



The Newcastle upon Tyne Hospitals  
NHS Foundation Trust

# Chronic Fatigue Exercise Class

Name:

Date:



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## Introduction

This leaflet has been produced to support the exercises you will be taught in the CRESTA Fatigue Clinic either as part home exercise programme or attendance in an exercise class. The leaflet is a reminder of the exercises that you have been shown in clinic. You may be asked to do all of the exercises over the coming months, but initially, your therapist will direct which exercises to do to begin with.

The exercises have been devised to gently stretch stiff joints and work the deep muscles, close to your skeleton. These muscles tend to be small and cross over a single joint to keep the joint secure through movement. We don't normally think about how we move, but these exercises give us the opportunity to focus on which part of our body is still and which part moves. Therefore the leaflet refers to certain images that may help this process. If you do not understand these images please ask and together we can come up with images that work for you.

If you have any concerns or questions please Victoria Strassheim at the Chronic Fatigue clinic.

## Breathing

**Week one, two, three, four, five, six**

**Position:** Lying on back knees bent.



- Take a deep wide breath; widen the base of your ribs.
- As you breathe out draw your ribs down towards your pelvis and draw your belly button towards your spine.
- This is the basis for movement stability, the foundations of all the exercises.
- Repeat five times.

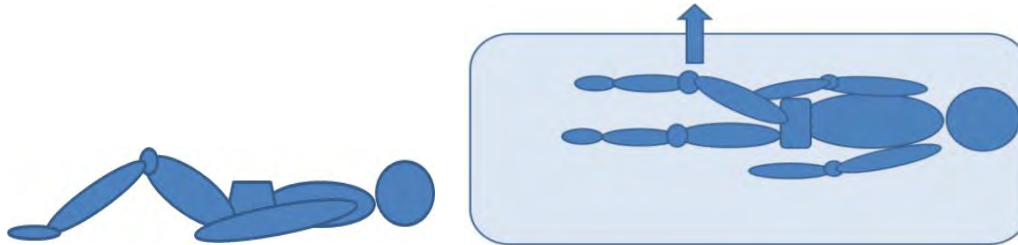


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## Knee drops

**Week one, two, three, four, five, six**

**Position:** Lying on back knees bent.



- Take a deep wide breath; widen the base of your ribs.
- As you breathe out draw your ribs down towards your pelvis and draw your belly button towards your spine.
- Slowly and with control drop your right leg out to the side by 6 inches, breathe in, breathe out and return it.
- The key is to keep your pelvis still and only move your right leg.
  
- Take a deep wide breath; widen the base of your ribs.
- As you breathe out draw your ribs down towards your pelvis and draw your belly button towards your spine.
- Slowly and with control drop your left leg out to the side by 6 inches, breathe in, breathe out and return it.
- The key is to keep your pelvis still and only move your left leg.
- Repeat five times each leg alternately.

## Bed steps

**Week one, two, three, four, five, six**

**Position:** Lying on back knees bent.

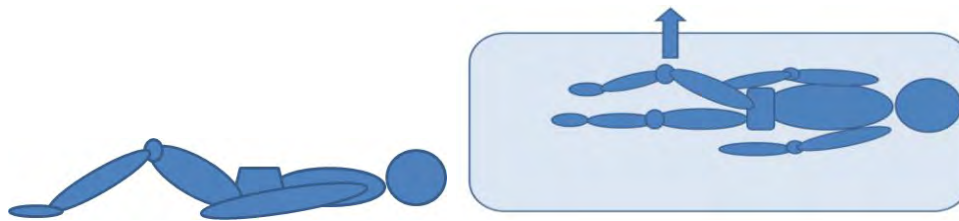


- Take a deep wide breath; widen the base of your ribs.
- As you breathe out draw your ribs down towards your pelvis and draw your belly button towards your spine.
- Slowly and with control step your right leg 3 inches down the bed, breathe in, breathe out and return it.
- The key is to keep your pelvis still and only move your right leg.
- Take a deep wide breath; widen the base of your ribs.
- As you breathe out draw your ribs down towards your pelvis and draw your belly button towards your spine.
- Slowly and with control step your left leg down the bed 3 inches, breathe in, breathe out and return it.
- The key is to keep your pelvis still and only move your left leg.
- Repeat each leg five times.

