

JOINT'S PAIN EXERCISE'S

Before You Start

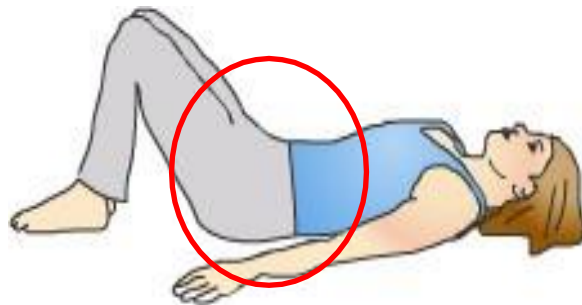
If you have a medical condition you should consult your medical or health specialist before embarking on this Slimming Yoga program. It also applies to pregnant women and children below 12 years old.

NOW LET'S START WITH BASIC EXERCISES

Back Pain Exercise's

Exercise 1:

1. Lie on your back with your knees bent, your feet flat on the floor or a mat, and your arms at your sides.
2. Flatten the end of your back against the floor. This will cause your hips to tilt forward.
3. Hold this position for a few seconds and then relax.
4. Do 5 repetitions



Exercise 2:

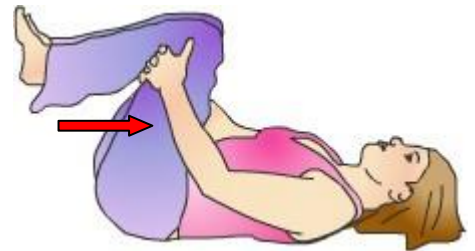
1. Lie on your back with one leg bent, one foot flat on the floor or a mat, and your other leg extended straight out.
2. Use the arm on the same side to pull the bent knee to your chest in a continuous motion while keeping your lower back and other knee pressed against the floor.
3. Hold this position for 5 seconds.
4. Lower your leg to the starting position and relax.
5. Do 5 repetitions with the same leg.



6. Repeat exercise for your other leg.

Exercise 3:

1. Lie on your back with your knees bent, your feet flat on the floor or a mat, and arms at your sides.
2. Raise your knees, either one at a time or together, to your chest. You can use your arms to help pull your knees to this position. Use your arms to gently pull you knee(s) to your chest.
3. Hold for 5 seconds.
4. Lower your legs one at a time to the floor and rest briefly.
5. Do 5 repetitions.



Exercise 4:

1. Stretch one arm over your head and bend your upper body to the opposite side in a flowing motion. Put your other hand on your waist and do not twist or jerk your body as you bend.
2. Hold for 5
3. Return to the starting position with your hands and arms at your sides.
4. Do 5 re
5. Switch to the other side and repeat Steps 1 through 4.



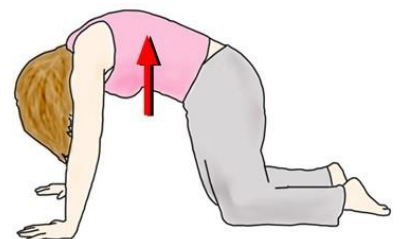
Exercise 5:

1. Stand up straight with your feet shoulder-width apart and point directly forward. Place the palms of your hands on your lower back.
2. Gently breathe in and out until you feel relaxed.
3. Bend your upper body backwards, supporting your back with your hands and keeping your knees straight. Try exhaling as you lean back.
4. Hold for 5 seconds.
5. Gradually return to your starting position.
6. Do 5 repetitions.



