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PLEASE READ BEFORE CONTINUING

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**WARNING AND DISCLAIMER**

**BEFORE** you commence any form of exercise or treatment programme you should **FIRST** consult with your General Practitioner (GP) or Physiotherapist.

Any exercise holds an element of risk if undertaken without supervision or if performed incorrectly. If you are unsure how to perform **ANY** of the exercises shown on this site then you **SHOULD** consult with your General

Practitioner (GP) or Physiotherapist **BEFORE** commencing.

If you feel any discomfort or pain during the exercises you should **STOP IMMEDIATELY**.

The information found within this site is for general information only and should **NOT** be treated as a substitute for advice from your own doctor or physiotherapist. The exercises and other advice described are **NOT** suitable for everyone. You should **NOT** begin any exercise routine without consulting a qualified health practitioner particularly if you are pregnant, nursing, elderly, or if you have any chronic or recurring conditions. Any application of exercises suggested is at the reader's sole discretion and risk. Walker and Hall Chartered Physiotherapists accept no responsibility or liability for any loss or injuries caused directly or indirectly through the performing of any exercises given within this website or associated material produced by Walker and Hall Chartered Physiotherapists. The authors of any information associated with Walker and Hall Chartered Physiotherapists do not guarantee that any recommended exercises will work, or that you will produce benefits for yourself. Always consult your own General Practitioner (GP), if you're in any way concerned about your health or anything associated with it.

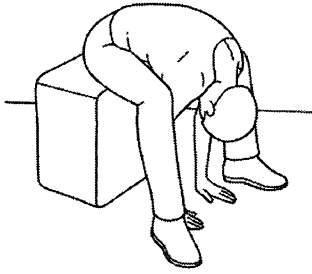
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Lying on your back with knees together and bent.



Slowly roll your knees from side to side keeping your upper trunk still.

Repeat 10 times.

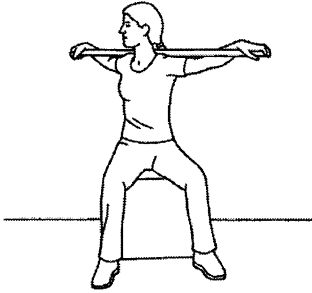


Sit on a chair with your legs apart.

Bend your head and trunk down between your knees rounding your upper body as much as possible. Hold approx. 2 secs.

Repeat 10 Times.

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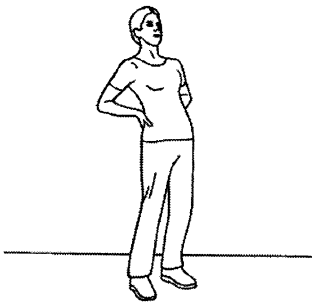


Sit on a chair with your legs apart and feet firmly on the floor. Hold a stick behind your neck as shown in the picture.

Twist your upper trunk from side to side. Let your head follow the movement.

Repeat 10 times.

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Stand straight with feet apart.

Support your back with your hands while bending your back as far backwards as possible. Keep your knees straight during the exercise.

Repeat 10 times.

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**STOP ALL EXERCISES IF YOUR PAIN BECOMES WORSE AND  
SEEK MEDICAL ADVICE**