



VIII / IX

PHYSIOTHERAPY FOR PEOPLE WITH HAEMOPHILIA

DO THE EXERCISES IN SAFETY

Dear patient, Dear parents,

Here are some recommendations for performing self - physio exercises in the right conditions.

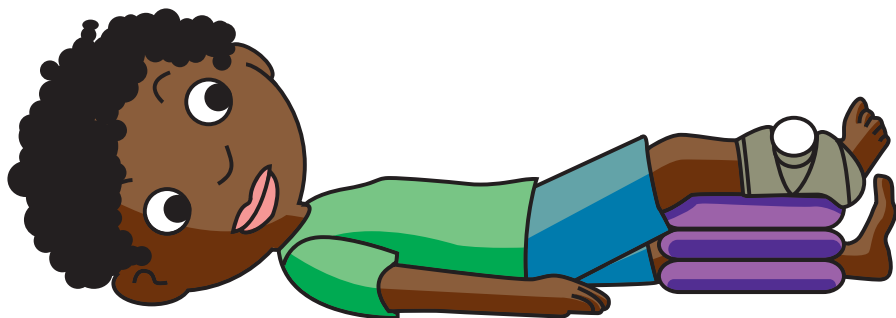
Do not perform the exercises if you have joint or muscle swelling.

Wait at least 1 week before resuming the exercises and in doubt, seek advice from the haemophilia treatment.

- Do not force and stop in case of pain (if the child cries).
- Use the right materials to perform your exercises.
- If possible, inject the coagulation factor before starting the exercises.
- It is important to perform your exercises on a regular basis.
- It is important to perform your exercises at your own speed.

We request that you follow the exercise sheets and fill in the diary. It will help us to improve your treatment !

IMPORTANT INFORMATION IN CASE OF SWELLING, QUICKLY INJECT THE COAGULATION FACTOR



REST
(2-3 DAYS)

ICE
ON THE SWELLING

USE A CRUTCH

ELEVATE THE LIMB

APPLY A COMPRESSION BANDAGE

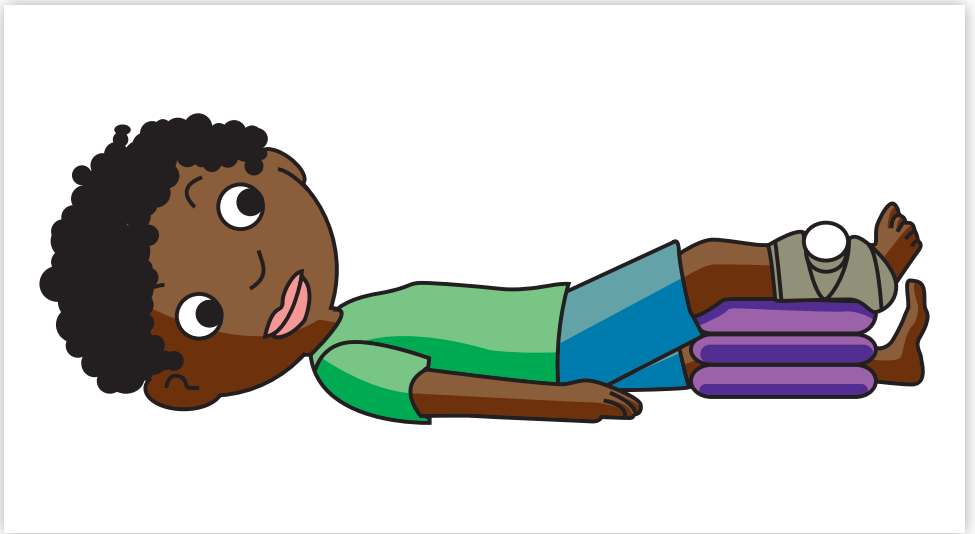


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TREATMENT
OF JOINTS
SWELLINGS
HAEMARTHROSIS

IMPORTANT INFORMATION

QUICKLY INJECT THE COAGULATION FACTOR



REST
(2-3 DAYS)

ICE
ON THE SWELLING

USE A CRUTCH

ELEVATE THE LIMB

APPLY A COMPRESSION BANDAGE



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IMPORTANT INFORMATION

IN CASES OF SWELLING
OR BLEEDING:

