

Exercise plan :
General body Exercises

Patient:
General body Exercises

Date:
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Practitioner:
Lateef Ahmed

Neck Rotation



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Sit or stand upright with good posture. Rotate your neck slowly to the left by looking over your left shoulder. Take your neck to a comfortable end of range. Repeat to the right. Make sure you keep your shoulder and back relaxed. This is an excellent exercise to improve rotation and mobility in your neck.

Hold for slow, Repeat 8 times, Perform 1-2 times daily, Perform 5 days per week, Both sides

Shoulder Rolls Sitting



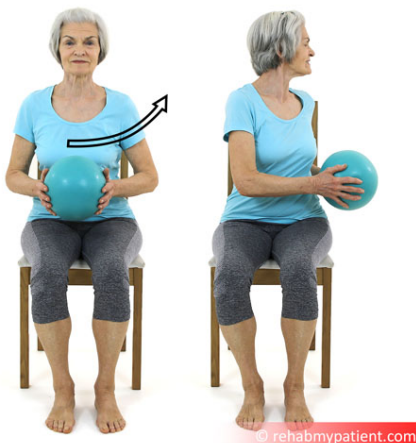
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Sit upright with good posture and with your arms resting by your side. Pull your shoulders back by pulling your shoulder blades together, then raise them up towards your ears and then forward and down in a circular motion. This exercise will improve posture and shoulder mobility.

Hold for slow, Repeat 8 times, Perform 1-2 times daily, Perform 5 days per week, Both sides

Video: https://youtu.be/TLhoMLmze_k

Chair Rotations with Medicine Ball



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Sit upright with good posture. Hold a medicine ball or other weighty object such as bag of sugar with both hands at the level of your chest. Rotate your upper body by moving the ball towards one side of the chair back-rest. You can let the head follow, but progress by keeping the head straight forwards, thus making the rotation stronger. Only rotate as far as feels comfortable. This is a great exercise to do while sitting for long periods of time if you feel your back is getting stiff, and it will also strengthen your core and arms.

Hold for 5sec, Repeat 8 times, Perform 1-2 times daily, Perform 5 days per week, Both sides

Video: <https://youtu.be/OqtyKGqzBVc>



Elbow to Knee Sitting

Sit upright with good posture, lift your left knee upward toward your chest and touch your knee with your right elbow. Slowly return to the starting position, then repeat with the right leg and left elbow. This exercise will help improve your co-ordination, core strength, leg strength and hip mobility.

Hold for slow, Repeat 8 times, Perform 1-2 times daily, Perform 5 days per week, Both sides

Video: <https://youtu.be/idlt-wzbg4Q>



Ball Control Sitting Circles

Sit and place your injured leg on the top of a ball. Move the ball in different directions. This exercise helps improve co-ordination and proprioception of your foot, ankle and knee.

Hold for slow, Repeat 8 times, Perform 1-2 times daily, Perform 5 days per week, Both sides

Video: <https://youtu.be/61WtTOxTOa4>



Supine Bridge Basic

Lie flat on your back on a bed or the floor, with your knees bent, squeeze your bottom muscles and lift your body upwards. Keep your arms by your side and use them to help you balance. Make sure you maintain good posture (do not over-arch your lower back) and contract the deep abdominal muscles by squeezing your tummy towards your spine. This exercise helps to strengthen the abdominal, lower back, gluteal and hamstring muscles.

Hold for 5sec, Repeat 8 times, Perform 1-2 times daily, Perform 5 days per week

Video: <https://youtu.be/Mouui3-h2Mc>

Dear General body, please stop any exercise that causes pain. If you have any questions with an exercise, just email us on info@surreyphysio.co.uk. Good luck and keep with it!

Red flag awareness: if you get any loss of sensation around your genitals or anus, loss of control/leaking of the bladder or bowel, loss of sexual function, weakness or loss of sensation in both legs, go to A&E straight away.