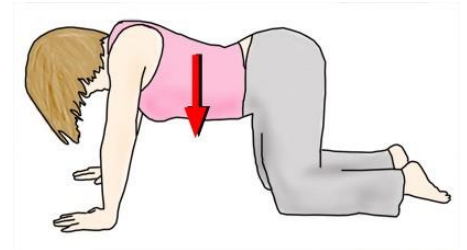
Exercise 6:

1. Start on your hands and knees with your weight evenly distributed and your neck parallel to the floor.
2. Arch your back upward by tightening your abdominal and buttock muscles, letting your head drop slightly.
3. Hold for 5 seconds.
4. Let your back sag gently toward the floor while



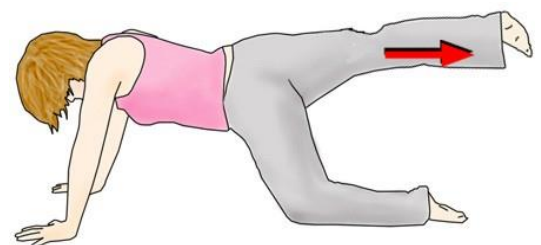
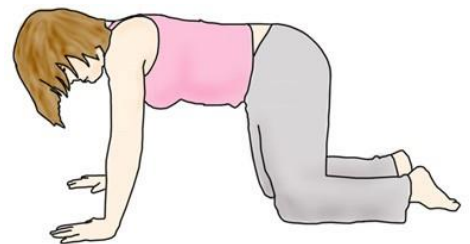
keeping your arms straight.
Keep your weight evenly
distributed between your
legs and arms.

5. Hold for 5 seconds.
6. Do 5 repetitions.



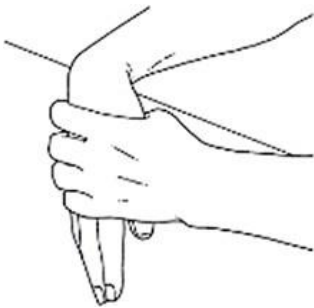
Exercise 7:

1. Start on your hands and knees with your weight evenly distributed and your neck parallel to the floor.
2. Slowly extend one leg straight out behind you and hold it parallel to the floor. Your foot may be pointed or flexed – whichever is more comfortable for you. As you extend your leg, don't let your back, head or stomach sag. And make sure no one is behind you when you do this move.
3. Hold for 5 seconds.



4. Return to the starting position.
Do 5 repetitions.
5. Switch legs and repeat the exercise.

ELBOW EXERCISE'S



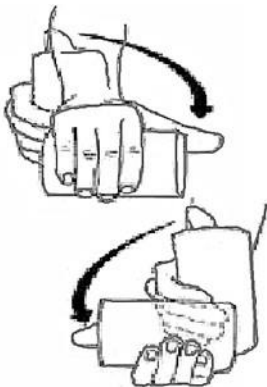
1. Wrist extensor stretch

Straighten your arm fully.
Relax your wrist so that you leave your hand hanging.
With your other hand, gently push against the back of your hand so it bends towards you.
Feel a stretch along the top of your arm. Relax.



2. Wrist flexor stretch

Straighten your arm fully. Relax your wrist.
Use your other hand to gently pull your fingers towards you.
Feel a stretch in your wrist muscles



3. Wrist Rotations

Hold the weight or can in your hand with your thumb pointing up.
Turn the wrist inward as far as possible. Hold for 2 seconds.
Then turn the wrist outward as far as possible. Hold for 2 seconds.
Repeat as many times as you can.



4. Sock squeeze

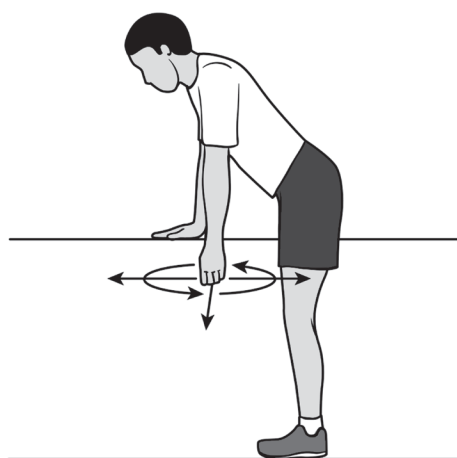
Hold a rolled-up sock / tennis ball. Make a fist around it and squeeze. Hold the squeeze for 5 seconds. Relax. Repeat x10.