INJECT COAGULATION FACTORS WITHOUT
DELAY

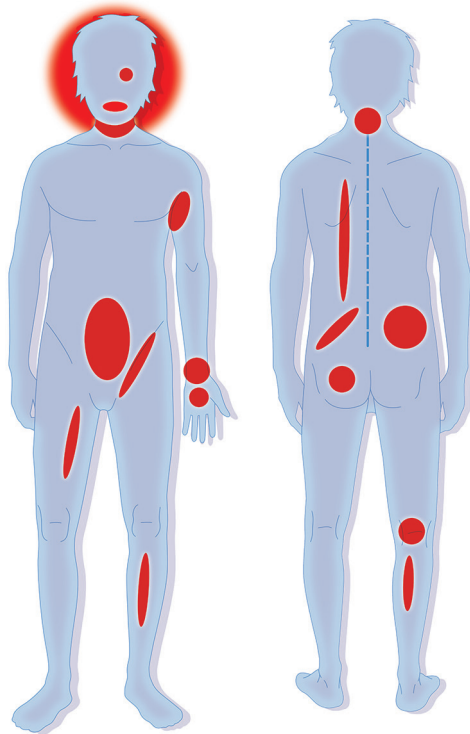
GO TO THE DOCTOR, EMERGENCY
DEPARTMENT OR HAEMOPHILIA
TREATMENT CENTRE

TAKE THE HAEMOPHILIA ASSOCIATION
CARD WITH YOU

TAKE THE COAGULATION FACTOR WITH
YOU, IF YOU HAVE ANY

IMPORTANT INFORMATION

SWELLING OR BLEEDING IN THESE AREAS CAN BE DANGEROUS
AND MAY SOMETIMES BE LIFE-THREATENING
COAGULATION FACTORS MUST BE INJECTED URGENTLY



HEAD • NECK • EYES
SPINE • PSOAS MUSCLE • FRACTURE
VOMITING BLOOD • BLOOD IN THE STOOLS



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ELBOW EXERCISES

DO THE MOVEMENTS WITH YOUR FAMILY

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MATERIALS REQUIRED FOR THIS EXERCISE: pillow, mat

FLEXING AND EXTENDING THE ELBOWS



REPEAT THIS EXERCISE

TIMES A DAY

MINUTES

KNEES CAN BE BENT. LET YOUR PARENTS DO THESE MOVEMENTS FOR YOU!



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ELBOW EXERCISES

TRAIN YOUR STRENGTH

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MATERIALS REQUIRED FOR THIS EXERCISE: weights

BENDING THE ELBOW USING A LIGHT WEIGHT



REPEAT THIS EXERCISE

TIMES A DAY

MINUTES

BEND THE ELBOW AS FAR AS IT WILL GO WHILE TURNING THE PALM OF YOUR HAND TOWARDS YOU. THEN, EXTEND THE ELBOW SLOWLY. KEEP YOUR ELBOW AGAINST YOUR SIDE. KEEP YOUR BACK STRAIGHT



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ELBOW EXERCISES

TRAIN YOUR STRENGTH

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MATERIAL REQUIRED FOR THIS EXERCISE: resistance band

BENDING THE ELBOW USING A RESISTANCE BAND



REPEAT THIS EXERCISE

TIMES A DAY

MINUTES

THE RESISTANCE BAND SHOULD BE SLIGHTLY STRETCHED AT THE START OF THE MOVEMENT, KEEP YOUR BACK STRAIGHT, AT THE END OF THE MOVEMENT THE PALM OF YOUR HAND SHOULD BE TURNED TOWARDS YOUR FACE



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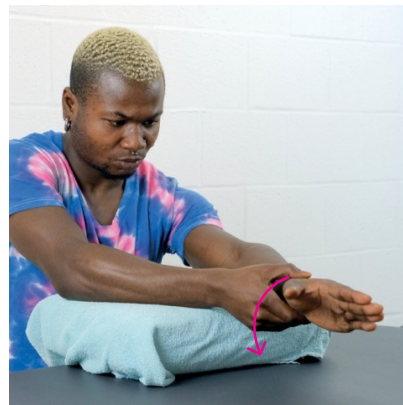
ELBOW EXERCISES

DO THE MOVEMENTS YOURSELF

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MATERIALS REQUIRED FOR THIS EXERCISE: pillow, table

