You should try to do these exercises every day. Start very gently and gradually build up. Breathe steadily as you do the exercises. As with any physical activity, you’ll need to use some common sense. It’s normal to feel muscle ache but stop if you get any joint pain that doesn’t go away quickly.

It’s also important to do general fitness exercises. Swimming, walking and cycling may be good, but find something that you enjoy and stick at it. If you have any questions about exercising, speak to your doctor or physiotherapist.

### Fingers

**1.** Begin with the palm of your hand on a tissue or towel (a table, fingers apart.

**2.** Pull your fingers together by pressing your hand down into the table and bunching up the towel between your fingers.

**3.** Stand with a weight in each hand, or use wrist weights. Raise your arms overhead as far as you can and lower slowly.

**4.** Sit on the edge of a table or bed. Cross your ankles over.

**5.** Sit on the edge of a table or bed, keeping an upright posture with your feet on the floor. Straighten one knee fully. Hold, then slowly lower. Repeat on the other leg. As you improve, try using ankle weights.

### Wrist

**1.** Place your palm on a table and lift your fingers up from the table.

**2.** Place your other hand across your knuckles at a right angle and push down as the hand underneath tries to pull up.

**3.** Sit with your knees bent and feet together. Press your knees down and lift your feet to touch your knees.

### Arms

**1.** Stand with your arm straight, bend your elbow, then straighten it out again. (Try holding a weight in your hand such as a bag of sugar or a piece of fruit if you find holding objects difficult, you can use weight weights.)

**2.** You should feel the muscles of your forearm contracting. Swapp hands and repeat.

**3.** Hold on to the back of a chair or a work surface.

### Shoulders

**1.** Stand with your arms relaxed at your sides. Raise your arms as far as you can.

**2.** Place your hands behind your head, then behind your back.

**3.** Lie on your back. Raise your arms overhead as far as you can.

### Neck

**1.** Sit with good posture.

**2.** Sit or stand with good posture. Leave your chin level, pull your chin back. Relax, then repeat.

**3.** Bend your ankle up towards your body as far as possible, then point your toes away from your body.

### Shoulders

**1.** Stand with your arms relaxed at your sides. Raise your arms as far as you can.

**2.** Place your hands behind your head, then behind your back.

**3.** Lie on your back. Raise your arms overhead as far as you can.

### Back

**1.** If you’re able to, lie on your back, hands behind your head (or by your sides if your shoulders are painful). Bend your knees and, keeping your feet to the floor, roll your knees to one side slowly.

**2.** Lie on your back with knees bent. Bring one knee up and pull it gently to the chest. Push your back into the floor when doing this exercise. Hold, then swap legs.

**3.** Lie on your front with your hands under your shoulders.

**4.** Lie on your front with your hands under your shoulders. Straighten your arms to push your trunk upwards, letting your hips sag to the floor.

We recommend that you repeat each exercise five times and hold the position for 5–10 seconds, unless the instructions state otherwise. Do twice daily.

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