Shoulder Exercise's

Exercise 1:

- Lean forward and place one hand on a counter or table for support. Let your other arm hang freely at your side.
- Gently swing your arm forward and back. Repeat the exercise moving your arm side-to-side, and repeat again in a circular motion.
- Repeat the entire sequence with the other arm.
- Repeat 2 sets of 10



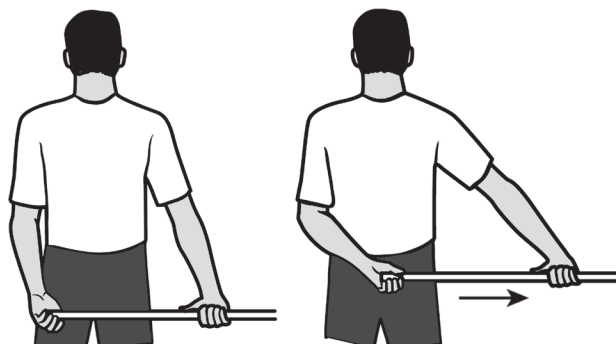
Exercise 2:

- Relax your shoulders and gently pull one arm across your chest as far as possible, holding at your upper arm.
- Hold the stretch for 30 seconds and then relax for 30 seconds.
- Repeat with the other arm.
- Repeat 4 each side



Exercise 3:

- Hold a stick behind your back with one hand, and lightly grasp the other end

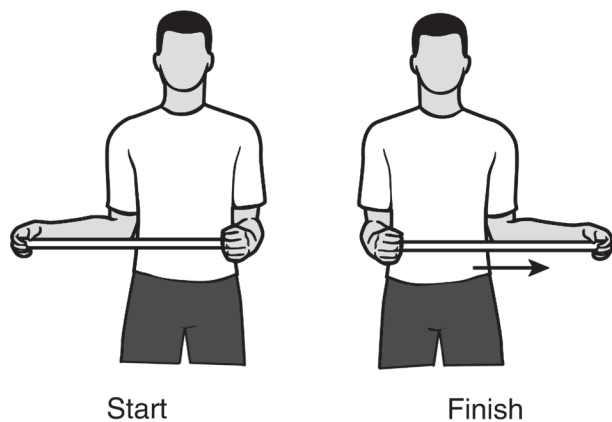


of the stick with your other hand.

- Pull the stick horizontally as shown so that your shoulder is passively stretched to the point of feeling a pull without pain.
- Hold for 30 seconds and then relax for 30 seconds.
- Repeat on the other side.
- Repeat 4 each side

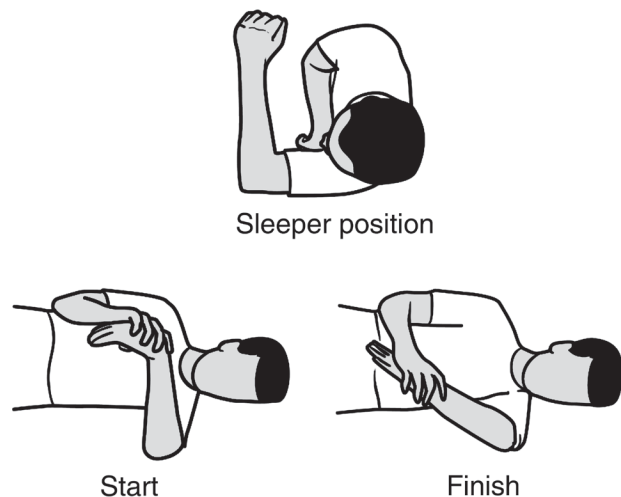
Exercise 4:

- Grasp the stick with one hand and cup the other end of the stick with the other hand.
- Keep the elbow of the shoulder you are stretching against the side of your body and push the stick horizontally as shown to the point of feeling a pull without pain.
- Hold for 30 seconds and then relax for 30 seconds.
- Repeat on the other side.