BENDING AND EXTENDING THE ELBOW



REPEAT THIS EXERCISE

TIMES A DAY

MINUTES

SLOWLY EXTEND THE ELBOW. AT THE END OF THE MOVEMENT, THE PALM OF YOUR HAND SHOULD BE TURNED TOWARDS YOUR FACE



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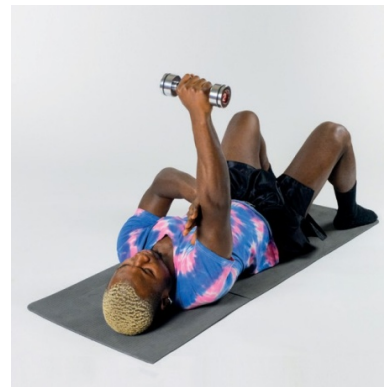
ELBOW EXERCISES

TRAIN YOUR STRENGTH

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MATERIALS REQUIRED FOR THIS EXERCISE: weights, mat

EXTENDING THE ELBOW USING A LIGHT WEIGHT



REPEAT THIS EXERCISE

TIMES A DAY

MINUTES

BEND YOUR KNEES AND KEEP YOUR BACK FLAT. SLOWLY EXTEND YOUR ARM TO THE CEILING. THEN BRING YOUR HAND BACK TO YOUR SHOULDER. DO NOT FORCE THE STRETCH IF YOU FEEL ANY PAIN IN YOUR ELBOW



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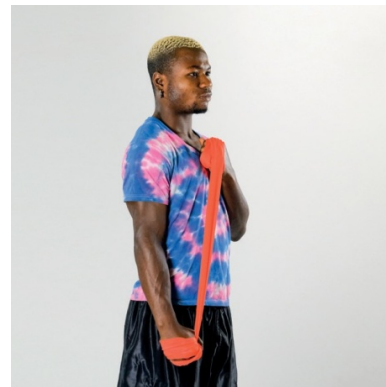
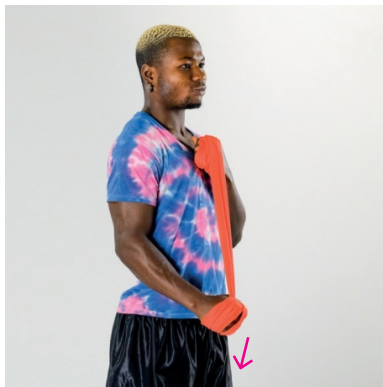
ELBOW EXERCISES

TRAIN YOUR STRENGTH

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MATERIAL REQUIRED FOR THIS EXERCISE: resistance band

EXTENDING YOUR ELBOW USING A RESISTANCE BAND



REPEAT THIS EXERCISE

TIMES A DAY

MINUTES

THE RESISTANCE BAND SHOULD BE SLIGHTLY STRETCHED AT THE START OF THE MOVEMENT. KEEP THE HAND ON TOP STILL AND EXTEND THE OTHER ARM. KEEP YOUR ELBOW AGAINST YOUR SIDE



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ELBOW EXERCISES

TRAIN YOUR STRENGTH

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MATERIALS REQUIRED FOR THIS EXERCISE: wall

PUSH-UPS INSTEAD OF PUSH-UP



REPEAT THIS EXERCISE

TIMES A DAY

REPETITIONS

OPEN YOUR ARMS SLIGHTLY WIDER THAN THE WIDTH OF YOUR SHOULDERS. LEAN TOWARDS THE WALL BY BENDING YOUR ELBOWS. RETURN TO THE UPRIGHT POSITION BY PUSHING ON YOUR HANDS. KEEP YOUR BACK STRAIGHT



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SHOULDER EXERCISES

TRAIN YOUR STRENGTH

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MATERIAL REQUIRED FOR THIS EXERCISE: resistance band

PULLING A RESISTANCE BAND OUT TO THE SIDE



REPEAT THIS EXERCISE

TIMES A DAY

MINUTES

THE RESISTANCE BAND SHOULD BE SLIGHTLY STRETCHED AT THE START OF THE EXERCISE, KEEP YOUR ARMS STRAIGHT.
SLOWLY SPREAD YOUR ARMS OUT



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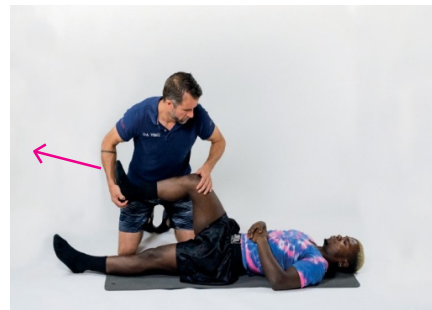
KNEE EXERCISES

DO THE MOVEMENTS WITH YOUR FAMILY

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MATERIAL REQUIRED FOR THIS EXERCISE: mat

BENDING THE KNEE



REPEAT THIS EXERCISE

TIMES A DAY

MINUTES

BEND AND EXTEND YOUR KNEE AS FAR AS YOU CAN, BUT WITHOUT FORCING IT. LET YOUR PARENTS DO THESE MOVEMENTS FOR YOU!



