

Hypermobility Exercise Programme

Service User Information Leaflet

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Issue No: 6.8.1.7

Date of Issue: May 2015

Review Date: May 2017



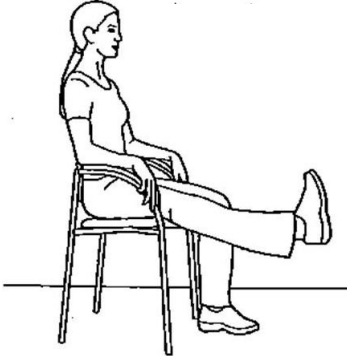
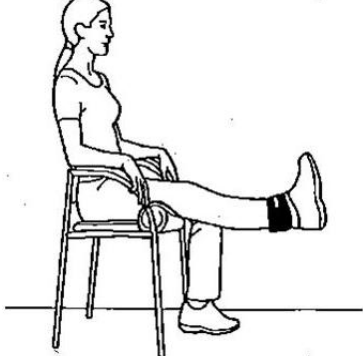
If review date has passed the content will apply until the next version is published


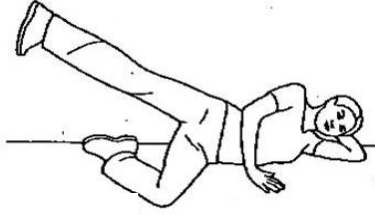
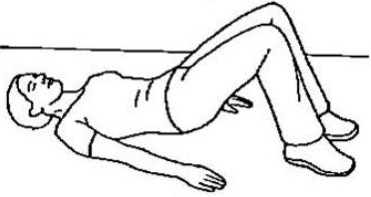
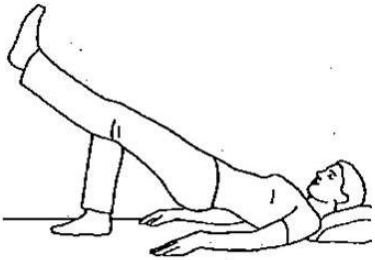
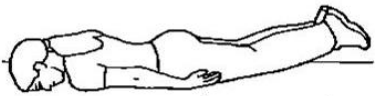
Produced by the Fife Hypermobility Special Interest Group

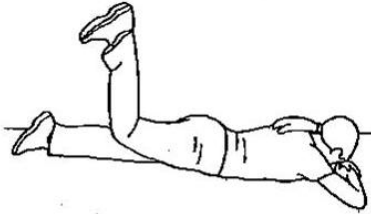
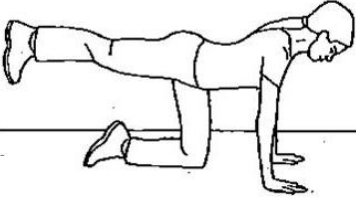
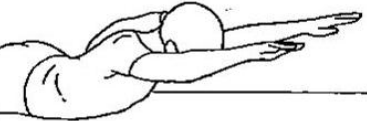

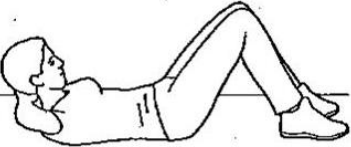
Diagrams: © PhysioTools

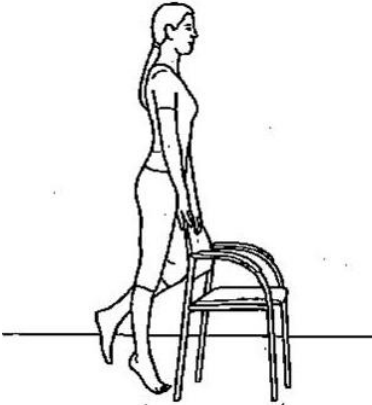
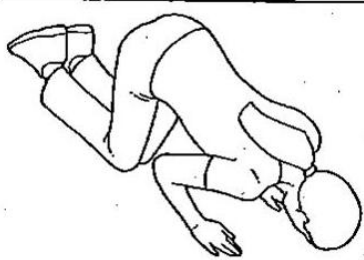
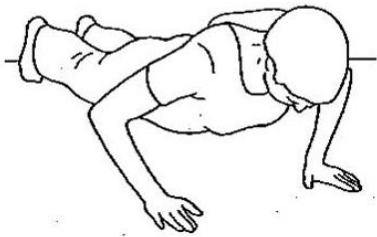
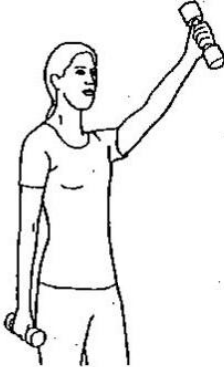
Exercises

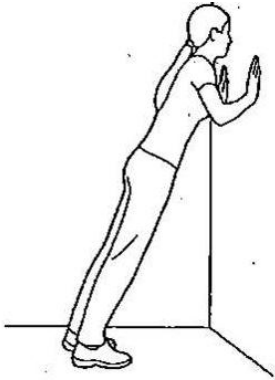
Only do the specific exercises as instructed by your physiotherapist.

