

Patient Advice and Liaison Service (PALS)

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

www.bartshealth.nhs.uk/pals

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All our patient information leaflets are reviewed every three years.

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Patient information

Exercises



Persistent Pain Service 0207 377 7872



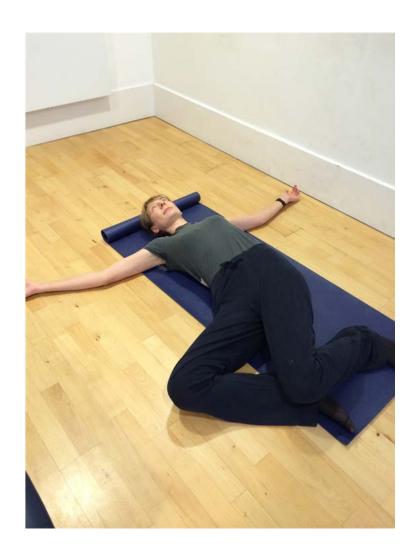
Breathe in arms up, Breathe out arms down.

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.

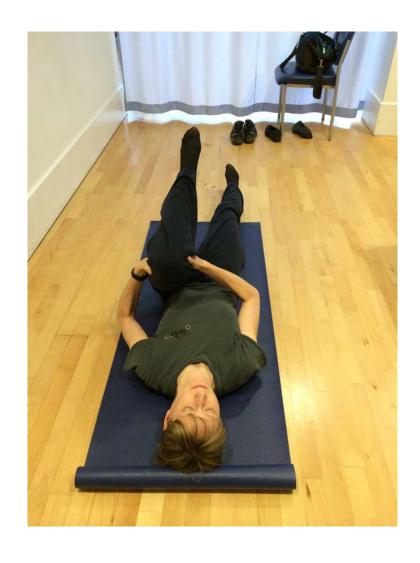
Both hands behind knees, Bring knees slowly up to chest.





Slowly bring one knee to chest.

Use pillows to relax forward.





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

