

### Quadricep Stretch

Stand and touch wall or stationary object for balance. Grasp top ankle or forefoot behind. Pull ankle or forefoot to rear end. Straighten hip by moving knee backward. Hold stretch. Repeat with opposite side.



### Back Rotation

Place one leg over the other and rotate in the direction of the top leg



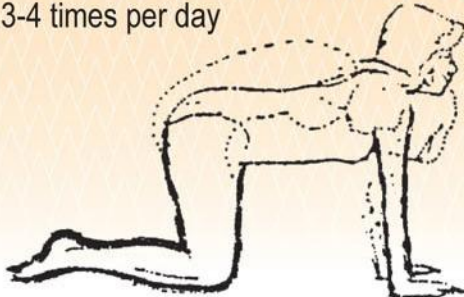
### Calf Stretch

Stand away from a wall and put your right foot behind you and be sure your toes are facing forward. Lean forward at the ankle while bending the right knee and keeping your heel on the ground. Hold for 30 to 60 seconds.



### Angry Cat Stretch

- (a) Start on hands and knees
  - (b) Tuck chin in toward chest
  - (c) Tighten stomach and arch back
  - (d) Hold for 5 seconds, repeat 10 times.
- Perform 3-4 times per day



### Arthritis Hurts

Talking helps

Don't suffer in silence

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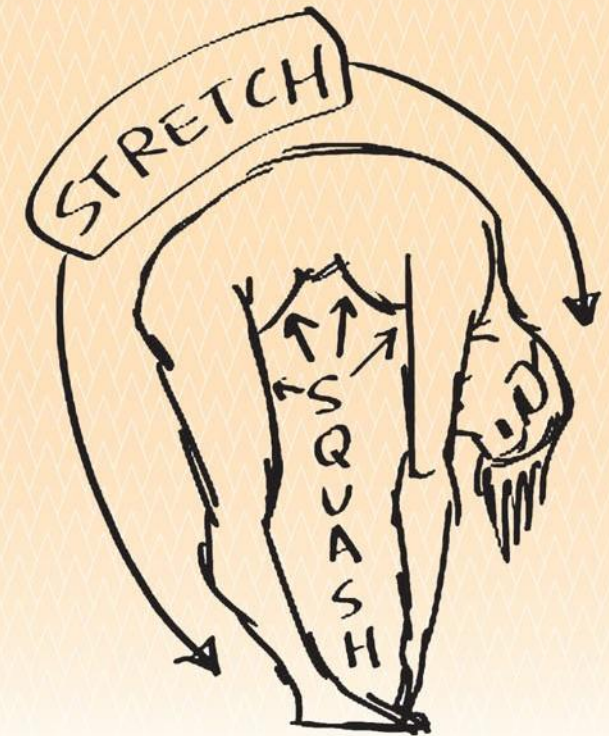
## NAIROBI ARTHRITIS CLINIC

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## SPINAL EXERCISES

### For Low Back Disorders



Back Stretch

### Spine Stretch



- (a) Lie down on your back and keep back relaxed
  - (b) Place your hands on the floor above your head
  - (c) Hold for 10 seconds then relax your arms.
- Repeat 10 times

### Back Extension



- (a) Lie on your stomach with your hands placed by your hips.
- (b) Raise your head and shoulders as high as comfortably possible.
- (c) Hold for 10 seconds and lower the head and shoulders. Do not tense your shoulder muscles.

### Hip Flexor Stretch

- (a) Lie down on back and keep back relaxed
- (b) Raise and hold your knee at 45° and support with your arms
- (c) Hold for 45 to 60 seconds and repeat with other knee



### Hip Flexor Stretch b



- (a) Lie down on back and keep back relaxed
- (b) Place one leg over the other and pull knee on top towards centre of the stomach / chest
- (c) Hold for 45 to 60 seconds and repeat with other leg

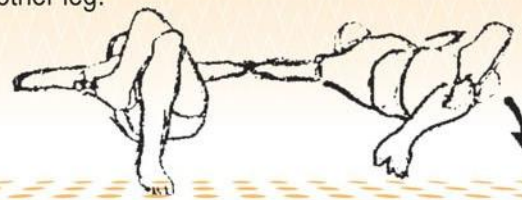
### Hip Rotator Stretch



- (a) Lie down on back and keep back relaxed
- (b) Place one leg above the knee and push knee out: L »»» L; R »»» R
- (c) Do 10 counts as you do the rotations and repeat with other leg

### Hip Rotator Stretch b

- (a) Lie down on back and keep back relaxed
- (b) Place one leg above the other and rotate in the direction of the top leg
- (c) Do 10 counts as you do the rotations and repeat with other leg.



### Hip Rotator Stretch c



- (a) Keeping shoulders flat on the floor pull leg towards the floor until stretch is felt.
- (b) Repeat with the other leg.
- (c) Do 2 repetitions per leg once daily.

### Upper Back Cross Rotational Stretch

- (a) While sitting on the floor, Cross your right leg over your left leg. Bracing your left elbow against the outside of your right knee, twist and stretch in the direction of the upper leg. Hold for 10 seconds. Repeat three to five times on each side twice a day.



### Buttock Stretch

- Lie on your back with the right leg bent and the foot resting on the floor. Cross the left leg over with the left ankle placed above the right knee and let the left knee open outward. Carefully lift the right foot from the floor and bring it toward your chest. Hold to the count of 10. Repeat on the other side. Do this exercise up to 10 times.