## Bed steps to the side

**Week one, two, three, four, five, six**

**Position:** Lying on back knees bent.



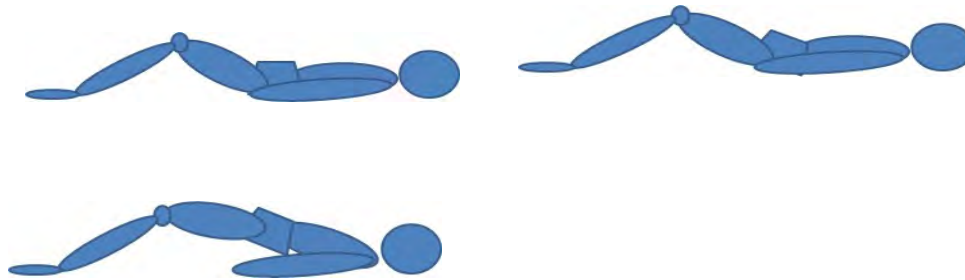
- Take a deep wide breath; widen the base of your ribs.
  - As you breathe out draw your ribs down towards your pelvis and draw your belly button towards your spine.
  - Slowly and with control step your right leg to the right 3 inches, breathe in, breathe out and return it.
  - The key is to keep your pelvis still and only move your right leg.
  - Take a deep wide breath; widen the base of your ribs.
  - As you breathe out draw your ribs down towards your pelvis and draw your belly button towards your spine.
  - Slowly and with control step your left leg to the left 3 inches, breathe in, breathe out and return it.
  - The key is to keep your pelvis still and only move your left leg.
- Repeat each leg five times.



## Pelvic Roll

**Week one, two, three, four, five, six**

**Position:** Lying on back knees bent.



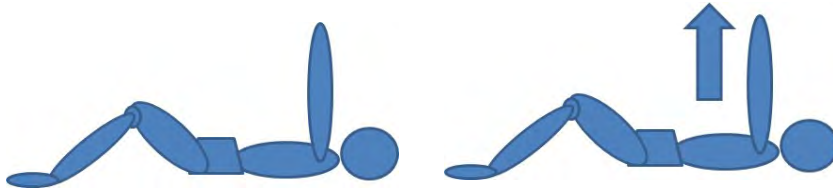
- Take a deep wide breath; widen the base of your ribs.
- As you breathe out draw your ribs down towards your pelvis and draw your belly button towards your spine.
- Roll your pelvis towards your ribs; imagine it almost as a towel you are rolling towards your ribs, flattening out your lower spine into the supporting surface.
- All the movement should come from your abdominals, legs stay still. Once you've moved onto the top of your pelvis, think about opening up through the front of your hips and sending your knees away from your body, peeling your back off the supporting surface, until your weight reaches your shoulder blades.
- Take a deep wide breath; widen the base of your ribs.
- As you breathe out draw your ribs down towards your pelvis and draw your belly button towards your spine.
- Think about your spine lowering segment by segment down onto the bed, until your pelvic uncurls back onto the supporting surface.



## Shoulder Drops

**Week one, two, three, four, five, six**

**Position:** Lying on back knees bent.

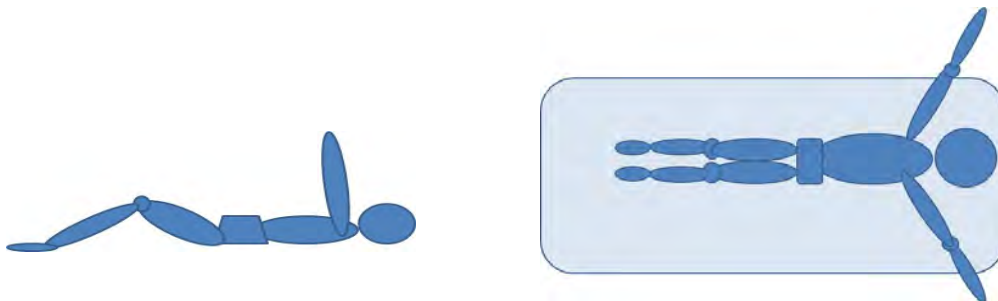


- Keep your armpits low in your body, connected to your hips; your shoulders away from your ears and your upper chest wide and flat.
- Float your arms towards the ceiling hands facing each other. Your arms are going to travel towards the ceiling propelled by your shoulder blades. Feel heavy in your rib cage.
- Then allow your shoulder blades to drop back to the bed.
- If it helps, think of your arms being champagne flutes and your shoulder blades the tray on which they move.
- Repeat five times alternate arms.
- Repeat five times both arms together.