Exercise 5:

- Lie on your side on a firm, flat surface with the affected shoulder under you and your arm bent, as shown. You can place your head on a pillow for comfort, if needed.
- Use your unaffected arm to push your other arm down. Stop pressing down when you feel a stretch in the back of your affected shoulder.
- Hold this position for 30



seconds, then relax your arm for 30 seconds.

Exercise 6:

- Stand tall with your weight evenly distributed over both feet.
- Keep your elbow close to your side and slowly bring the weight up toward your shoulder as shown.
- Hold for 2 seconds.
- Slowly return to the starting position and repeat.



Exercise 7:

- Stand tall with your weight evenly distributed over both feet.
- Raise your arm and bend your elbow with the weight behind your head. Support your arm by placing your opposite hand on your upper arm.
- Slowly straighten your elbow and bring the weight overhead.
- Hold for 2 seconds.
- Slowly lower your arm back down behind your head and repeat.



Exercise 8:

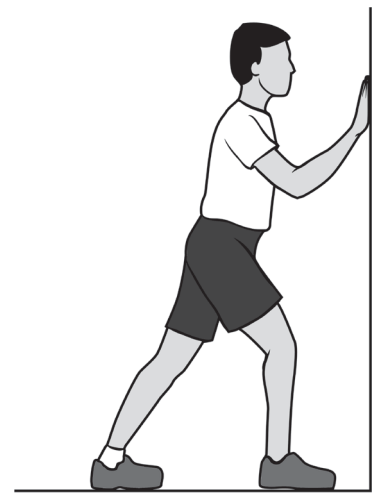
- Lie on your stomach on a table or bed with your injured arm hanging over the side.
- Keep your elbow straight and lift the weight slowly by squeezing your shoulder blade toward the opposite side as far as possible.
- Return slowly to the starting position and repeat.



Knee Exercise's

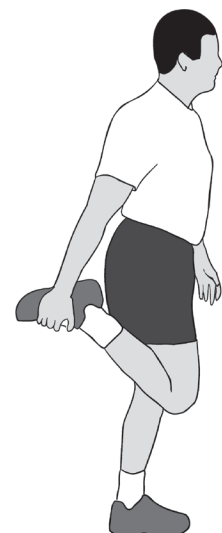
Exercise 1:

- Stand facing a wall with your unaffected leg forward with a slight bend at the knee. Your affected leg is straight and behind you, with the heel flat and the toes pointed in slightly.
- Keep both heels flat on the floor and press your hips forward toward the wall.
- Hold this stretch for 30 seconds and then relax for 30 seconds. Repeat.



Exercise 2:

- Hold on to the back of a chair or a wall for balance.
- Bend your knee and bring your heel up toward your buttock.
- Grasp your ankle with your hand and gently pull your heel closer to your body.
- Hold this position for 30 to 60 seconds.
- Repeat with the opposite leg.



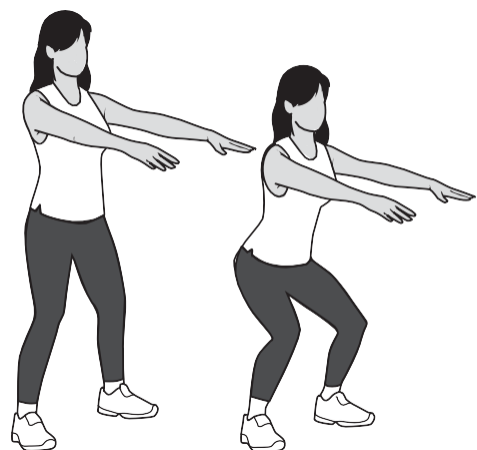
Exercise 3:

- Lie on the floor with both legs bent.
- Lift one leg off of the floor and bring the knee toward your chest. Clasp your hands behind your thigh below your knee.
- Straighten your leg and then pull it gently toward your head, until you feel a stretch. (If you have difficulty clasping your hands behind your leg, loop a towel around your thigh. Grasp the ends of the towel and pull your leg toward you.)
- Hold this position for 30 to 60 seconds.
- Repeat with the opposite leg.