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KNEE EXERCISES

DO THE MOVEMENTS WITH YOUR FAMILY

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MATERIAL REQUIRED FOR THIS EXERCISE: mat

EXTENDING YOUR KNEE



REPEAT THIS EXERCISE

TIMES A DAY

TIMES IN A 30-SECOND SPAN

PLACE YOUR HEEL ON A PILLOW (OR ROLLED-UP TOWEL) AND GENTLY PRESS DOWN ABOVE THE KNEE.
LET YOUR PARENTS DO THESE MOVEMENTS FOR YOU!



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KNEE EXERCISES

DO THE MOVEMENTS YOURSELF

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MATERIAL REQUIRED FOR THIS EXERCISE: mat

BENDING YOUR KNEE WHILE LAYING ON A MAT



REPEAT THIS EXERCISE

TIMES A DAY

MINUTES

BEND YOUR KNEE SLOWLY BY SLIDING YOUR HEEL ALONG THE FLOOR. THE LOWER BACK SHOULD BE TOUCHING THE FLOOR



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KNEE EXERCISES

DO THE MOVEMENTS YOURSELF

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MATERIAL REQUIRED FOR THIS EXERCISE: mat

BENDING YOUR KNEE WHILE LAYING ON YOUR STOMACH



REPEAT THIS EXERCISE

TIMES A DAY

MINUTES

SLOWLY BEND YOUR KNEE. MAKE SURE NOT TO ARCH YOUR BACK TOO MUCH



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KNEE EXERCISES

DO THE MOVEMENTS YOURSELF

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MATERIALS REQUIRED FOR THIS EXERCISE: mat, towel

BENDING YOUR KNEE USING A TOWEL



REPEAT THIS EXERCISE

TIMES A DAY

MINUTES

PLACE THE TOWEL IN THE ARCH OF YOUR FOOT, KEEPING YOUR BACK AS STRAIGHT AS POSSIBLE



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KNEE EXERCISES

DO THE MOVEMENTS YOURSELF

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MATERIAL REQUIRED FOR THIS EXERCISE: chair

EXTENDING THE KNEE BY RESTING YOUR HEEL ON A CHAIR



REPEAT THIS EXERCISE

TIMES A DAY

TIMES IN A 30-SECOND SPAN

PLACE YOUR HEEL ON A CHAIR. EXTEND YOUR KNEE BY CONTRACTING THE THIGH MUSCLE OR PRESSING LIGHTLY ON TOP OF THE KNEE



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KNEE EXERCISES

DO THE MOVEMENTS YOURSELF

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MATERIALS REQUIRED FOR THIS EXERCISE: mat, towel, pillow

EXTENDING YOUR LEG WHILE LAYING ON A MAT



REPEAT THIS EXERCISE

TIMES A DAY

TIMES IN A 30-SECOND SPAN

YOU MAY PLACE A PILLOW UNDER YOUR HEAD. EXTEND YOUR KNEE AS FAR AS YOU CAN BY PULLING ON THE TOWEL. IT DOES NOT MATTER IF YOU CANNOT STRAIGHTEN YOUR LEG FULLY! YOU NEED TO FEEL IT PULLING SLIGHTLY BEHIND THE KNEE



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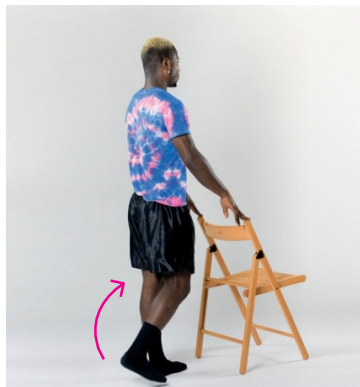
KNEE EXERCISES

TRAIN YOUR STRENGTH

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MATERIAL REQUIRED FOR THIS EXERCISE: chair

