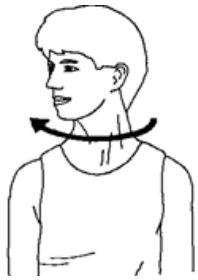
Exercises for Spondylo-arthropathy



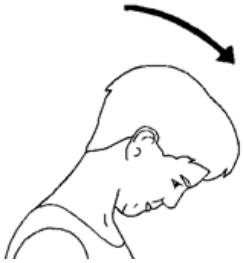
In sitting, tilt your head toward one shoulder until you feel the stretch on the opposite side.
Hold approx. 3 x 5 seconds.
Repeat to the other side.
Repeat a few times until the movement feels easier.



In sitting, turn your head to one side until you feel a stretch.
Hold approx. 3 x 7 seconds.
Repeat to the other side.
Repeat a few times until the movment feels easier.



Sitting straight-backed.
Pull your chin in, keeping your neck and back straight (not tipping your head forwards).
Hold at the end position and feel the stretch in your neck.
Repeat a few times until the movment feels easier.

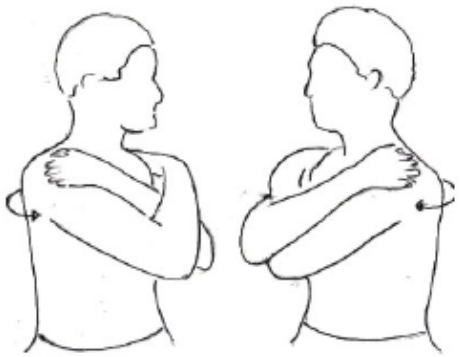


In sitting, bend your head forward until you feel a stretch behind your neck.
Hold approx. 3 x 7 seconds.
Keep chin tucked in softly as you return to the upright position.
Repeat a few times until the movment feels easier.

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Thoracic Rotation

Seated Rotation



1. Ensure you are sitting in a good position.
2. Cross your arms across your chest.
3. Turn your upper body to the right as far as possible.
4. Repeat to the opposite side.

Shoulder Elevation



Stand or sit
Lift your arm up sideways with thumb leading the way.

Repeat 2 or 3 times a day



Stand
Bring the arm you are exercising behind your back and stretch towards the opposite buttock.

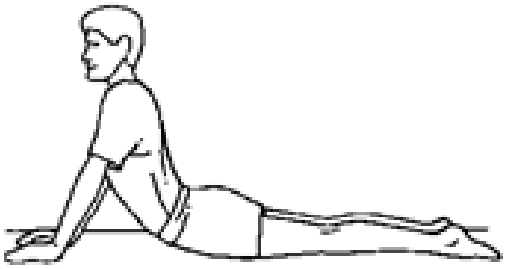
Repeat 2 or 3 times a day



Stand
Bring the arm you are exercising behind your head then move your elbow outwards.

Repeat 2 or 3 times a day

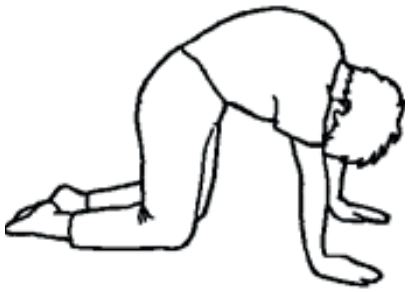
Repeat these exercises until you feel some improvement in flexibility without deterioration in pain.



Lying face down with both your hands at shoulder height.
Straighten your elbows and lift your upper trunk as far up as you can.
Keep your pelvis and legs relaxed.
If you cannot straighten your elbows - rest onto your forearms.



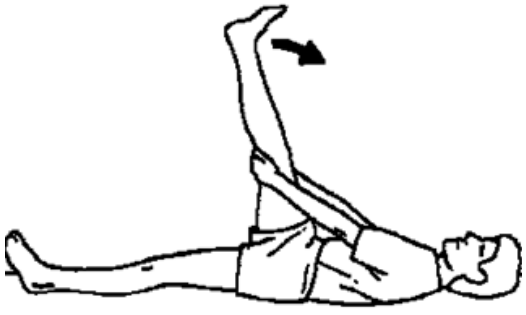
Lying on your back with one leg bent.
Bring your bent knee over the other leg and push your knee against the floor with the opposite hand.
Then reach with the other arm to the opposite side looking in the same direction. You will feel stretching in your lower back and bottom.
Hold approx. 20 seconds – relax
Repeat



In crawling position.
Arch your spine upwards while letting your head relax between your arms.
Repeat



Lying with your knees bent and feet on the floor.
Lift your knees towards your chest. Place your hands behind both knees and draw them towards your chest.
Hold 5 seconds. Repeat
Once this becomes easy, straighten the opposite leg to enhance the stretch.



Lying on your back. Lift your leg towards your chest.
Place your hands behind the knee. Gently pull your leg towards your chest. Feel the stretch behind your thigh.
Hold 20 seconds.
Repeat on the other leg.
Repeat



Stand holding onto support.
Bend one knee and take hold of the ankle.
Do not lock the knee of the leg you are standing on.
Draw your heel towards your buttock.
Tilt your hip forwards.
Feel the stretch in the front of your thigh.
Hold 7 seconds.
Repeat on the other leg.
Repeat
this exercise may also be done lying on your side or your front as you prefer. You may use a towel or a bag around your foot to help you reach.



Stand in a walking position with the leg to be stretched straight behind you and the other leg bent in front of you.
Take support from the wall or chair.
Lean your body forwards and down until you feel the stretching in the calf of the straight leg.
Hold 7 seconds.
Repeat on other leg.
Repeat

Our physiotherapy website has leaflets and advice on different problems and pathologies.

It is continually being updated with videos of exercises and information that can help with your problems.

Physiotherapy website

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

Scan the QR code below to take you to our website.

Also visit the National Spondylitis Society (NASS) **www.nass.co.uk**
For further advice and exercise material contact the Helpline 02087411515

If you have any comments about this leaflet or the service you have received you can contact :

Physiotherapy Department
Huddersfield Royal Infirmary
Telephone: 01484 342434
Booking Office: 01484 728941

www.cht.nhs.uk

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

Potřebujete-li tyto informace v jiném formátu nebo jazyce, obraťte se prosím na výše uvedené oddělení

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 ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਪਾਰੂਪ ਜਾਂ ਭਾਸ਼ਾ ਵਿੱਚ ਲੈਣਾ ਚਾਹੁੰਦੇ ਹੋ, ਤਾਂ ਕਿਰਪਾ 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"