Spinal Exercises

Seated Exercise Group

Pain Service, Government of Jersey
Enid Quenault Health & Wellbeing Centre,
Les Quennevais Park,
La Route des Quennevais,
St Brelade, Jersey JE3 8JW.


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Breathing

Start: Sit towards the front of your chair with feet flat on the floor. Assume a relaxed upright posture. Place one hand on your chest and the other on your belly.
Movement: Gently breathe in and out, without your upper hand moving upwards away from your lower hand. Take 3 gradually increasing breaths.


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Sitting.

Turn your head to one side until you feel a stretch. Hold approx. 5 secs. Repeat to other side.

Repeat 10 times.


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Sitting.

Bend your head backwards as far as is comfortable. Hold approx. 5 secs.

Repeat 10 times.


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Sitting.

Bend your head forward until you feel a stretch behind your neck. Hold approx. 5 secs.

Repeat 10 times.



Seated Shoulder Rolls

Sit in a good position and place your fingers on your shoulders.

Roll your elbows and shoulders back.

Repeat 10 times.



Sit or stand. Place your fingers on your shoulders.

Roll your shoulders back.

Repeat 10 times.



Sit and lift one arm.

Bend to the side with your arm reaching over your head. Breathe in, then breathe out and return to the starting position.

Repeat 10 times.



Sit on a chair.

Take hold of the back of a chair. Look over your shoulder while turning your upper body.

Hold 5 seconds.

Repeat 10 times.



Sit on a stool and practise good posture.

First let your back drop and get rounded, then use your back muscles to straighten your back and arch it (not too much). Hold approx. 1-2 min.

Repeat 10 times.



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Sitting on a chair.

Lift your leg up off the seat keeping the knee bent. Return to starting position.

Repeat 10 times.



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Sitting or lying.

Rotate your ankle. Change directions.

Repeat 10 times.



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Sit on a chair.

Pull your toes up, tighten your thigh muscle and straighten your knee. Hold approx. 5 secs. and slowly relax your leg.

Repeat 10 times.



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Stand.

Push up on your toes.

Repeat 6 times. x3



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Stand behind a chair and support yourself with both hands.

Slowly bend your hips and knees, trying to push your bottom back. Your knees should be above your toes. Do not let your knees turn in or out during the movement.

Repeat 6 times.x3



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Stand straight holding on to a support.

Lift your leg sideways and bring it back keeping your trunk straight throughout the exercise.

Repeat 6 times. x3



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Seated Row without Equipment

Sit up straight and lift arms forwards, with your elbows straight.

Pull your elbows backwards and shoulder blades together. Straighten your arms back to starting position.

Repeat 10 times.



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Stand straight with your feet together and arms by your side.



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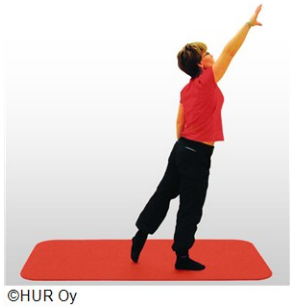
Take a step forward while reaching upwards with your arm.



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Move your weight onto your front foot while reaching as high as possible and looking at your hand. Return to the starting position. Repeat with your other leg and arm.

Repeat 10 times.



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Sit on a chair with your legs apart.

Bend your head and trunk down between your knees rounding your upper body as much as possible. Hold approx. 20 secs.

Repeat 10 times

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Boxing

Bring your elbows close to your body and clench your hands under your chin. With the knuckles leading, punch your arms straight out in front of you alternately, abducting your shoulder blade and rotating the upper back.

Repeat 20 times.

Chair Squat



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Stand tall with your feet approximately hip-width apart and weight distributed evenly on both feet.
Make sure the chair behind you is at a suitable distance from you.

Bend your knees and hips and squat down onto the chair. Knees and toes should be pointing in the same direction.
Sit down lightly and push back up to the starting position using your front thighs and buttock muscles.

Repeat 6 times. x3



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Sit or stand.

"Pick apples". Alternate between right and left arm.

Repeat 10 times



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Wrist and fingers straight.

Make a fist.

Repeat 10 times.



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Put the back of your hand on a table.

Bring your thumb to the base of your little finger. Bring your thumb back.

Repeat 10 times.



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Stand or sit. Forearms horizontally in front of you and palms together.

Push your palms together.

Hold 5 seconds.

Repeat 10 times.



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Seated Lateral Trunk Stretch

Sit on a chair and support one hand on the chair. Lengthen your spine gently through the sitting bones to the top of your head.

Lift the other arm up and bend gently to the side with your arm reaching over your head. Hold while breathing evenly. Return to the starting position.

Repeat 10 times.