

# BREAKSPEARE Personal Exercise Programme

CLINICS

## Arthritis Exercises

Breakspeare Clinic- Milton-Under-Wychwood

Breakspeare Clinic- Cheltenham

Breakspeare Clinic- Didcot

Provided by Scott Phillips

Provided for

Training start date 07/08/2024



### Mini-Squat with Support

Stand and take support if needed.

Squat down and at the same time move your pelvis slightly backwards. Straighten your hips and return to the starting position.

Repeat 10 times. 3 sets. Once a day.

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### End-range Knee Extension

Sit on the floor with one leg bent and other leg straight. A roll under the knee of the straight leg.



Keep the back of the knee on the roll and straighten the knee. Hold the tension for a moment and lower the heel back on the floor.

Hold for 10 seconds at end of movement. Complete 6 times, 3 sets. Once a day.

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### Bridge with Arms Crossed

Start by lying on your back with your legs bent and feet flat on the floor. Cross your arms over your chest.



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

Hold for 10 seconds at the end of the movement. Complete 6 times, 3 sets. Once a day.

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### Standing Calf Raise

Stand tall, with feet hip-width apart, weight evenly on both feet. Toes and knees pointing forwards.

Rise onto your toes in the direction of your second toe. In a controlled manner return to the starting position.

Note: Avoid shifting the weight towards the outer side of your forefoot during heel raise.

Complete 10 times, 3 sets, Once a day.

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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.

Complete 10 times, 3 sets, Once a day.



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Standing.

Bend sideways at the waist.

Complete 10 times, 3 Sets, Once a day.