## Beach Ball

**Week one, two, three, four, five, six**

**Position:** Lying on back knees bent.

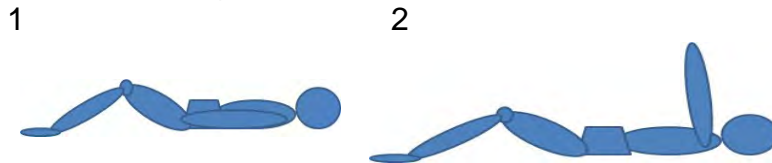


- Keep your armpits low in your body, connected to your hips; your shoulders away from your ears and your upper chest wide and flat.
- Float your arms towards the ceiling hands facing each other.
- Take a deep wide breath; widen the base of your ribs.
- As you breathe out draw your ribs down towards your pelvis and draw your belly button towards your spine.
- As you breathe out widen your arms, almost like you are holding a beach ball and its being blown up by the breath you are blowing out.
- The movement comes from your shoulders widening away from your ribs as your ribs stay heavy and still.
- Breathe in and return your arms.
- Repeat five times.

## Half Arm Clocks

**Week one, two, three, four**

**Position:** Lying on back knees bent.



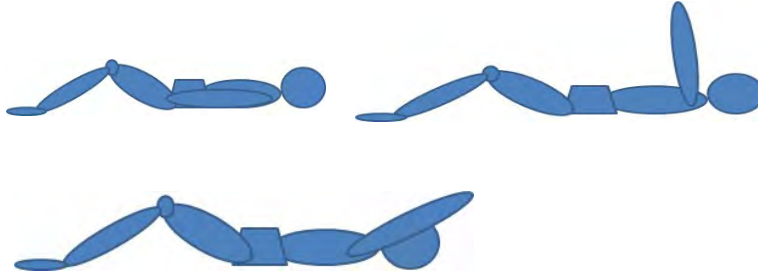
- Take a deep wide breath; widen the base of your ribs.
- As you breathe out draw your ribs down towards your pelvis and draw your belly button towards your spine.
- On your next in breath float your arms up to the ceiling.
- Your ribs stay connected to your pelvis.
- Breathe out and arms float back to the floor.
- Keep your ribs anchored to the floor.
- Repeat five times.



## Full Arm clocks

**Week five, six**

**Position:** Lying on back knees bent.



- Take a deep wide breath; widen the base of your ribs.
- As you breathe out draw your ribs down towards your pelvis and draw your belly button towards your spine.
- On your next in breath float your arms up to the ceiling.
- Your ribs as your ribs stay connected to your pelvis.
- When your arms reach 12 o'clock, breathe out drawing your ribs down towards your pelvis and draw your belly button towards your spine, whilst taking your arms behind your head, widening the space between your arms and your ribs further as your ribs stay connected to your pelvis.
- Breathe in and reverse, arms travel to 12 o'clock, breathe out and they return to the starting position.
- Keep your ribs anchored to the floor.
- Repeat five times.

## Four point Kneeling

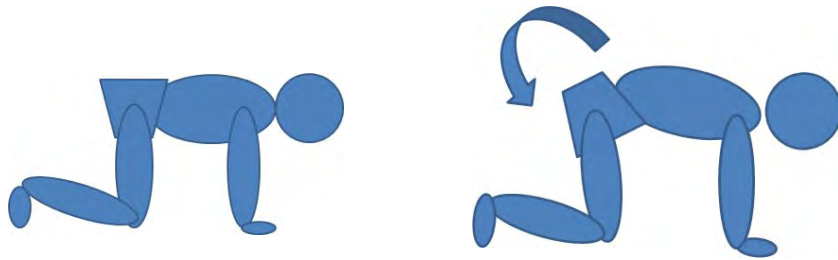
**Week one, two, three, four, five, six**

**Position:** Kneel with hands under shoulders and knees under hips.

**Curls**





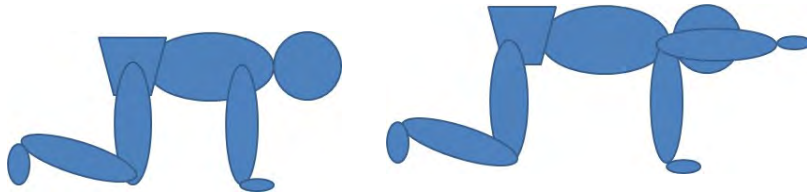


- Take a deep wide breath; widen the base of your ribs.
- As you breathe out draw your ribs down towards your pelvis and draw your belly button towards your spine.
- Curl your coccyx under, rolling your back to follow it. Do this slowly and with control, until the movement meets your shoulder blades.
- Breathe in, breathe out, and connect your ribs and pelvis, return your back to the original position, leading from your shoulder blades.
- Do not over extend your lower back.
- Repeat five times

