



1. Chicken Wings

Put your hands behind your head. Point elbows forwards. Slowly move your elbows away from each other. Feel your chest open. Breathe deep and wide.



2. Backwards Reach

Reach both arms behind your chair. Try to clasp your hands or touch fingertips together. Stretch your arms away from you. Hold for 4 seconds.



3. Rocket Stretch

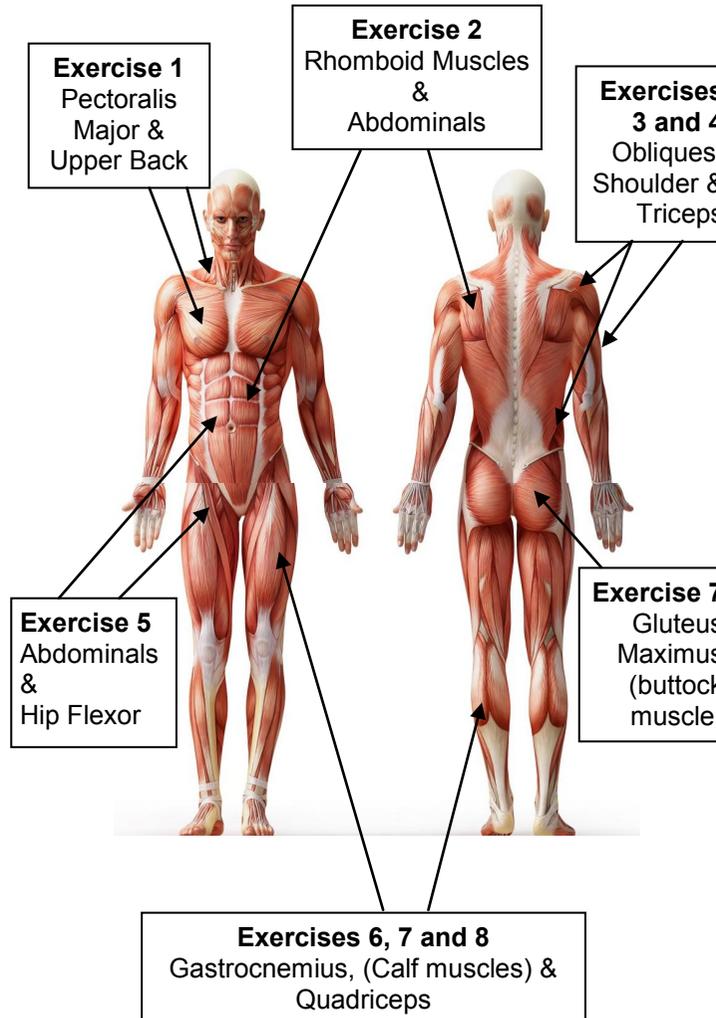
Link your fingers. Push palms towards the ceiling. Fully stretch your arms. Breathe. Lean to the left and right. Hold each lean for 4 seconds.



4. Twist and Reach

Reach behind you and take hold of the back of the chair. Look over your shoulder. Rotate your upper back as far as you can. Repeat to the other side.

3



5. Knee Raise

Draw your lower stomach in. Raise your right knee to your chest. Hold for 4 seconds. Feel a pull in your leg and core muscles. Breathe. Repeat with the other knee.



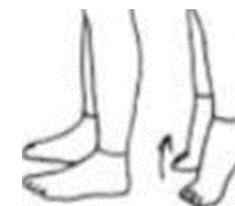
6. Toe Pull

Raise one leg in front of you. Pull your toes towards you as far as possible. Hold for 4 seconds. Repeat with the other leg.



7. Heel Digs

Start with feet flat on the ground. Raise toes towards the ceiling. Dig your heels into the ground by tensing leg and buttock muscles. Hold for 4 seconds. Relax.



8. Tip-Toe Tense

Sit with your feet flat on the floor. Raise heels from the ground. Tense your calf muscles to feel a squeeze. Hold for 4 seconds.

5

4

Two Minute Stretch

If you feel a little pain, don't give up!
Stop, rest and try the next stretch.
You won't hurt yourself with these gentle exercises.

Go at your own pace.
Don't worry if you can't do them all.
Start with the exercises you can manage.
You will improve with daily practice.

Relax
Breathe deep and wide after each stretch.

Repeat
As many times as you feel able.

Progress
Level 2 Walking Exercises
Level 3 Progressive Resistance Exercises

Dr. L. Williamson
Consultant Rheumatologist

Berna Berntzen
Senior Physiotherapist
The Great Western Hospital Swindon

www.gwh.nhs.uk
Design: Daisy Stevens 2014

PILS number: PIL 0806
Review Date: November 2016

6

SITTING EXERCISES

Level 1 Two Minute Stretch

*Rheumatology Department
Great Western Hospital Swindon*

These easy exercises will:

- Reduce stiffness and pain in muscles and joints
- Relax and relieve stress
- Improve your well being

***A little effort goes a long way -
Exercising each day keeps the doctor
away!***

If you would like this information in another format i.e. large print or another language, please contact the Customer Service Team on 01793 604031

Our Values
Service Teamwork Ambition Respect

1

Two Minute Stretch

Warm Ups



1. Practice Perfect Posture
Sit in a sturdy chair with a back.

Sit up with your back, neck and head straight.

Pull your shoulder blades down your back.

2. Breathing is Key
Don't forget to breathe deep and wide.

Breathe in for a steady 4 seconds.

Breathe out for a steady 4 seconds during each stretch.



3. Shoulder Rolls
Roll your shoulders forwards and backwards.

Repeat x5 in each direction.

2