RICHARD JONES
PHYSIO

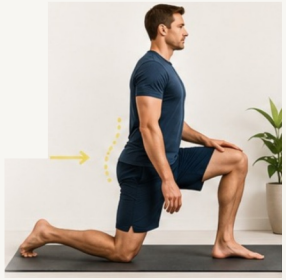
# Six movements. A little more ease.

**EXISTING RJP ROUTINE • CLINICAL REVIEW COPY**

## 01 Hip flexors

**KNEELING**

Kneel on one knee, tuck your tailbone under, and gently shift forward.



**30 seconds each side**

## 02 Hamstrings

**SEATED**

Sit on the edge of a chair, straighten one leg out with the heel on the floor, and hinge forward from the hips with a flat back.



**30 seconds each side**

## 03 Chest & shoulders

**DOORWAY**

Forearm on a doorframe, elbow at shoulder height, and turn away gently.



**30 seconds each side**

## 04 Upper back

**ROTATION**

Sit or kneel, hands behind your head, and rotate slowly to each side. Ten slow turns each way.



**10 slow turns each way**

## 05 Calves

**AGAINST A WALL**

Hands on the wall, one foot back, heel down, knee straight.



**30 seconds each side**

## 06 Cat-cow

**ON ALL FOURS**

Slowly arch and round your back, ten times.




**10 times**

Use only when suitable for you. Timings above reproduce the supplied RJP routine; they are not an individual prescription. Ask Richard to agree or adapt the movements and dosage, especially after surgery or injury, or with a medical condition. Stop for new pain, worsening symptoms or feeling unwell.



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