 2 Wall or High-Surface Push-Ups



Place your hands against the wall, shoulder width apart at the height of your chest. Slowly lower your chest between your hands, bending your elbows at approximately 45 degree angles. Push through the heel of your hand and extend your elbows to return to the starting position.  
\*\* Body position should stay flat throughout. To progress try this technique from a slightly lower surface. eg kitchen counter. If too easy, keep lowering until full push-up position on the ground is achieved.

## 3 Supine Bridge



Lying on your back on a firm surface, raise your bottom off the bed by pushing down through your feet. At the top, hold for a few seconds and then control yourself back down to the start.

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1 Sit to Stand

2 Wall or High-Surface Push-Ups

3 Supine Bridge

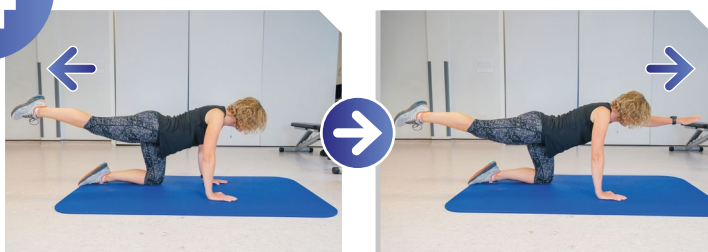
4 **Bird-Dog**

5 **Hand Support Split Squat**

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## 4 Bird-Dog



On all fours, try reaching out your arm out in front. Progress by straightening out your back leg and if able, do both simultaneously. Try alternating between sides while keeping your arm, body and leg all in line.

## 5 Hand Support Split Squat



With your hands on a surface approximately chest height and your feet about 6 inches away from this surface. Take a generous step behind you (but not too far) with the ball of your foot resting on the ground behind you. While maintain and upright torso position, slowly descend downwards by bending the knees as depicted. The majority of your weight will be distributed on the front leg. The movement you are trying to achieve will be like an 'elevator' moving up and down vertically.

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1 Sit to Stand

2 Wall or High-Surface Push-Ups

3 Supine Bridge

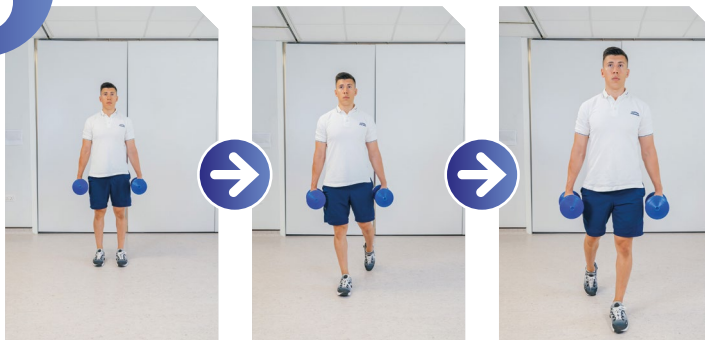
4 Bird-Dog

5 Hand Support Split Squat

6 **Loaded Carry**  
- Single or Double Arm

7 **Heel Raises**

## 6 Loaded Carry – Single or Double Arm



With two cones or markers set X metres apart. Pick up two evenly weight objects. These can be free weights or household objects eg carrier bags with a few cans of beans in. Actively brace your stomach muscles by drawing your belly button towards your spine and walk with the load between the two cones. When walking try to follow a straight line and take small-ish steps.

## 7 Heel Raises



Stand upright and hold onto a wall/table for balance if required. Slowly raise up onto your toes, and control the movement back down. This exercise will strengthen the calf muscles and ankle joints.