

Patient information

Exercises

Patient Advice and Liaison Service (PALS)

Please contact us if you need general information or advice about Trust services.

www.bartshealth.nhs.uk/pals

Large print and other languages

For this leaflet in large print, please speak to your clinical team.

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All our patient information leaflets are reviewed every three years.



Persistent Pain Service
0207 377 7872



Breathe in arms up,
Breathe out arms down.



Roll one knee in at a time.



Roll both knees together,
side to side.



One arm at a time,
Breathe in – arm forward and up,
Breathe out – arm back and down,
Turn and look at your hand.



Gentle turn,
Look at hands.



Both hands behind knees,
Bring knees slowly up to chest.



Slowly bring one knee to chest.



Use pillows to relax forward.



Legs wide and bent,
Relax arms on top of chair.



Legs wide and bent,
Relax arms on chair.

