

Oldham Pain Management Programme

CIRCUIT EXERCISES

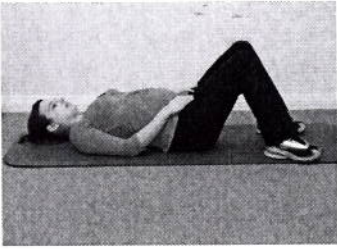
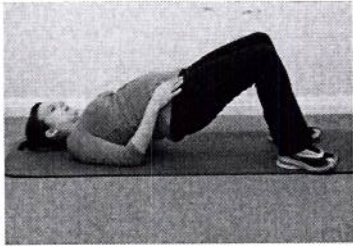
Doing Your Circuit



The exercises included in this booklet have been developed to improve your general muscle strength, stamina and general fitness. When you begin these exercises you might notice that you get a bit more pain. This increase in pain does not mean that you are doing any damage to your body. You get an increase in pain because you are using muscles which may have become stiff and weak. Once your body gets used to doing the exercises regularly your pain should start to improve.

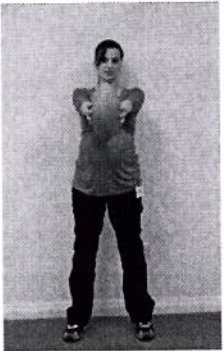
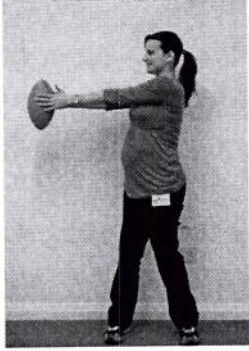
If you have a large increase in your pain or any other unexpected symptoms after performing these exercises, please discuss it with your health care professional at your next appointment. If you wish to speak to somebody urgently, please telephone your GP.

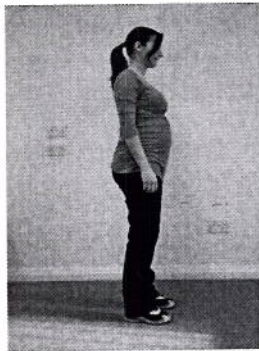

All exercises should be done for one minute and you should rest for one minute between each exercise.

This circuit is designed to be done 5 times a week. You will be doing one circuit in the department as part of your group session. The other 4 circuits will be done at home over the course of the week. We recommend you plan to complete your circuit on your least busy days to ensure that you pace yourself appropriately.

1. Bridging	
Start Position	End Position
	
INSTRUCTIONS	
<p>Lie on your back with your knees bent. Lift your bottom up off the floor so that you can touch your hands underneath your bottom. Slowly lower your bottom back down to the floor and repeat the exercise. <u>Repeat this exercise for one minute.</u></p>	

2. Sit-to-stand	
Start Position	End Position
	
INSTRUCTIONS	
<p>Sit in a chair and place your arms across your chest. Slowly stand up without using your arms. Slowly lower yourself back down to the chair, without using your arms. <u>Repeat this exercise for one minute.</u></p>	

3. Trunk rotation	
Start Position	End Position
	
INSTRUCTIONS	
<p>Stand slightly away from a wall holding a ball straight out in front of you. (If you do not have a ball clasp your hands together.) Keeping your elbows straight, turn your body as far as you can to the right. Hold this position for a second and then turn as far as you can to the left. <u>Repeat this exercise for one minute.</u></p>	

4. Lunges	
Start Position	End Position
	
INSTRUCTIONS	
<p>Stand up straight and step your right leg forward. Lean your weight forward onto your right leg and then straighten up again, taking your right leg back to the starting position. Now repeat this with your left leg. <u>Repeat this exercise for one minute</u></p>	

5. Pick up ball

Start Position

End Position



INSTRUCTIONS

Crouch down, bending your from your back and your knees. Pick up a ball and raise it above your head then lower it back down to the floor. Repeat this exercise for one minute.

6. Step ups

Start Position

End Position



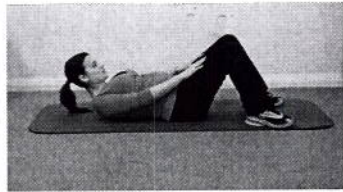
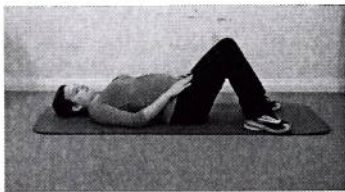
INSTRUCTIONS

Stand at the bottom of a step. Step your right leg up, followed by the left, then step down again. Continue to step up and down, alternating between stepping the left and right leg first as you feel comfortable. Repeat this exercise for one minute.

7. Abdominal crunch

Start Position

End Position



INSTRUCTIONS

Lie on your back with your knees bent. Place your hands on your thighs and then flatten your lower back into floor. Slowly raise your shoulders about 5cm (2 inches) off the floor and then slowly lower your shoulders down again. Repeat this exercise for one minute.

8. Skipping

Start Position

End Position



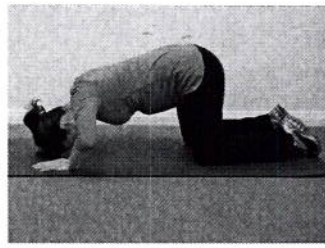
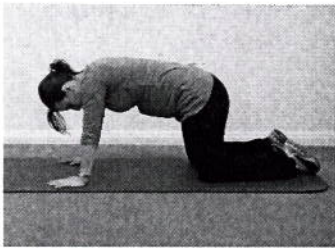
INSTRUCTIONS

Skip on the spot, transferring your weight from one leg to the other. Repeat this exercise for one minute.

9. Press ups

Start Position

End Position



INSTRUCTIONS

Kneel on all fours. Lower your chest towards the floor by bending your elbows. Pause for a second and then slowly rise up from the floor so your elbows straighten. Repeat this exercise for one minute.

10. Marching on the spot

Start Position

End Position



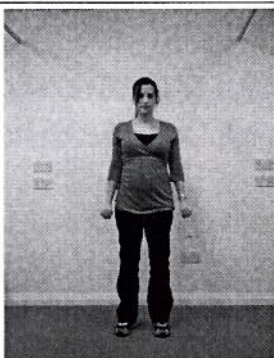
INSTRUCTIONS

March on the spot, pushing your weight from one leg to the other. Repeat this exercise for one minute.

11. Shoulder elevation

Start Position

End Position



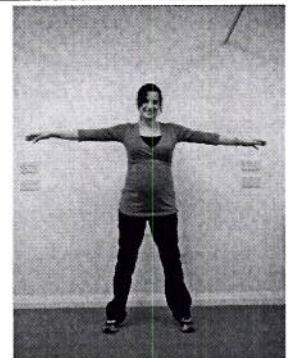
INSTRUCTIONS

Stand with your arms by your sides holding a light weight in each hand (if you do not have weights, use a tin or bottle of water). Slowly raise your arms out to the side, pause for a second and then lower your arms to your side. Repeat this exercise for one minute.

12. Star jumps

Start Position

End Position



INSTRUCTIONS

Stand with your feet together and your arms by your side. Jump upwards, raising your arms and moving your legs out to the side. Jump back inwards so your feet are together again and your arms are by your side. Repeat this exercise for one minute.