



GIG
CYMRU
NHS
WALES

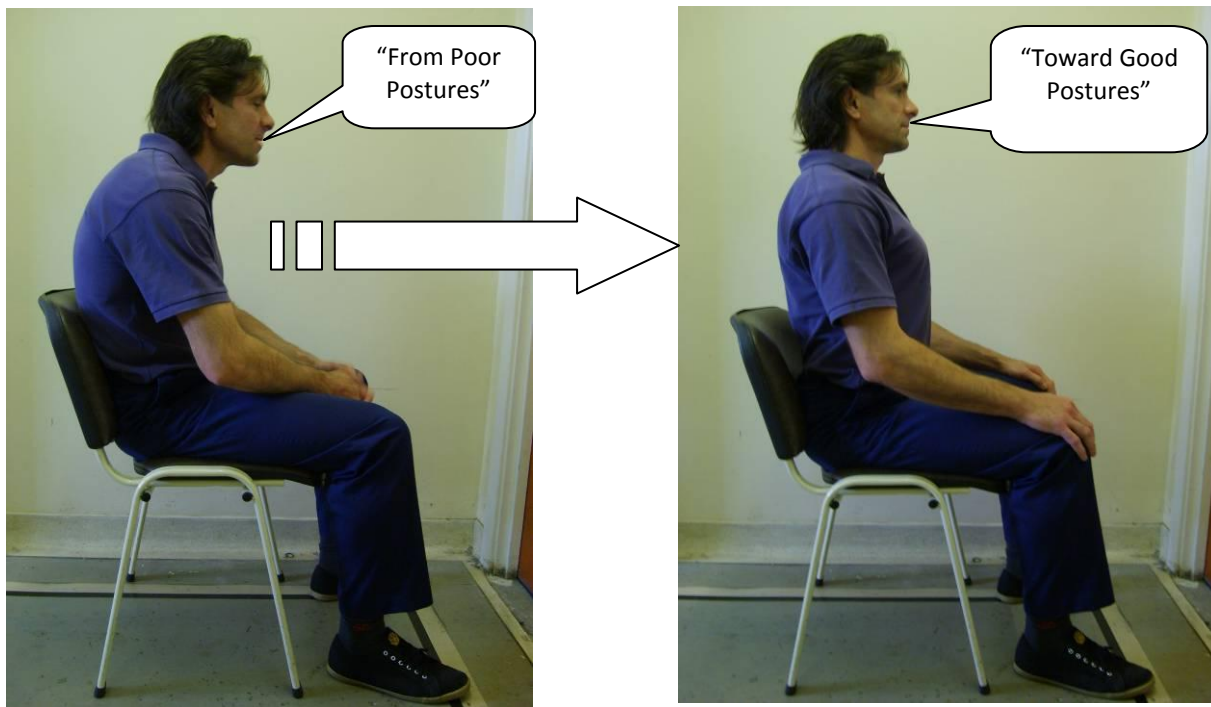
Bwrdd Iechyd Prifysgol
Caerdydd a'r Fro
Cardiff and Vale
University Health Board

All Wales Adult Cystic Fibrosis Centre Postural Exercise Programme - Level 2

Important that these postures are explained, demonstrated and practiced with a member of the Physiotherapy Team before completing them independently

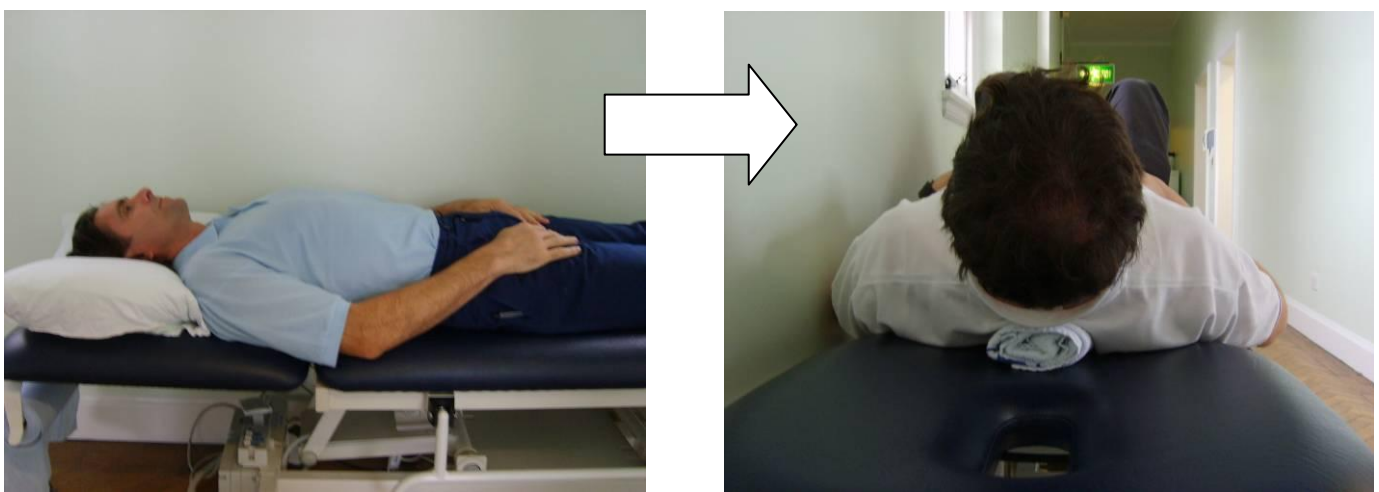
- Awareness, maintenance and improvement of Daily Postures from unhealthy slouched positions towards more healthy upright positions.

1) Sitting, standing and walking taller with confidence.



Main points: Chin in, squeeze shoulders gently “back and down” with open chest, and extend lower back.

2) Relax back lying flat on your bed for up to 20 minutes per day as tolerated.



Progression: Put a rolled up towel along the length of your spine and lay on top, head on your pillow and gently extend your back and shoulders over the towel.

Hold for up to 5 minutes as you can tolerate. Repeat ___ times daily,

3) Regularly stretch your chest and spine into extension in a doorway

(hold for 10-12 seconds)



4) Fit some form of daily exercise like walking, light jogging and stairs into your daily routine

Gentle daily movements make me feel good, keep muscles & joints healthy and improve heart and lung function

Light jogging



Take the stairs

Aim:

i) To walk for ____ mins

daily ____ times a week

ii) Take stairs ____ daily

iii) Jog for ____ minutes

daily ____ times a week



Walking

5) Strengthen your spine and postural muscles for improvements in the way you function and hold good body form during everyday life.



WALL SQUAT

Find a flat wall in your room/on the ward. Stand up with your back touching the wall and shoulder blades “squeezing back and down”. Feet should be away from the wall, then squat down maintaining upright posture throughout.

Repetitions_____

Sets (per day)_____

Times per week_____

BRIDGING

Lay flat on your bed on your back. Your feet should be close to your bottom about shoulder width apart. Arms by your side. You then lift your bottom and spine off the bed until your knees, hips and shoulders are in straight line. Hold for 5 seconds and lower down slowly in a controlled way to the start position. Repeat.

Repetitions_____

Sets (per day)_____

Times per week_____



Please talk to a member of the physiotherapy team if you have any questions about your posture and your exercise programme