TRAVELING EXERCISES

SEATED EDITION

1 Backward overhead stretch ROM

Reps: 10 Freq: 1x hr of sitting

Sit on a chair with your back on the backrest.
Place your hands on the top and behind your head with your fingers interlaced and elbows opened.
Raise the hands overhead, slightly backward, not in front.
Both hands should pull equally, regardless of the affected side.
Think about the hands pulling your arms up, not the arms pushing the hands up.

2 Dorsiflexion/plantar flexion

Reps: 10 Freq: 1x hr of sitting

Sit on a table or a firm bed with your legs straight and ankles over the edge.
Perform a dorsiflexion and plantar flexion alternately by bringing your toes toward you and away from you.

3 Toe curl with towel

Reps: 10 Freq: 1x hr of sitting

Sit on a chair with the affected foot resting on a flat towel.
Slowly bunch up the towel by curling the toes.
Replace the towel and repeat.

4 Active knee extension

Reps: 10 Freq: 1x hr of sitting

Sit on a chair high enough so your feet is off the floor.
Start with your knee flexed completely (heel as close as you can to the buttocks) and extend completely. Go back to full flexion and repeat.
Keep the trunk straight.

5 Active pelvic tilt

Reps: 10 Freq: 1x hr of sitting

Sit on a chair with your thigh parallel to the ground, your foot flat on the floor and your back in a out position (slightly arched).
Maintain a steady abdominal breathing while you tilt your hips posteriorly by rounding your lower back and anteriorly by arching your lower back.
Alternate between these motions, working through all the available range of motion.

6 Pelvic tilt lateral (hike)

Reps: 10 Freq: 1x hr of sitting

Sit on a flat surface with your thighs parallel to the ground, your foot flat on the floor and your back in neutral position (slightly arched).
Lift one hip on the side as to raise one buttocks from the surface. Do it with:
1- Your hands on your thighs.
2- Add a progression by reaching sideways and up with the arm.

7 Lumbar rotation stretch

Reps: 10 Freq: 1x hr of sitting

Sit down with the back straight in a chair and hold a broomstick behind the nape.
Rotate the trunk to one side until a stretch is felt and hold the position for the required time.

www.ptcphysiotherapy.com.au
(02) 7226 3616
facebook.com/ptcphysiotherapy
@ptcphysiotherapy
92 Parramatta Rd, Lidcombe NSW 2141

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