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ਜੇ ਤੁਹਾਨੂੰ ਤਰਜਮੇ ਦੀ ਲੋੜ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਇਸ ਨੰਬਰ ਤੇ فون ਕਰੋ: 01932 723553

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यदि आपको अनुवाद की ज़रूरत है तो कृपया इस नंबर पर फोन करें: 01932 723553

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Hypermobility Exercises Physiotherapy

Pacing

Ease into activities gradually by avoiding doing too much on one day, but instead spread it throughout the week and focus on building up your strength and fitness. If your muscles ache it shows they are working hard so keep active.

Further Information

We endeavour to provide an excellent service at all times, but should you have any concerns please, in the first instance, raise these with the Matron, Senior Nurse or Manager on duty.

If they cannot resolve your concern, please contact our Patient Experience Team on 01932 723553 or email asp-tr.patient.advice@nhs.net. If you remain concerned, the team can also advise upon how to make a formal complaint.

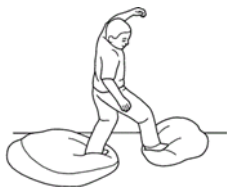
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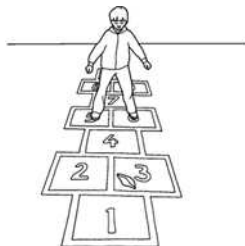
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Stepping stones

Place pillows on the floor and imagine water all around. Step from pillow to pillow, trying not to touch the floor/water.



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Hopscotch

Play hopscotch.

General Exercise

The best way to stay fit and healthy is by doing regular exercise that you enjoy. Some of the best things to do if you are hypermobile are to go swimming and / or cycling. These two sports avoid lots of impact through your joints, strengthen your muscles and help your heart and lungs stay healthy.

As you get stronger and fitter, start introducing other sports like netball, football, dancing, etc. Anything that helps keep you active is great and it is also lots of fun.

Hypermobility Exercises

Why is Exercise Important?

Exercise helps keep your joints moving and your muscles strong to support your joints. It is good to feel aching in your muscles during and after exercise, as this proves they are working hard to get stronger. Remember to pace yourself by easing into new activities and doing little and often. This booklet will give you lots of exercises to help improve your strength, flexibility and general fitness.

Towards the end of the booklet are various games to play if doing specific exercises are difficult.

If you have any questions, comments or problems, please contact your Physiotherapist on 01932 722547.

Strength Exercises

Strength exercises are really important so your muscles are strong enough to support your joints and keep you active. Your muscles should ache, which is how you know you are working them hard enough. If you do not feel anything then you need to do more repetitions or add a very small weight.

You should start off with 10 repetitions and build up gradually to 30 repetitions.

Leg Strength Exercises



Knee Extensions

Sit in a chair and slowly straighten your knee all the way. Hold for 5 seconds. Repeat on both sides. If you feel able, place a weight around your ankle to make it harder.



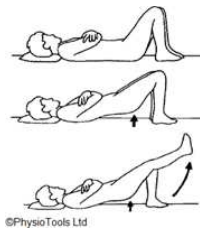
Inner Range Quadriceps

Lie down as shown with a rolled towel or pillow under your knee. Push your knee down and lift your heel up, straightening your knee. Hold for 5 seconds. Repeat both sides.



Clam

Lie down as shown and slowly lift your knee up, keeping your feet together and your hips facing forwards. You should feel your bottom muscles work.



Bridge

Lie down as shown and slowly lift your bottom off the floor and hold for 5 seconds. If able to, straighten one leg into the air while keeping your hips level.



Superman

Get onto your hands and knees and draw your tummy muscles in slightly. Slowly float one leg and the opposite hand up, while keeping your back in a good position. Repeat on both sides.



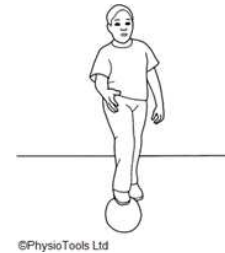
Ballet walk

Walk on your tip toes like a dancer.



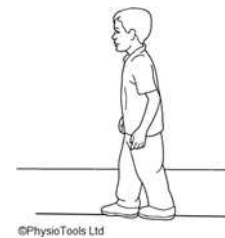
'Row-row-row your boat'

Sit on the floor keeping your knees straight and sing row-row-row- your boat while pretending to row.



Ball balance

Stand on one foot then with your other foot place it on a ball and roll it all the way round you.



Tight-rope walk

Walk as if you're on a tight-rope. Try making it harder by walking backwards.

Posture

Maintaining a good posture is crucial to keeping your neck and back healthy so don't forget about posture.



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Good Posture

Sit or stand with your back tall, shoulders back and chin tucked in.

Games

If it is difficult to do specific exercises, then there are some fun games that can make exercising more enjoyable, but still work on strength, flexibility and stability. Enjoy!



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Animal walk

Walk on all fours like your favourite animal.



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Penguin walk

Walk on your heels like a penguin.

Stretching Exercises

Stretching exercises are really important because as you grow your bones grow faster than your muscles do so they get pulled and get really tight. This can then give you pain, but stretching exercises will help. **You need to hold each stretch for at least 30 seconds for it to help.**



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Hamstring Stretch

Sit down as shown keeping your knees straight and reach for your toes. You should feel a stretch down the back of your leg.



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Hamstring Stretch

Lie down as shown with a towel round your foot. Pull the towel tight and keep your knee straight. You should feel a stretch down the back of your leg.



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Calf Stretch

Stand as shown keeping your back knee straight and heel on the floor. Lean forwards and feel a stretch in your lower leg.



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Gluteal Stretch

Sit on the floor with your legs bent. Cross one over the other and put your arm around the leg to be stretched. Bring your knee towards the opposite shoulder. Feel the stretch in your bottom.



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Hip Stretch

Kneel down as shown keeping your bottom tucked under. Lean forwards onto the front leg and you will feel a stretch in your groin.



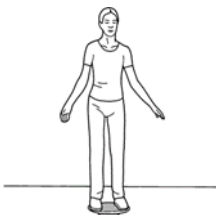
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Frog Stretch

Sit down as shown keeping your back straight and feet together. Push your knees down with your elbows and you will feel a stretch in your inner thighs.

Stability Exercises

Stability exercise focus on your core stomach muscles to provide support to your back and give you a strong base in which the rest of your body can work well. Simply by having a good posture will help your core stomach muscles become stronger.



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Wobble Board

Stand on a wobble board (or a cushion if you don't have one) and try and balance. When able close your eyes or play games like throw and catch while standing on it.



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Gym Ball

Sit on a gym ball and try to balance with good posture. When able try lifting one foot off the floor and/or play throw and catch.



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Wheel Barrow on Gym Ball

Lie with your stomach on a large gym ball. Walk your hands forwards so your legs are on the ball then go back to the start.

Arm Exercises

As well as making your legs and stomach muscles stronger and more flexible, it is important to keep your arms healthy by doing exercises too.



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Wall Press Up

Stand with your hands at shoulder height on a wall. Draw your shoulder blades back (as above) and then lean into the wall, bending your elbows down. Return to the start.



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Aeroplane

Lie with your stomach with your arms out to the sides, as shown. Draw your shoulder blades together and lift your shoulders and arms off the floor slightly. Return to the start.



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Ball on a Wall

Stand with a good posture and your hand resting on a ball on a wall. Slowly roll it in circles and make them bigger and bigger, while keeping a good posture.