BENDING YOUR LEG WHILE STANDING



REPEAT THIS EXERCISE

TIMES A DAY

REPETITIONS

USE A CHAIR TO MAINTAIN BALANCE. SLOWLY BEND YOUR KNEE AT A RIGHT ANGLE, THEN GENTLY PUT YOUR FOOT BACK DOWN ON THE FLOOR



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KNEE EXERCISES

TRAIN YOUR STRENGTH

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MATERIAL REQUIRED FOR THIS EXERCISE: mat

LIFTING YOUR PELVIS



REPEAT THIS EXERCISE

TIMES A DAY

REPETITIONS

LIFT YOUR PELVIS UNTIL YOUR CHEST IS IN LINE WITH YOUR LEGS



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TRAIN YOUR STRENGTH

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MATERIALS REQUIRED FOR THIS EXERCISE: mat, pillow, towel

SQUASHING A PILLOW



REPEAT THIS EXERCISE

TIMES A DAY

TIMES IN A 15-SECOND SPAN

PLACE YOUR HEEL ON A PILLOW OR ROLLED-UP TOWEL. TIGHTEN YOUR THIGH MUSCLE AND EXTEND YOUR KNEE AS FAR AS IT WILL GO. MAKE SURE NOT TO ARCH YOUR BACK TOO MUCH, YOU CAN BEND THE OTHER KNEE SO AS TO KEEP YOUR BACK FLAT ON THE FLOOR



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KNEE EXERCISES

TRAIN YOUR STRENGTH

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MATERIAL REQUIRED FOR THIS EXERCISE: chair

EXTENDING YOUR LEG WHILE SITTING ON A CHAIR



REPEAT THIS EXERCISE

TIMES A DAY

REPETITIONS

EXTEND YOUR LEG WITHOUT LIFTING THE THIGH OFF THE CHAIR AND HOLD THIS POSITION WITH YOUR LEG STRAIGHT FOR TEN SECONDS. KEEP YOUR BACK STRAIGHT. TO INCREASE THE DIFFICULTY, YOU CAN EXTEND BOTH LEGS (RED CIRCLE)



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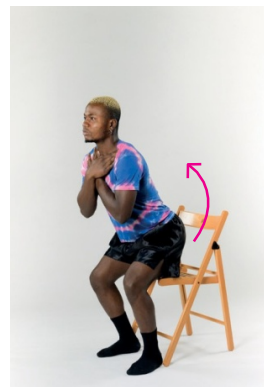
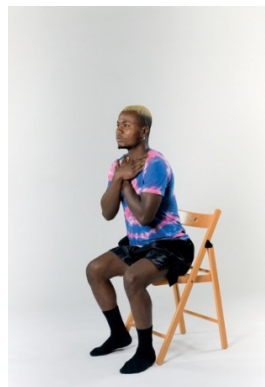
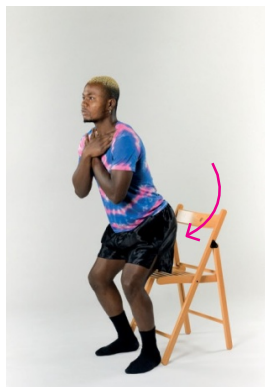
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TRAIN YOUR STRENGTH

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MATERIAL REQUIRED FOR THIS EXERCISE: chair

SITTING DOWN SLOWLY ONTO A CHAIR



REPEAT THIS EXERCISE

TIMES A DAY

REPETITIONS

KEEP YOUR BACK STRAIGHT. SIT DOWN ONTO THE CHAIR AS SLOWLY AS POSSIBLE



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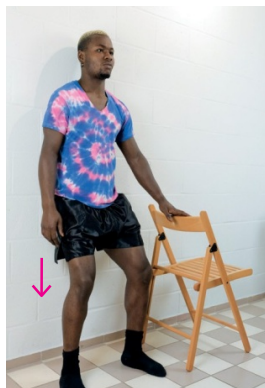
KNEE EXERCISES

TRAIN YOUR STRENGTH

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MATERIAL REQUIRED FOR THIS EXERCISE: chair

DOING SQUATS AGAINST A WALL



REPEAT THIS EXERCISE

TIMES A DAY

REPETITIONS

SPREAD YOUR LEGS SHOULDER-WIDTH APART. BEND YOUR KNEES SLOWLY AND SLIDE DOWN THE WALL. MAKE SURE YOUR BACK IS TOUCHING THE WALL. DO NOT BEND YOUR KNEES TOO MUCH. SLIDE BACK UP THE WALL. USE THE CHAIR FOR SUPPORT IF YOU ARE UNABLE TO GET BACK UP