## Arm Stretches

**Week two, three, four**

**Position:** Kneel with hands under shoulders and knees under hips.



- Take a deep wide breath; widen the base of your ribs.
- As you breathe out draw your ribs down towards your pelvis and draw your belly button towards your spine.
- Float your right arm off the floor, trying not to shift your weight to your other arm too much, the movement is being controlled by the stability in

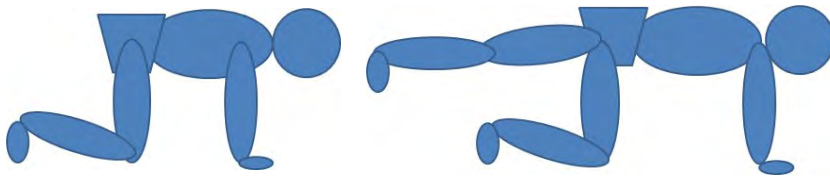


- your trunk. Breathe in, breathe out and return your arm to the floor
- Repeat with your left arm.
- Repeat five times each side.

## Leg Stretches

### Week four, five

**Position:** Kneel with hands under shoulders and knees under hips.

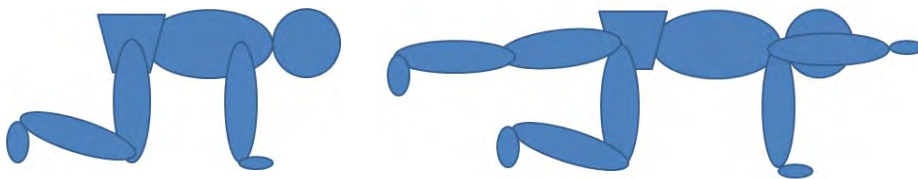


- Take a deep wide breath; widen the base of your ribs.
- As you breathe out draw your ribs down towards your pelvis and draw your belly button towards your spine.
- Float your right leg off the floor, trying not to shift your weight to your other leg too much, the movement being controlled by the stability in your trunk.
- Breathe in, breathe out and return your leg to the floor
- Repeat with your left leg.
- Repeat five times each side.

## Alternate arm/leg

### Week five, six

**Position:** Kneel with hands under shoulders and knees under hips.



- Take a deep wide breath; widen the base of your ribs.
- As you breathe out draw your ribs down towards your pelvis and draw your belly button towards your spine.
- Float your right leg and right arm off the floor simultaneously, trying not to shift your weight to your other leg or arm too much, the movement being controlled by the stability in your trunk.

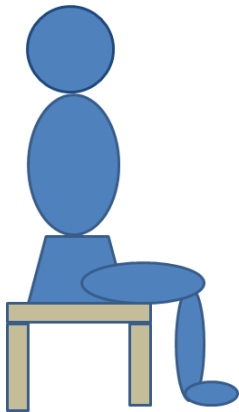


- Breathe in, breathe out and return your leg and arm to the floor
- Repeat with your right arm and left leg.
- Repeat five times each side.

## Breathing exercise in Sitting

**Week one, two, three, four, five, six**

**Position:** Sitting



- In a chair, hips and knees at 90 degrees.
- Feel the bones in your pelvis that you sit on (your 'sit bones') are heavy, your shoulders are broad and connected to your pelvis and your arm pits are low in your body.
- Take a deep wide breath; widen the base of your ribs.
- As you breathe out draw your ribs down towards your pelvis and draw your belly button towards your spine.
- Repeat five breaths

