

Information for patients and carers

Exercises Following a Joint Injury

Decorative graphic at the bottom of the page consisting of three horizontal, wavy bands of blue color, with the bottom band being the darkest and the top band being the lightest.

How to use this leaflet

You have been given this booklet because you have injured one of your joints. Your doctor wants you to complete some of the exercises in this booklet to help the joint get better before you see a physiotherapist or occupational therapist.

The doctor will indicate which joint exercises you should complete.

It is important you begin to move the joint when asked, to help stop the joint becoming stiff.

If any of the exercises you are given start to make your pain worse, please stop and speak to your therapist about this at your appointment.

If you wish to watch a video of the exercises, please use the website link or scan the QR code below.



<https://www.lancsteachinghospitals.nhs.uk/trauma-exercises>

Ankle



Ankle Circles

- Position yourself on a chair or lie down with your legs straight
- Begin to rotate your ankle in circles
- Keep the movements smooth and controlled
- Rotate in both directions



Ankle Pumps

- Lie on your back or position yourself on a chair with your legs outstretched
- Bend and straighten your ankle repeatedly so you can feel the stretch





Ankle Tilts

- Sit with your legs straight
- Place your hand on your knee to keep it straight
- Tilt your foot in and out so you feel the stretch at the end of each movement



Single Leg Stand

- Stand upright next to a chair or support
- Stand on one leg and maintain your balance for up to 10 seconds
- Please hold the chair or support to start with



Knee



Knee straight leg raise

- Sit upright with your legs straight
- Pull your foot towards your body and push your knee down into the floor to straighten your leg as much as possible
- Maintain this position and lift your leg up about 30 degrees
- Hold this position for 5 seconds and slowly return down



Knee straightening

- Sit upright with your legs straight
- Pull your foot towards your body and push your knee down into the floor to straighten your leg as much as possible
- Hold this for up to 10 seconds
- Alternatively, you can place a roll towel under your knee to help your thigh muscles contract more





Knee seated heel slides

- Sit forwards on a chair with a towel under your foot
- Gently slide you heel backwards until you feel a stretch
- Hold this for up to 5 seconds before sliding forwards into a straight leg
- Alternatively, you can assist this movement by hooking your other leg on top of the affected side to pull back further

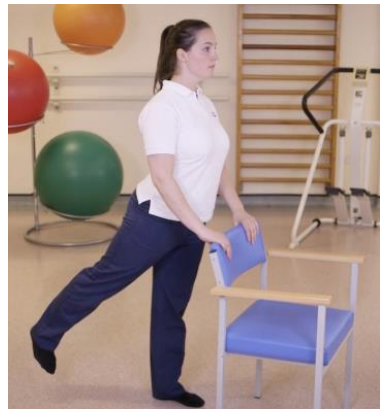
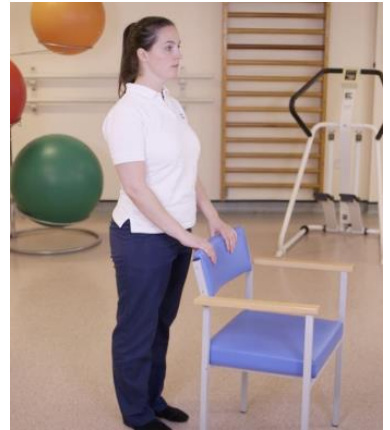


Hip



Backwards leg lift

- Stand tall holding onto the back of the chair keeping both of your legs straight
- Slowly lift your leg
- Move your affected leg backwards maintaining a straight leg before returning to the starting position
- Avoid leaning over to one side during the movement and try to remain upright



Clam exercise

- Position yourself lying on your unaffected side with both knees bent and one leg lying on top of the other
- Keep your ankles together and slowly lift and rotate your top leg up to 45 degrees before returning to the starting position
- Maintain side-lying position and do not turn your body during this movement





Heel slides

- Position yourself lying on your back with your legs straight
- Slowly bend your affected leg by sliding your heel towards the buttocks until you feel the stretch
- Gently return your leg to a straightened position



