

# BREAKSPEARE CLINICS Personal Exercise Programme

## Gardening Exercise

Breakspeare Clinic- Milton-Under-Wychwood  
Breakspeare Clinic- Cheltenham  
Breakspeare Clinic- Didcot

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Provided for Breakspeare Clinic  
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Stand in a walking position with the leg to be stretched straight behind you and the other leg bent in front of you. Take support from a wall or chair. Lean your body forwards and down until you feel the stretching in the calf of the straight leg.

Hold approx. 30 - 45 secs.

Repeat 3 -        times.

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Stand holding on to a support. Bend one knee and take hold of the ankle **or use a strap/belt looped around the lower leg**. Do not lock the knee of the leg you are standing on.

Draw your heel towards your buttock. Stand tall, tilt your hip forwards **make sure the knee you are stretching is behind the other knee**, keep legs parallel. Feel the stretch in the front of your thigh of the bent leg.

Hold 30 - 45 secs.

Repeat 3 - 4 times.

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Stand with the leg to be stretched on a chair, heel over the edge.

Push the opposite hip forwards and bend your trunk forwards keeping your back straight. Hold approx. 30 - 45 secs.

Repeat 3 times.

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### Trunk Side Bending Stretch

Stand tall, with your feet shoulder-width apart.

Bend your trunk sideways while reaching upwards with your hand. You can place your other hand on your hip. Return to the starting position.

Hold for 5-10 sec.

Repetitions 3 - 4 /set

Sets 1



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### Back Extension in Standing

Stand and place your palms above your buttocks on your lower back.

Open your chest, straighten your hips and bend your body backwards. Return to the starting position.

Repeat 8 - 10 times.

Hold for 2 - 5 sec each position.



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Stand or sit. Hold your hands behind your back. Move your shoulders back.

Breathe in and straighten your upper body, then breathe out and relax.

Repeat 3 times.

Hold for 30 - 45 sec



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### Seated Upper Back Stretch

Sit on a chair and gently lengthen your spine.

Push your hands forward and allow your upper back and neck to follow and bend forward. Feel the stretch in your upper back, while breathing evenly.

Hold for 30 - 45 seconds.

Repeat 3 - 4 times.