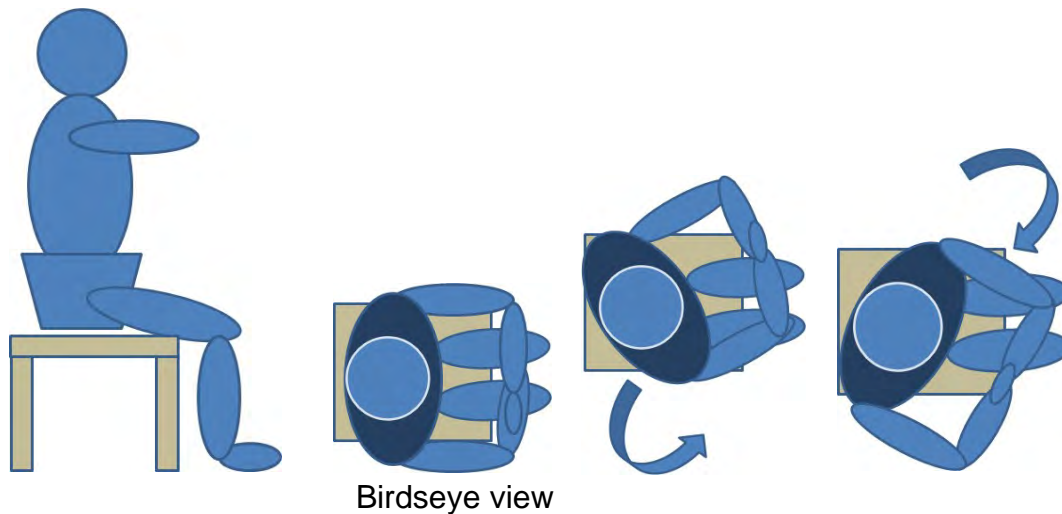


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## Cossack

**Week one, two, three, four, five, six**

**Position:** Sitting in a chair, hips and knees at 90 degrees. Feel your sit bones are heavy, your arm pits feel connected to your hips.



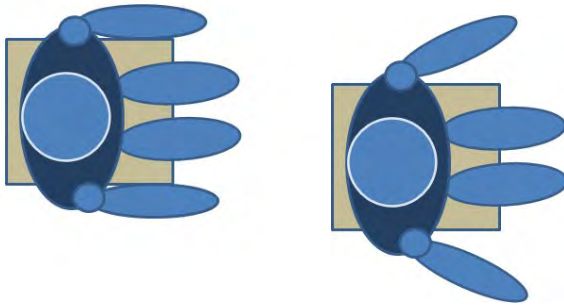
- Take a deep wide breath; widen the base of your ribs.
- As you breathe out draw your ribs down towards your pelvis and draw your belly button towards your spine.
- Float your arms up, your shoulders and elbows at 90 degrees and your hands and elbows connected, your arms and body creating a rectangle, the Cossack position.
- Breathe in, breathe out connect ribs to pelvis, maintaining the rectangle; rotate from the waist to the left, keeping anchored in your seat.
- Breathe in, breathe out and return to the Cossack position.
- Breathe in, breathe out connect ribs to pelvis, maintaining the rectangle; rotate from the waist to the right, keeping anchored in your seat.
- Breathe in, breathe out and return to the Cossack position.
- Repeat five times each way.



## Half bottle opener

**Week one, two, three, four, five, six.**

**Position:** In a chair, hips and knees at 90 degrees. Feel your sit bones are heavy, your arm pits feel connected to your hips; place your elbows at 90 degrees, forearms travelling in the same direction as your thighs.



- Take a deep wide breath; widen the base of your ribs.
- As you breathe out draw your ribs down towards your pelvis and draw your belly button towards your spine.
- Slowly rotate your shoulder joints outwards in their sockets, all the movement coming from your shoulders.
- Your upper arms feeling heavy fall directly from your shoulder sockets.
- Breathe in, breathe out and return your forearms to the starting position.
- Repeat five times.

## Full bottle opener

**Week one, two, three, four, five, six**

**Position:** Sitting in a chair, hips and knees at 90 degrees. Feel your sit bones are heavy, your arm pits feel connected to your hips; place your elbows at 90 degrees, forearms travelling in the same direction as your thighs

1



2



3



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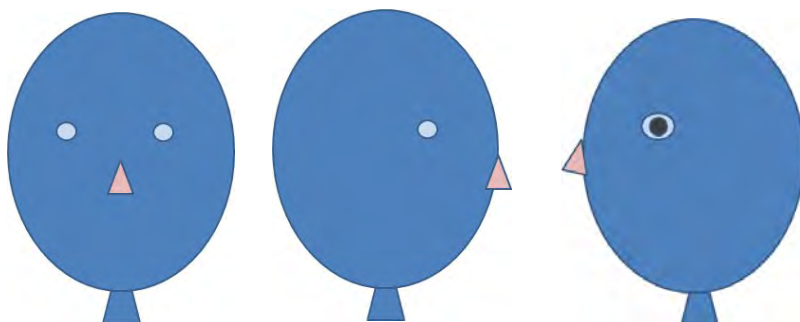
- Take a deep wide breath; widen the base of your ribs.
- As you breathe out draw your ribs down towards your pelvis and draw your belly button towards your spine.
- Breathe in. Slowly rotate your shoulder joints outwards in their sockets, all the movement coming from your shoulders (2).
- Breathe out. Straighten your elbows, your arms extending from the elbow and shoulder (3).
- Breathe in; return your elbows to your body (2).
- Breathe out and return your forearms to the starting position (1).
- Repeat five times.

