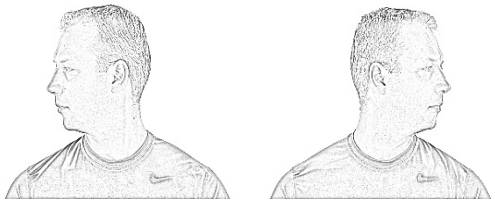
Exercises for Spondylo-Arthropathy

The following exercises are designed to reduce joint stiffness associated with this condition.

When joints are stiff or inflamed they will feel sore when you start to move them. This gets easier with gentle repetition of movement.
This type of exercise is helpful to do after sleep or after rest at intervals during the day.

For each exercise perform several repetitions until stiffness reduces.

Neck Rotation



Picture courtesy of Physiotec

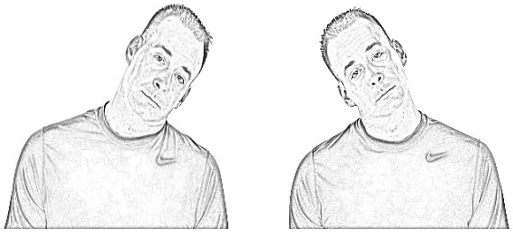
Sit or stand tall.

Turn your head to one side until you feel resistance.

Hold for a few seconds then return slowly.

Repeat to the opposite side.

Neck Side Flexion



Picture courtesy of Physiotec

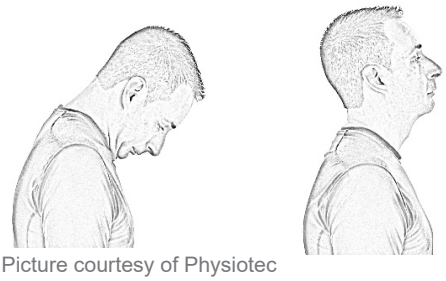
Sit or stand tall.

Tilt your head to one side until you feel resistance.

Hold for a few seconds then return slowly.

Repeat to the opposite side.

Neck Flexion



Picture courtesy of Physiotec

Sitting down

Roll your head down until you feel resistance.

Hold for a few seconds then uncurl your neck to return slowly.

Chin Tuck



Picture courtesy of Physiotec

Sit or stand tall.

Tuck your chin in softly and hold the position for 10 seconds.

Release slowly to your natural position.

Trunk Rotation



Picture courtesy of Physiotec

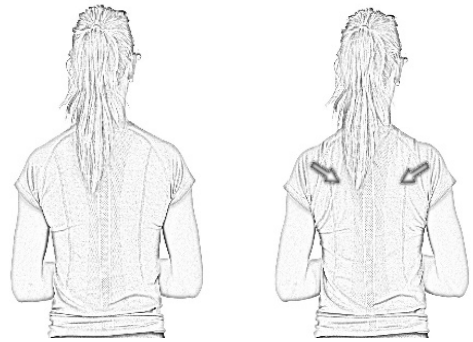
Sit with your hands placed across your chest, shoulders relaxed.

Turn your trunk to one side until you feel resistance.

Hold for a few seconds then release slowly.

Repeat to the opposite side.

Shoulder Tucks



Picture courtesy of Physiotec

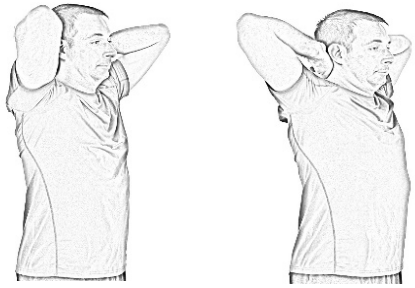
Sit or stand tall.

Draw your shoulder blades backwards and down slightly.

Hold the position for 10 seconds then release slowly to a natural position.

Use this exercise to work towards maintaining better posture.

Hand Behind Head



Picture courtesy of Physiotec

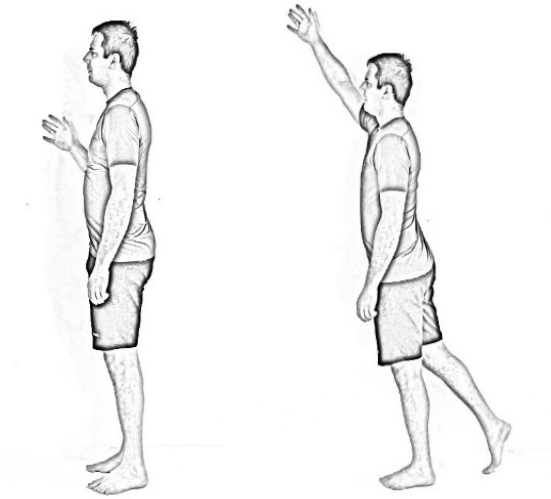
Sit or stand.

Place your hands behind your head or as close as possible.

Bring your elbows backwards until you feel resistance.

Hold the position for a few seconds then release slowly.