Exercise 4:

- Stand with your feet shoulder distance apart. Your hands can rest on the front of your thighs or reach in front of you. If needed, hold on to the back of a chair or wall for balance.
- Keep your chest lifted and slowly lower your hips about 10 inches, as if you are sitting down into a chair.



- Plant your weight in your heels and hold the squat for 5 seconds.
- Push through your heels and bring your body back up to standing.

Exercise 5:

- Hold onto the back of a chair or a wall for balance.
- Bend your affected knee and raise your heel toward the ceiling as far as possible without pain.
- Hold this position for 5 seconds and then relax. Repeat.



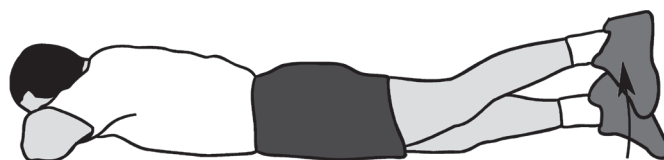
Exercise 6:

- Sit up straight on a chair or bench.
- Tighten your thigh muscles and slowly straighten and raise your affected leg as high as possible.
- Squeeze your thigh muscles and hold this position for 5 seconds. Relax and bring your foot to the floor. Repeat.



Exercise 7:

- Lie on the floor on your stomach with your legs straight. Rest your head on your arms.
- Tighten your gluteus and hamstring muscles of the affected leg and raise the leg toward the ceiling as high as you can.
- Hold this position for 5 seconds.
- Lower your leg and rest it for 2 seconds. Repeat.



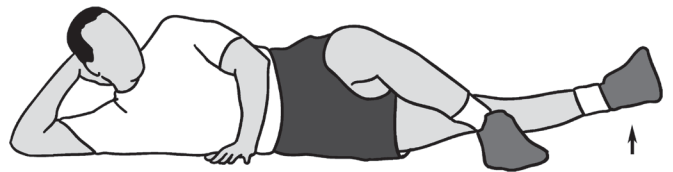
Exercise 8:

- Lie on your side with your injured leg on top and the bottom leg bent to provide support.
- Straighten your top leg and slowly raise it to 45°, keeping your knee straight, but not locked.
- Hold this position for 5 seconds.
- Slowly lower your leg and relax it for 2 seconds. Repeat.



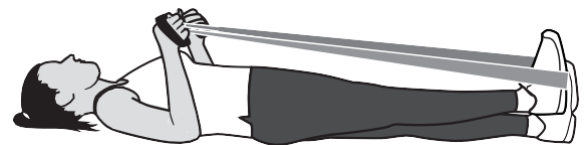
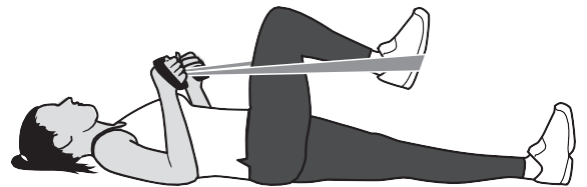
Exercise 9:

- Lie down on the floor on the side of your injured leg with both legs straight.
- Cross the uninjured leg in front of the injured leg.
- Raise the injured leg 6 to 8 inches off the floor.
- Hold this position for 5 seconds.
- Lower your leg and rest for 2 seconds. Repeat.



Exercise 10:

- Place the center of the elastic band at the arch of your foot and hold the ends in each hand. Lie on the floor with your elbows bent.
- Tighten the thigh muscle of your affected leg and bring your knee toward your chest.
- Flex your foot and slowly straighten your leg directly in front of you, pushing against the elastic band.



Hold this position for 2 seconds. Relax and bring your leg to the floor. Repeat

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