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ANKLE EXERCISES

DO THE MOVEMENTS WITH YOUR FAMILY

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MATERIALS REQUIRED FOR THIS EXERCISE: mat, pillow, towel

POINTING YOUR TOES



REPEAT THIS EXERCISE

TIMES A DAY

MINUTES

PLACE A PILLOW (OR ROLLED-UP TOWEL) UNDER BOTH KNEES AND A FOLDED TOWEL UNDER YOUR ANKLE.
PRESS YOUR HANDS GENTLY ON BOTH SIDES OF THE ANKLE JOINT. LET YOUR PARENTS DO THESE MOVEMENTS FOR YOU!



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ANKLE EXERCISES

DO THE MOVEMENTS WITH YOUR FAMILY

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MATERIALS REQUIRED FOR THIS EXERCISE: mat, pillow

PULLING YOUR TOES TOWARDS YOU



REPEAT THIS EXERCISE

TIMES A DAY

MINUTES

PLACE A PILLOW (OR ROLLED-UP TOWEL) UNDER BOTH KNEES AND A ROLLED-UP TOWEL UNDER YOUR ANKLE.
GENTLY PULL YOUR TOES TOWARDS YOU. LET YOUR PARENTS DO THESE MOVEMENTS FOR YOU!



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ANKLE EXERCISES

DO THE MOVEMENTS YOURSELF

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MATERIALS REQUIRED FOR THIS EXERCISE: mat, pillow

PULLING AND PUSHING YOUR FOOT



REPEAT THIS EXERCISE

TIMES A DAY

TIMES IN A 15-SECOND SPAN

GENTLY PUSH AND PULL YOUR TOES. PLACE A PILLOW UNDER YOUR NECK TO AVOID TENSION IN THAT AREA



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ANKLE EXERCISES

DO THE MOVEMENTS YOURSELF

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MATERIALS REQUIRED FOR THIS EXERCISE: mat, pillow

MAKING LARGE CIRCLES IN ONE DIRECTION AND THEN IN THE OTHER



REPEAT THIS EXERCISE

TIMES A DAY

MINUTES

MAKE LARGE CIRCLES WITH YOUR FOOT WITHOUT LIFTING THE ANKLE OFF THE TOWEL. PLACE A PILLOW UNDER YOUR NECK TO AVOID TENSION IN THAT AREA



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ANKLE EXERCISES

DO THE MOVEMENTS YOURSELF

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MATERIALS REQUIRED FOR THIS EXERCISE: mat, pillow, resistance band, towel

PULLING YOUR FOOT USING A RESISTANCE BAND OR TOWEL



REPEAT THIS EXERCISE

TIMES A DAY

MINUTES

PLACE THE RESISTANCE BAND OR TOWEL ON THE TOP OF YOUR FOOT. KEEP YOUR BACK STRAIGHT. SLOWLY AND GENTLY PULL ON THE RESISTANCE BAND OR TOWEL KEEPING THE LEG STRAIGHT



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ANKLE EXERCISES

DO THE MOVEMENTS YOURSELF

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MATERIAL REQUIRED FOR THIS EXERCISE: wall

STRETCHING YOUR CALF



REPEAT THIS EXERCISE

TIMES A DAY

TIMES IN A 30-SECOND SPAN

GENTLY BEND YOUR PELVIS TOWARDS THE WALL, MAKING SURE THE HEEL OF YOUR BACK LEG IS TOUCHING THE FLOOR. BEND YOUR KNEE SLIGHTLY. WHEN YOU FEEL THE STRETCH, HOLD THE POSITION FOR 30 SECONDS. DO NOT STRETCH TOO HARD NOR JERK THE MUSCLE. IF YOUR HEEL LIFTS OFF THE FLOOR, DECREASE THE BEND IN YOUR KNEE OR MOVE YOUR BACK FOOT TOWARDS THE WALL



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ANKLE EXERCISES

TRAIN YOUR STRENGTH

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MATERIALS REQUIRED FOR THIS EXERCISE: mat, resistance band, pillow

