



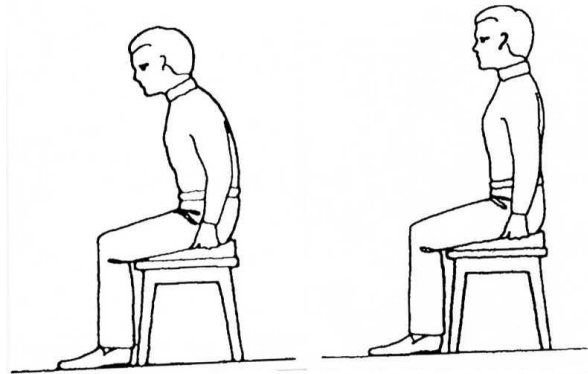
Mobilising and strengthening Exercises in Sitting

1. Pelvic Tilt

Sit upright and unsupported on a chair with your hands tucked underneath your sitting bones. Slowly 'let go' in the middle to slouch and feel your sitting bones moving forward over your hands.

Now slowly reverse the position, lifting your chest upwards and forwards to create an inward curve in your low back, and feel your sitting bones moving back into your hands.

Repeat gently up to 5 times.



2. Hip and Knee Bend

Sit upright and supported on a chair, gently pull one knee towards your stomach, helping with your hands, until you feel a gentle stretch.

Press the other foot against the floor.

Hold for 5 seconds, repeat with the other leg.

Repeat up to 5 times with each leg.



3. Rotation

Sit upright and unsupported on a chair, raise your arms (with elbows bent, palms forward) to chest height.

Keeping your arms still, turn smoothly and gently to one side, feeling the movement happening around the tummy and low back. Turn back to the starting position and repeat the movement to the other side.

Repeat up to 5 times in each direction.



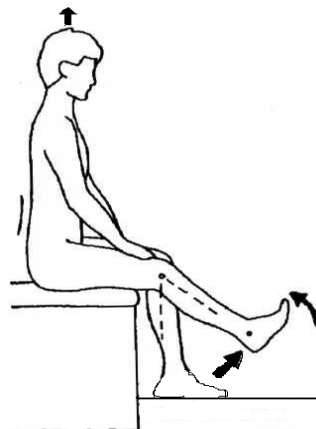
4. Foot Raise

Sit upright and unsupported on a chair, let your hands rest in your lap, and gently tighten your core muscles.

Gently straighten your knee to raise your foot a few centimetres from the floor, keeping your knees at the same height and your back and pelvis still.

Hold for 5 seconds, then return the foot to the floor, and repeat with the other leg.

Repeat up to 5 times with each leg.





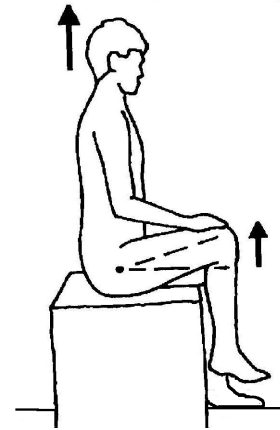
5. Knee Lift

Sit upright and unsupported on a chair, let your hands rest in your lap, and gently tighten your core muscles.

Gently lift your knee a few centimeters, keeping your back and pelvis still.

Hold for 5 seconds, then lower and repeat with the other leg.

Repeat up to 5 times with each leg.



6. Slump Sit-up

Sit up straight in the middle of the chair with your hands resting in your lap, allow yourself to slump back into the chair.

Using all your tummy muscles, move your trunk forward from the back of the chair.

Hold for 5 seconds, maintaining a strong trunk, and then gently 'let go' into your slumped position.

Repeat up to 5 times.

