

exercise 1
Hip flexion

Why is this exercise useful?

- Relieves muscle tension and stretches the lower back muscles.

The relaxation of the pelvis obtained is a factor of better balance.

How do you do the exercise correctly?

- Lie down on a firm bed or sofa.
- Bring one knee to your chest with your hands bending your elbows; the other leg should remain stretched out.
- Simply extend your elbows to go back.

• TIP
Remember to breathe out and pull in your tummy during flexion.



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exercise 2
Strengthening the abdominals

Why is this exercise useful?

- Strengthens the abdominal muscles.
- Ensures better spinal posture.

How do you do the exercise correctly?

- Lie down on a firm bed or sofa.
- Bend legs to a 90 degree angle.
- Place hands on the inside of your knees and apply outward pressure to each knee while your thighs resist.

• TIP
Remember to breathe out when resistance is applied.



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exercise 3
The abdominals in a sitting position

Why is this exercise useful?

- Strengthens both the abdominals and the back muscles.
- Ensures a sheath for the body.

How do you do the exercise correctly?

- Sit facing the table.
- Raise one knee (one only), against the underside of the table and press at the same time with both hands on the table.
- Then repeat with the other knee.

• TIP
Remember to breathe out during the exercise.



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exercise 4
Push-ups against the wall

Why is this exercise useful?

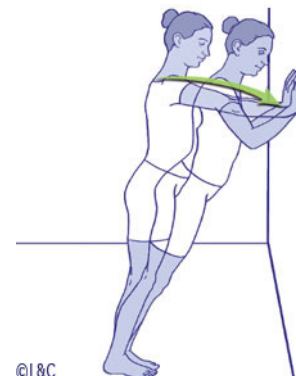
- Ensures a sheath for the body.

This movement can be progressive in difficulty.

How do you do the exercise correctly?

- Stand facing a wall, your hands spread apart wider than your shoulders.
- Bend your elbows to touch the wall with your head.
- Then extend your elbows again.

• TIP
Do not stand too far away from the wall to start with to ensure you do the movement with a rigid body without bending. Then increase the difficulty by moving your feet further away from the wall and then choosing a lower element (push-ups on a table, a chair or on the ground).



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DURATION OF EXERCISES

Stretching movements: you can hold the position for several seconds (6-10), stopping if it becomes too painful.

Strengthening movements: you can perform sets of five movements with a longer rest (about twice as long as the duration of the movement). We also recommend that you change position between exercises (from one foot to the other, for example) in order to relax the muscles that have just been working.

SOME SIMPLE RULES TO FOLLOW DURING THESE EXERCISES

- Work at your own pace, calmly and steadily.
- Breathe during the exercises.
- Do not force it and follow the pause time.
- Gradually increase the number of sets.

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