

RHEUMATOLOGY EXERCISE WALKWAY

Stork Test

Stand on one leg
use the wall for balance if you need to
Close your eyes
and count how long you can hold this position
Breathe slowly
Repeat with your other leg



This is a good test of your balance
A healthy young adult can hold the Stork for at least 60 seconds
The longer you can hold the Stork for,
the less likely you are to fall

Spend a few minutes on the
Exercise Walkway and see how much
you can improve your Stork

Neck Stretches

Stand with good posture
Tilt your head towards one side
until you feel a comfortable stretch
Breathe slowly and deeply
Hold the stretch for 4 breath cycles
Repeat twice on each side



~ Increase your neck mobility ~ Improve your posture ~

Hip Glide


Stand with your legs shoulder width apart in good standing posture
Move your hips slowly from right to left and back again
Keep your upper trunk still
Support your back with your stretch muscles
Repeat 10 times



~ Mobilise your lower back and hips ~ Relax your lower back muscles ~

Ankle Swivel


Sit with good posture
Place your feet flat on the floor
Slowly circle your ankles one at a time
Repeat ten times in each direction



~ Improve your ankle movement ~ Relax your feet ~

Shuttle Walk


Walk slowly along the exercise walkway
Maintain a good posture - 'stork up'
Repeat up to ten times
walking faster each time if you can



~ Improve your balance and your general cardiovascular fitness ~

Shoulder Release


Stand with a good posture
Breathe slowly and deeply
Slowly rotate your shoulders
Forwards, upwards and backwards
Repeat 10 times



~ Relax your neck and shoulder muscles ~ Ease neck and shoulder pain ~

Upper Body Stretch

Stand in good posture
Push shoulders forward
Stretch your arms forward and down
Hold for 4 breath cycles
Return to good standing posture
Repeat four times



~ Stretch and relax your upper back ~ Improve your shoulder movement ~

Sitting Quads

Sit with good posture
Tighten your thigh muscles
and straighten one knee
Hold for five seconds
Slowly relax your leg back to the ground
Repeat five times with each leg



~ Improve knee strength and stability ~ Decrease knee pain ~

Leg Lift

Lift one arm and opposite leg together
Use the wall for balance if you need to
Hold for 3 breath cycles
Breathe slowly and deeply
Repeat three times on each leg



~ Improve your balance and co-ordination ~ Prevent falls ~

Hand Stretches

Stand with good posture
Push your palms together
stretching all your hand muscles
Hold for 5 breath cycles
Relax your shoulders
Shake your hands out
Repeat twice



~ Stretch your hands and wrists ~ Relax your arms ~