Lateral Wall Slide



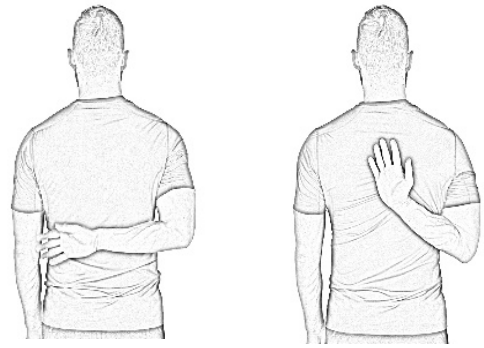
Picture courtesy of Physiotec

Stand next to a wall with the **back** of your hand on the wall.

If needed, you can wrap a small plastic bag around your hand so that your hand slides easily.

Take a step forward and slide the **back** of your hand up the wall at the same time. Hold for a few seconds then retreat slowly to the start position.

Hand Behind Back



Picture courtesy of Physiotec

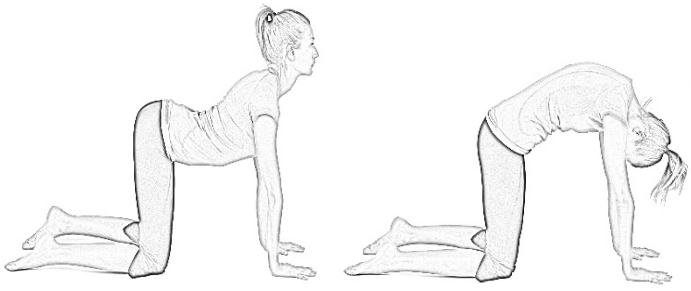
Sit or stand tall

Put your arm behind your back and reach up towards your upper back.

Hold for a few seconds then release slowly to a relaxed position.

Repeat with the opposite arm

Cat and Dog Stretch



Picture courtesy of Physiotec

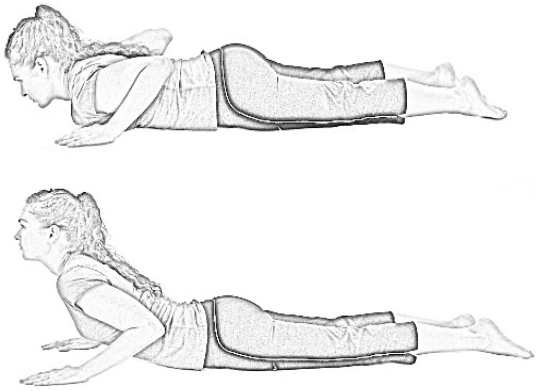
Start on all fours with your back straight, hands under the shoulders and knees under the hips.

To do the dog stretch, slowly inhale and let the belly fall toward the floor to arch your back and extend the head at the same time.

To do the cat stretch, slowly exhale, arch your back and tuck your chin to the chest.

Alternate between these two positions slowly.

Baby Cobra (yoga pose)



Picture courtesy of Physiotec

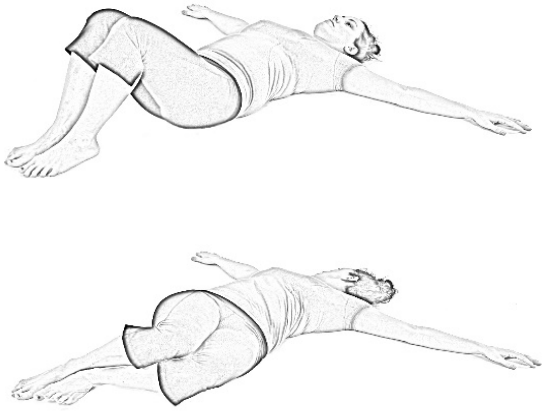
Lie down on your stomach with your palms on the floor directly under your shoulders.

Keeping your elbows tucked into your side, press your hands into the floor and lift your chest into a mild backbend.

Hold this position then draw your shoulders away from your ears to lengthen your neck.

Hold for a few seconds then return slowly to the start position.

Lumbar Rolls



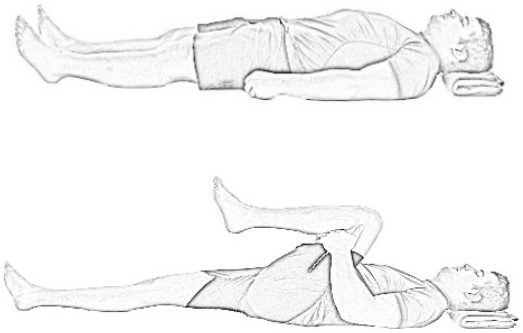
Picture courtesy of Physiotec

Lie down on your back with knees bent and arms stretched out to the sides.

Keep your knees together and roll slowly to one side. Move within a range that you can control.

Hold for a few seconds then return slowly to the centre. Repeat to the opposite side.