Marching on the spot

- Stand tall holding onto the back of a chair keeping both of your legs straight
- Move each leg alternately up and down in a marching movement



Sideways leg lift

- Stand tall holding onto the back of a chair keeping both of your legs straight
- Slowly lift your affected leg out to the side maintaining your straight leg before returning to the starting position
- Avoid leaning over to one side during the movement and try to remain upright



Lower Back



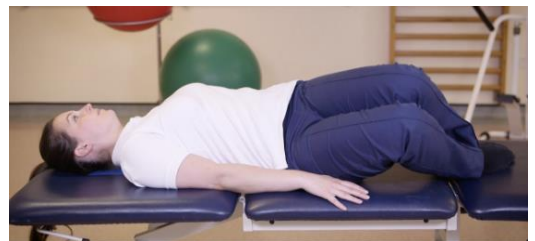
Knee to chest

- Lie on your back with both knees straight
- Bend one leg up towards your chest before using your hand to facilitate this stretch further
- Hold for 3 to 5 seconds before returning to the starting position



Knee rolls in lying

- Position yourself lying on your back with your knees bent to a comfortable angle
- Keep your knees together and rotate your legs together from side to side
- Maintain your back flat on the surface allowing all the movement to occur on your waist





Pelvic tilts

- Lie on your back with both knees bent to a comfortable angle, and place your hands resting on your waist
- Slowly tilt your pelvis backwards by flattening your back to the surface beneath you



Trunk



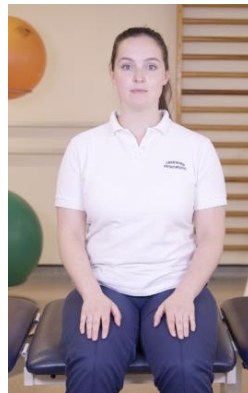
Arch to flat back

- Start on all your fours in a hands and knees position, ensure your back is flat
- Gently arch your back before returning to a flat position



Rotations

- Have an upright posture while sitting or standing
- Place one hand on the outside of your opposite thigh or knee and twist your trunk until you feel the stretch
- Hold this for 2 to 3 seconds before slowly rotating back to the centre and repeat towards the opposite side





Side bends

- Have an upright posture while sitting or standing
- Let your arms rest by your side, now lean over to one side until you feel the stretch
- Hold for 2 to 3 seconds before returning to the centre and repeat to the opposite side



Slump sitting to upright posture

- In sitting or standing, begin by making a slumped posture and move into an upright posture and hold for 2 to 3 seconds
- Alternatively, you can place your index finger on your chest bone as a guide and feel as though you are growing tall through your body



Neck



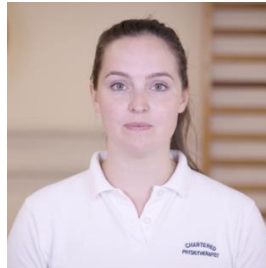
Chin tuck

- Start in an upright posture whilst sitting or standing
- Without tilting your head up or down, bring your jaw backwards so you can feel the gentle stretch at the back of your neck



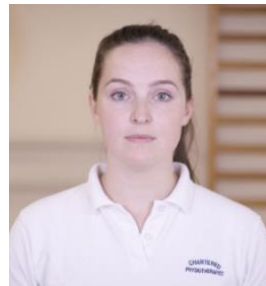
Rotations

- Start in an upright posture whilst sitting or standing
- Gently turn your head to one side until you feel a stretch
- Hold this position for 2 to 3 seconds before slowly returning to the centre, then repeat on the other side



Side bends

- Start in an upright posture whilst sitting or standing
- Gently tilt your head towards your shoulder until you feel a stretch
- Hold this position for 2 to 3 seconds before slowly returning to the centre



Shoulder



Forwards Cradle

- In sitting or standing, adopt an upright posture
- Cradle your affected arm as shown, and lift your affected forwards, guiding your movement with your other arm
- Alternatively, you can lean forwards to make this movement easier



Hand slides

- Sit with a table positioned on your affected side
- Rest your arm on a table with a towel underneath
- Slide your arm forwards until you feel a stretch before returning to the starting position
- You can also slide your arm out to the side and draw a large circle, ensuring your hands stays in contact with the table