	<p>Lying on your back with one leg straight and the other leg bent. (You can vary the exercise by having your foot pointing either upwards, inwards or outwards)</p> <p>Exercise your straight leg by pulling the toes up, straightening the knee and lifting the leg 20cm off the bed. Hold approximately 5 seconds - slowly relax.</p> <p>Repeat ____ times with both legs.</p>
	<p>Lying on your back. Bend one leg and put your foot on the bed and put a cushion under the knee.</p> <p>Exercise your straight leg by pulling your foot and toes up, tightening your thigh muscle and straightening the knee (keep knee on the cushion). Hold approximately 5 seconds, and slowly relax. To make the exercise harder put a ____Kg weight around your ankle.</p>
	<p>Sit on chair.</p> <p>Pull your toes up, tighten your thigh muscle and straighten your knee. Hold approximately 5 seconds and slowly relax your leg.</p> <p>Repeat ____ times.</p>
	<p>Sit on a chair with a cushion under the your knee and a ____Kg weight around your ankle.</p> <p>Pull your toes up, tighten the front of your thigh muscle and straighten your knee slowly. Hold approximately 5 seconds.</p> <p>Repeat ____ times.</p>

	<p>Stand straight holding on to a support.</p> <p>Lift your leg sideways and bring it back keeping your trunk straight throughout the exercise.</p> <p>Repeat ____ times.</p>
	<p>Side lying. Keep the leg on the bed bent and the upper leg straight.</p> <p>Lift the upper leg straight up with ankle flexed and the heel leading the movement.</p> <p>Repeat ____ times.</p>
	<p>Lying on your back with knee bent.</p> <p>Squeeze your buttock together and lift your bottom off the floor. Return to starting position.</p> <p>Repeat ____ times.</p>
	<p>Lying on your back with knees bent.</p> <p>Lift your hip up and keep it straight while shifting the weight over to one leg. Then straighten the other leg – put it back down and repeat with other leg.</p> <p>Repeat ____ times.</p>
	<p>Lying face down.</p> <p>Squeeze your buttocks firmly together and tighten your leg muscles. Continue exercise by lifting legs off the floor.</p> <p>Repeat ____ times.</p>

	<p>Crawling position.</p> <p>Alternatively, lift your right and left leg straight back and then return it to starting position.</p> <p>Repeat ____ times.</p>
	<p>Crawling position.</p> <p>Lift opposite arm and leg to horizontal position. Hold for 5 to 10 seconds. Try to keep your body still.</p> <p>Repeat ____ times.</p>
	<p>Lying face down with your arms above your head and in line with your body.</p> <p>Lift your upper trunk off the floor. Breathe in during the exercise.</p> <p>Repeat ____ times.</p>
	<p>Lying on your back with arms crossed on your chest.</p> <p>Tighten your stomach muscle and lift your head and shoulders off the floor.</p> <p>Repeat ____ times.</p>
	<p>Lying on your back with your fingers just behind your ears and elbows out.</p> <p>Tighten your stomach muscles and lift your head and shoulders off the floor.</p> <p>Repeat ____ times.</p>

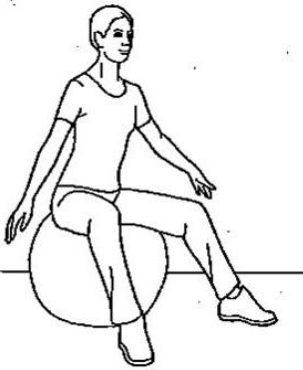
	<p>Stand on one leg.</p> <p>Push up on your toes.</p> <p>Repeat ____ times.</p>
	<p>Crawling position.</p> <p>Do push up. Remember to keep your neck straight and chin tucked in.</p> <p>Repeat ____ times.</p>
	<p>Lying face down with your hands on the floor at shoulder height.</p> <p>Do push-ups slowly and remember to straighten your elbows properly.</p> <p>Repeat ____ times.</p>
	<p>Stand with your hips and knees slightly bent holding 1 to 2 kKgs weights in both hands.</p> <p>Tighten your stomach and lower back muscles to stabilise your lower spine and lift alternately arms up and bring back down.</p> <p>Repeat ____ times.</p>



Stand facing a wall with your arms straight and hand on the wall.

DO push-ups against the wall keeping your body in a straight line.

Repeat ____ times.



Sit on a large ball.

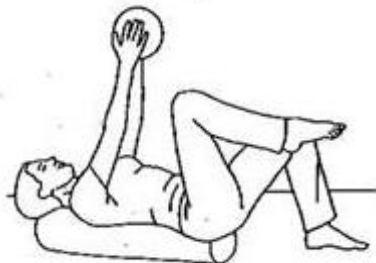
Shift your body weight maintaining balance.



Lie on your back on a roll with your knees bent and feet on the floor.

Lift your knees in turn.

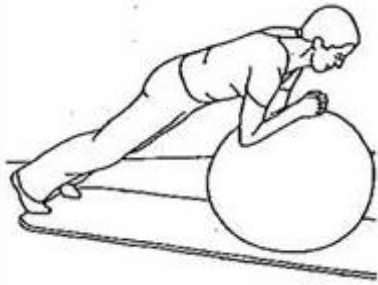
Repeat ____ times.



Lie on your back on a roll with your knees bent and feet on the floor. Hold a ball. Lift the ball toward the ceiling.

Lift your knees in turn.

Repeat ____ times.



Place your forearms on a large ball, lean forward supporting your body weight on your forearms.

Tighten your pelvic floor muscles and gently pull in your lower stomach. Keep your back and neck straight.

Hold for _____ seconds.

Repeat _____ times.

Progression Plan (Aim to do 3 to 5 times a week)

1. Start with _____ repetitions and increase by 5 per week until you reach 30.
2. Once at 30 repetitions for _____ weeks, start to use 0.5Kgs (1lb) weight.
3. Reduce repetitions to _____ and then start increasing again by 5 until you are back to 30.
4. Increase your weight by _____ Kgs until you reach 30 repetitions with a weight of _____ Kgs.

Other instructions:

For further Advice:

www.nhsinform.co.uk/msk (search for Ehlers Danlos in entire site)

www.hypermobility.org

www.arthritisresearchuk.org (search for hypermobility)

<http://ednf.org/>

<http://www.ehlers-danlos.org/>