PUSHING AND PULLING YOUR FOOT USING A RESISTANCE BAND



REPEAT THIS EXERCISE

TIMES A DAY

MINUTES

PULL YOUR TOES AS MUCH AS POSSIBLE TOWARDS YOU USING THE RESISTANCE BAND AND THEN PUSH YOUR TOES FORWARD AS MUCH AS YOU CAN, WHILE CONTINUING TO PULL ON THE RESISTANCE BAND. KEEP YOUR BACK STRAIGHT



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ANKLE EXERCISES

TRAIN YOUR STRENGTH

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MATERIAL REQUIRED FOR THIS EXERCISE: wall

STANDING ON YOUR TIP-TOES



REPEAT THIS EXERCISE

TIMES A DAY

MINUTES

PLACE YOUR HANDS AGAINST A WALL TO KEEP YOUR BALANCE. STAY ON YOUR TIP-TOES FOR A FEW SECONDS AND THEN REST YOUR HEELS ON THE FLOOR



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PSOAS MUSCLE

DO THE MOVEMENTS WITH YOUR FAMILY

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MATERIALS REQUIRED FOR THIS EXERCISE: mat, pillow

STRETCHING OUT YOUR THIGH



REPEAT THIS EXERCISE

TIMES A DAY

MINUTES

THE UPPER HAND KEEP THE PELVIS IN CONTACT WITH THE MAT. THE LOWER HAND GENTLY PULLS THE THIGH UPWARDS TO STRETCH IT OUT. DON'T ARCH YOUR BACK TOO MUCH. LET YOUR PARENTS DO THESE MOVEMENTS FOR YOU!



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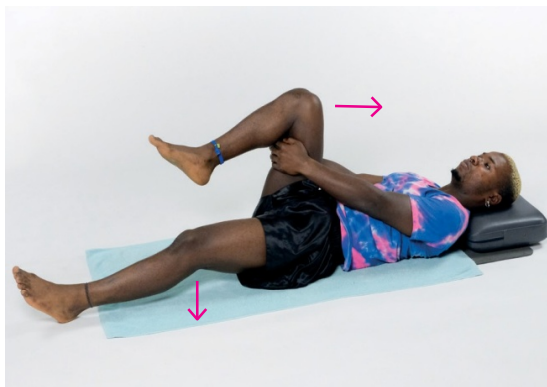
PSOAS MUSCLE

DO THE MOVEMENTS WITH YOUR FAMILY

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MATERIALS REQUIRED FOR THIS EXERCISE: mat, pillow

STRETCHING OUT YOUR THIGH



REPEAT THIS EXERCISE

TIMES A DAY

MINUTES

FLEX YOUR HIP AND PULL YOUR LEG BACK WITH YOUR HANDS. STRETCH YOUR OTHER LEG BY LETTING IT DROP FREELY (AND IF YOU WANT, YOU CAN PLACE AN ADDITIONAL WEIGHT ON IT)



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PSOAS MUSCLE

TRAIN YOUR STRENGTH

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MATERIALS REQUIRED FOR THIS EXERCISE: mat, pillow

USING YOUR HAND AS RESISTANCE



REPEAT THIS EXERCISE

TIMES A DAY

TIMES IN A 30-SECOND SPAN

PLACE A PILLOW UNDER YOUR NECK. FLEX YOUR HIP (PULL YOUR THIGH TOWARDS YOUR STOMACH) AND PUSH AGAINST YOUR THIGH WITH YOUR HANDS FOR 30 SECONDS. YOUR LEG SHOULD NOT MOVE



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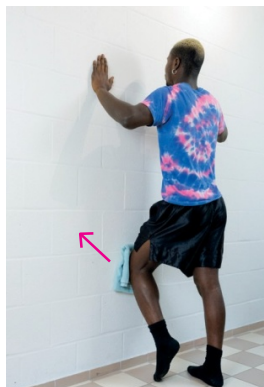
PSOAS MUSCLE

TRAIN YOUR STRENGTH

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MATERIALS REQUIRED FOR THIS EXERCISE: wall, pillow

PRESSING YOUR KNEE AGAINST A WALL



REPEAT THIS EXERCISE

TIMES A DAY

TIMES IN A 30-SECOND SPAN

LEAN AGAINST THE WALL WITH YOUR HANDS AND ONE KNEE. PROTECT YOUR KNEE WITH A ROLLED-UP TOWEL.
PUSH YOUR KNEE AGAINST THE WALL FOR 30 SECONDS