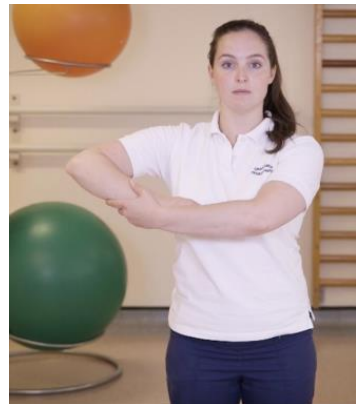
Pendular swings

- Stand beside a table and lean on your unaffected arm
- Allow your affected arm to hang relaxed straight down
- Gently swing your arms forwards and backwards
- You can also add circular movements into the exercise



Sideways cradle

- In sitting or standing, adopt an upright posture
- Cradle your affected arm as shown, and move your affected arm sideways, guiding the movement with your other arm
- Alternatively, you can lean forwards to make this movement easier



Elbow



Bend and straighten

- Sit with your arm resting on a table with a towel under your elbow
- Assist with your other arm by grasping your wrist and pull to bend your elbow until you feel the stretch
- Then, extend the elbow until you feel the stretch by using your other arm and hold each position for up to 10 seconds



Forearm Rotations

- Sit with your hand resting on the table
- Gently rotate the palm of your hand up and down





Hand Slides

- Sit with the table positioned on your affected side
- Rest your arm on the table with a towel underneath
- Slide your arm forward until you feel the stretch before returning to the starting position



Wrist



Bend and straighten

- Sit with your forearm resting on a table, and allow your hand to hang over the edge
- Slowly bend your wrist up and down
- Alternatively, if you find this is difficult, you can use your other hand to help move your wrist further



Forearm rotations

- Sit with your hand resting on a table
- Gently rotate the palm of your hand up and down



Hand waves

- Sit with your forearm resting on a table with your palm facing down
- Gently slide your hand from side to side towards your little finger and then towards your thumb in a waving action



Fingers



Bends

- Position your elbow on a table with your palm up
- Begin by curling your fingertips
- Then keep your fingers flat and bent
- Then make a full fist and repeat



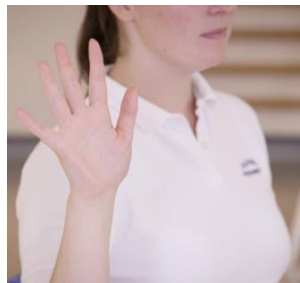
Fist

- Slowly open your hand and stretch your fingers
- Then curl your fingers and clench your hand into a fist



Thumb to fingers

- Place your thumb against each fingertip starting with your index finger and finishing with your little finger
- Stretch your thumb out to the side after touching each fingertip



Thumb



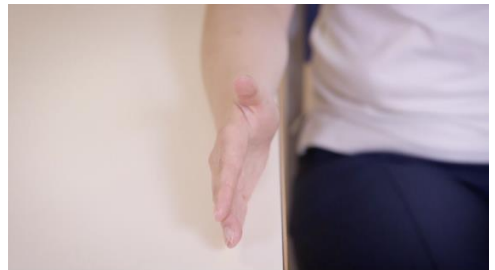
Bends

- Rest the side of your hand on a table with your thumb facing up
- Repeatedly bend and straighten your thumb



Circles

- Rest the side of your hand on a table with your thumb facing up
- Repeatedly rotate your thumb in circles



Side slides

- Rest your hand flat on the table with your palm facing down
- Slide your thumb from in to out



Contact details

Should you require further advice or information please contact Fracture Clinic on **012572 245421** or **01772 523406**.

Sources of further information

www.lancsteachinghospitals.nhs.uk

www.nhs.uk

www.accessable.co.uk

www.patient.co.uk

www.lancsteachinghospitals.nhs.uk/veteran-aware

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This information can be made available in large print, audio, Braille and in other languages.

Our patient information group review our leaflets regularly, if you feel you would like to feedback on this information or join our reading group please contact on email address:

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