## Head, neck and eye movement

**Week two, three, four.**

### Head on neck movement

**Position:** Sitting in a chair, hips and knees at 90 degrees. Feel your sit bones are heavy, your arm pits feel connected to your hips.

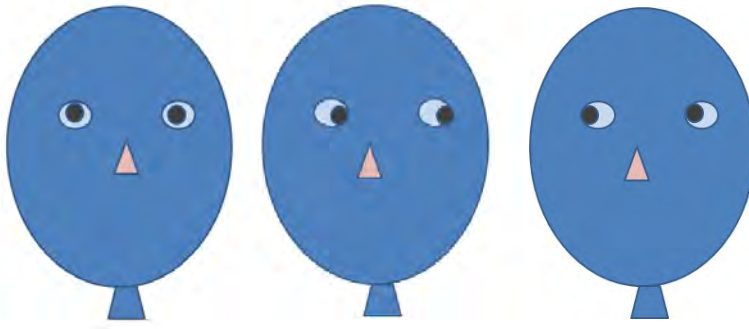


- Take a deep wide breath; widen the base of your ribs.
- As you breathe out draw your ribs down towards your pelvis and draw your belly button towards your spine.
- Maintain this connection throughout the exercise, breathing gently.
- Slowly turn your head to the left, keeping your nose level and your shoulders and trunk still.
- Return to the centre.
- Keep your head and shoulders still and turn your eyes to the right and return to centre.
- Repeat five times each side alternately.



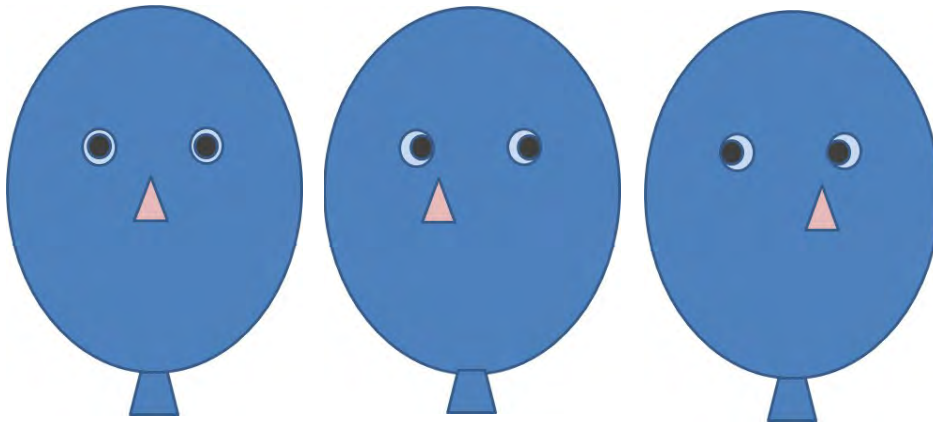
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## Eyes moving in head



- Take a deep wide breath; widen the base of your ribs.
- As you breathe out draw your ribs down towards your pelvis and draw your belly button towards your spine.
- Maintain this connection throughout the exercise, breathing gently.
- Take your eyes to the left, keeping your head and trunk still.
- Return your eyes to the centre.
- Take your eyes to the right, keeping your head and trunk still.
- Repeat five times each side alternately.

## Head moving around Eyes



- Take a deep wide breath; widen the base of your ribs.
- As you breathe out draw your ribs down towards your pelvis and draw your belly button towards your spine.
- Maintain this connection throughout the exercise, breathing gently.



- Fix your eyes on a central spot; slowly turn your head to the left, keeping your nose level and your shoulders and trunk still.
- Keep your eyes fixed on the central spot.
- Return to the starting position.
- Repeat to the same process to the right.
- Repeat five times each side alternately.

