

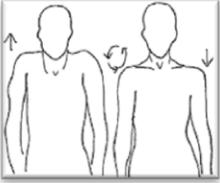
Exercises - There are several types of stretching and strengthening exercise that, when performed properly, can improve function and ultimately reduce pain in your aggravated joints. Let's try a few;

SIMPLE SHOULDER EXERCISES



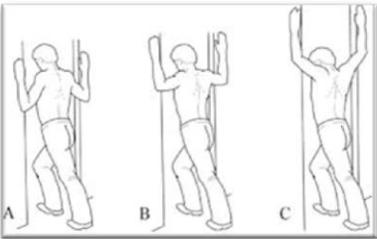
Pendulum exercise

Stand with your good hand resting on a chair. Let your other arm hang down and try to swing it gently backwards and forwards and in a circular motion. Repeat about 5 times. Try this 2–3 times a day.



Shoulder stretch

Stand and raise your shoulders. Hold for 5 seconds. Squeeze your shoulder blades back and together and hold for 5 seconds. Pull your shoulder blades downward and hold for 5 seconds. Relax and repeat 10 times.



Door lean

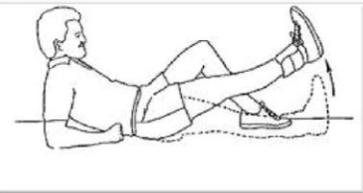
Stand in a doorway with both arms on the wall slightly above your head. Slowly lean forward until you feel a stretch in the front of your shoulders. Hold for 15–30 seconds. Repeat 3 times. This exercise isn't suitable if you have a shoulder impingement.

SIMPLE KNEE EXERCISES



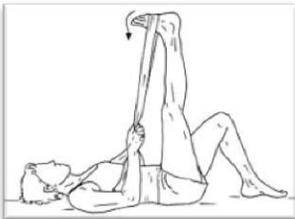
Quadriceps set

Lie or sit on the floor with your right leg extended straight out in front of you and a towel roll under your right knee. Push your knee down into the towel while you tighten your thigh. Hold for five seconds, then release. Do three sets of 10 reps, then switch legs.



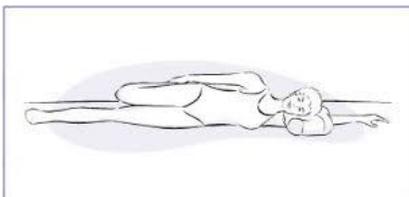
Straight Leg Raise

Lie down with right leg extended and left leg bent. Lift your straight leg up until both knees meet, then slowly lower. Do three sets of ten reps, then switch legs.



Hamstring Stretch

Lie on your back, both legs straight, and place a long strap around the ball of your right foot. Using the strap or belt, lift your leg until you feel a stretch behind your knee and thigh. (Make sure your knee is not locked.) Hold for 30 seconds. Repeat two more times, and then switch legs.



Quadriceps Stretch

Lie down on your side with your shoulders, hips and knees in a straight line. You can choose where you place your bottom arm - wherever feels most comfortable. Bring your heel towards your bottom pulling at the ankle until you feel a stretch in the front of your thigh. Hold for 30 secs. Repeat 3 times, 2X daily, or before and after exercise.

NOTE: If you can't reach your ankle, place a band or belt around your foot and pull through that until you can feel a strong stretch. Make sure your knee doesn't come

forwards - it should stay in line with your hip throughout.