Hip Flexion



Picture courtesy of Physiotec

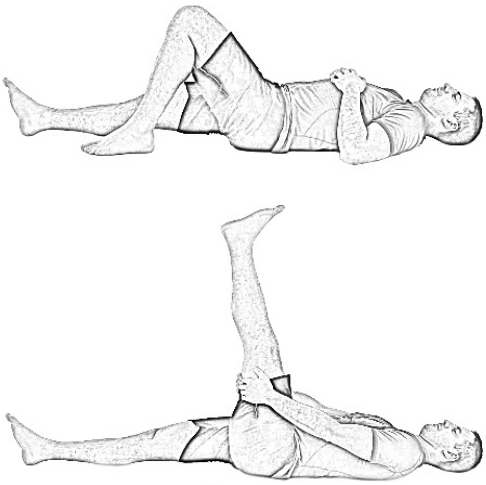
Lie on your back. Using your hands (or a scarf/towel for a sling) bring your knee towards your chest until you feel some resistance.

Hold for a few seconds then release slowly. Bring your foot down to the surface before sliding your leg out straight.

Repeat on the opposite side.

For the following muscle stretches hold each stretch for 10 seconds for 3 repetitions twice daily.

Hamstring Stretch

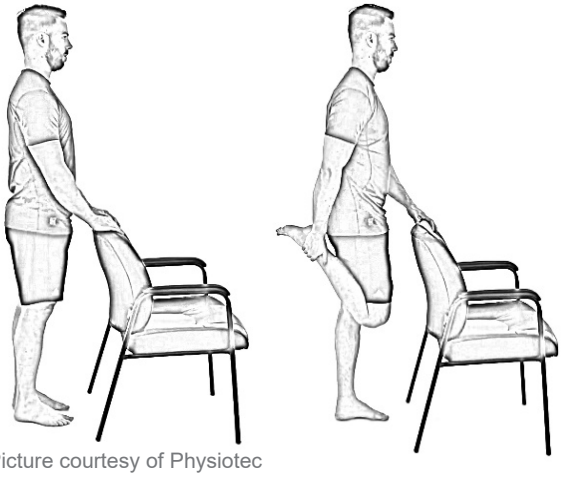


Picture courtesy of Physiotec

Lie on your back. Hold the back of your leg and bring your knee above your hip. Gently straighten your leg while keeping your thigh straight until you feel a mild stretch behind the leg.

Repeat on each leg.

Quadriceps Stretch

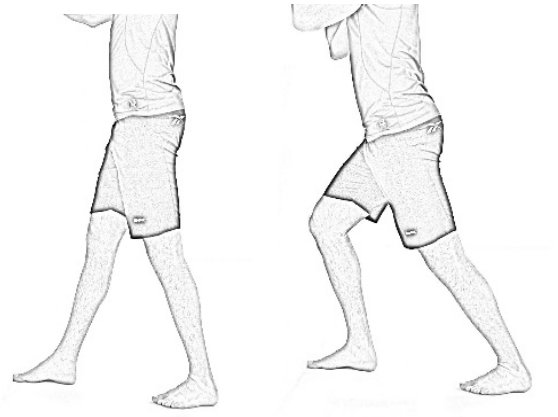


Picture courtesy of Physiotec

Stand behind a chair and hold on to it with one hand. Hold the top of one ankle with the other hand and pull your foot towards your buttock until you feel a gentle stretch in front of the thigh. Hold the stretch, keeping your back straight and return to the start position.

Repeat on the other leg.

Calf Stretch



Picture courtesy of Physiotec

Stand and place one foot in front of the other.

Keep your toes pointing forwards and the back knee straight.

Keep your trunk upright and push the hips forward to feel a stretch in the calf behind.

Repeat on the other leg.

Web Address:

http://www.cht.nhs.uk/services/clinical-services/physiotherapy-outpatients/patient-careinformation/

QR Code:

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Physiotherapy Department
Huddersfield Royal Infirmary

Telephone: 01484 342434

MSK Physiotherapy Admin Office: 01484 905380

www.cht.nhs.uk

If you would like this information in another format or language contact the above.

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Jeżeli są Państwo zainteresowani otrzymaniem tych informacji w innym formacie lub wersji językowej, prosimy skontaktować się z nami, korzystając z ww. danych kontaktowych

ਜੇ ਤੁਸੀਂ ਇਸ ਜਾਣਕਾਰੀ ਬਿਸੇ ਹੋਰ ਪ੍ਰਾਰੂਪ ਜਾਂ ਭਾਸ਼ਾ ਵਿੱਚ ਲੈਣਾ ਚਾਹੁੰਦੇ ਹੋ, ਤਾਂ ਬਿਰਪਾ ਕਰਕੇ ਉਪਰੋਕਤ ਵਿਭਾਗ ਵਿੱਚ ਸਾਡੇ ਨਾਲ ਸੰਪਰਕ ਕਰੋ।

اگر آپ کو یہ معلومات کسی اور فارمیٹ یا زبان میں درکار ہوں، تو
برائے مہربانی مندرجہ بالا شعبے میں ہم سے رابطہ کریں.

"إذا احتجت الحصول على هذه المعلومة بشكل مغاير أو مترجمة إلى لغة مختلفة فيرجى منك الاتصال بالقسم المذكور أعلاه"