## Head, neck and eye movements in Standing

### Week five, six

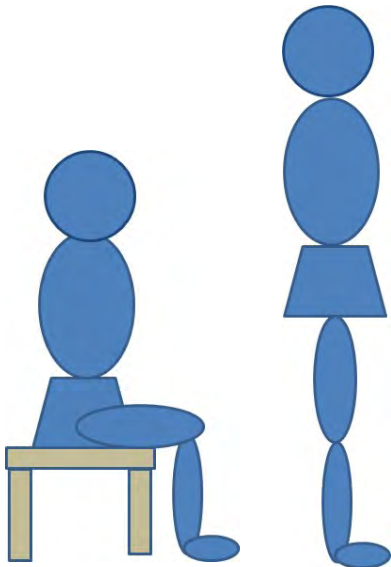
**Position:** Standing. Hips over knees, shoulders over hips. Your shoulders are broad and your arm pits are low in your body. Head movements in standing are the same as in sitting.

Repeat all the head, neck and eye movements previously done in sitting in standing.

### Sit to stand

### Week three, four, five and six

**Position:** In a chair, hips and knees at 90 degrees. Feel your sit bones are heavy, your shoulders are broad and connected to your pelvis and your arm pits are low in your body.





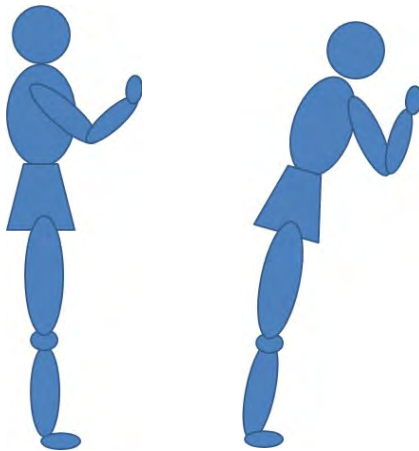
- Take a deep wide breath; widen the base of your ribs.
- As you breathe out draw your ribs down towards your pelvis and draw your belly button towards your spine.
- Stand up slowly, and then float back down to sitting. Repeat five times

## Press ups on wall

**Week three, four, five and six**

**Position:** Standing.

Facing the wall hips over knees, shoulders over hips. Your shoulders are broad and your arm pits are low in your body. Hands rest at shoulder level on the wall.



- Take a deep wide breath; widen the base of your ribs.
- As you breathe out draw your ribs down towards your pelvis and draw your belly button towards your spine.
- Slowly lean into the wall, your body stays still as only your elbows and shoulders move, breathe in breathe out and return to starting position.
- Repeat five times

## Roll down to chair

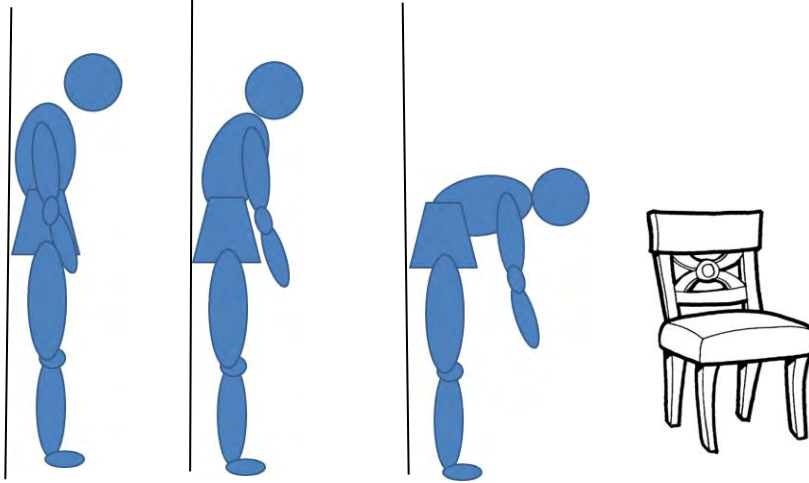
**Week three and four**

**Position:** Back to wall, chair in front.



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Back against to the wall. Hips behind knees, shoulders behind hips. Your shoulders are broad and your arm pits feel connected to your hips.



- Take a deep wide breath; widen the base of your ribs.
- As you breathe out draw your ribs down towards your pelvis and draw your belly button towards your spine.
- Leading with your head, imagine a tennis ball between your chin and neck, roll your head, then neck, then upper spine, arms falling away from body until they reach the chair in front.
- Imagine your pelvis rotating around your hips to create the movement.
- Take a deep wide breath; widen the base of your ribs.
- As you breathe out draw your ribs down towards your pelvis and draw your belly button towards your spine.
- Reverse the movement, beginning with your pelvis rotating around your hips, your spine uncurling, making contact with the wall.
- Repeat five times.
- Increase difficulty by turning the chair to face you.

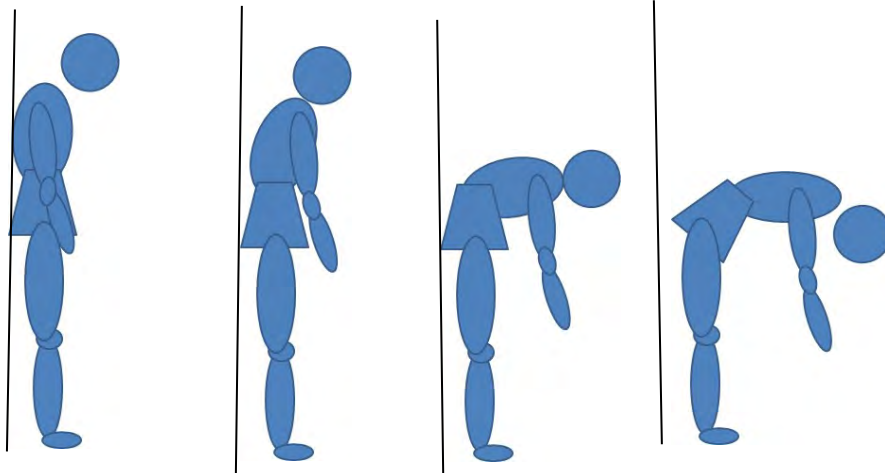
## Roll down to feet, with wall

### Week five, six

**Position:** Back to wall.

Back against the wall. Hips behind knees, shoulders behind hips. Your shoulders are broad and your arm pits are low in your body.





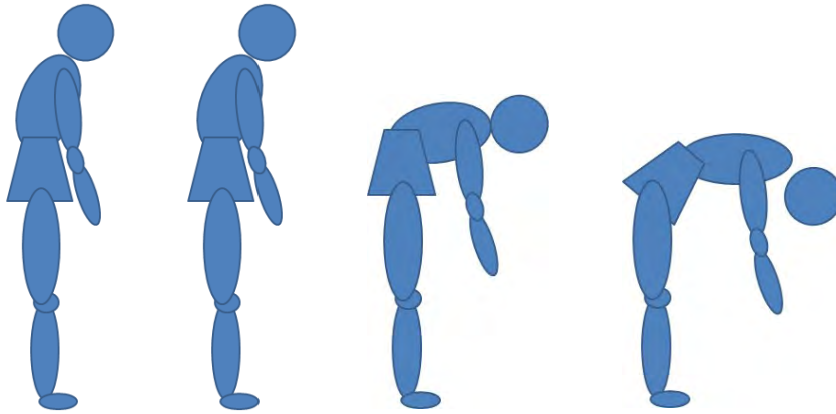
- Take a deep wide breath; widen the base of your ribs.
- As you breathe out draw your ribs down towards your pelvis and draw your belly button towards your spine.
- Leading with your head, imagine a tennis ball between your chin and neck, roll your head, then neck, then upper spine, arms falling away from body. Go as far as is comfortable.
- Imagine your pelvis rotating around your hips to create the movement.
- Take a deep wide breath; widen the base of your ribs.
- As you breathe out draw your ribs down towards your pelvis and draw your belly button towards your spine.
- Reverse the movement, beginning with you pelvis rotating around your hips, your spine uncurling, making contact with the wall.
- Imagine your back as a wheel rolling up the wall, each segment trying to make contact
- Repeat five times.



## Roll down to feet, with wall, free standing

### Week six

**Position:** Hips over knees, shoulders over hips. Your shoulders are broad and your arm pits are low in your body.



- Take a deep wide breath; widen the base of your ribs.
- On your out breath draw your ribs down towards your pelvis and draw your belly button towards your spine.
- Leading with your head, imagine a tennis ball between your chin and neck, roll your head, then neck, then upper spine, arms falling away from body. Go as far as is comfortable.
- Imagine your pelvis rotating around your hips to create the movement.
- Take a deep wide breath; widen the base of your ribs.
- As you breathe out draw your ribs down towards your pelvis and draw your belly button towards your spine.
- Reverse the movement, beginning with you pelvis rotating around your hips, your spine uncurling and restacking.
- Repeat five times.



## For further information

### Contact details

Victoria Strassheim, telephone (need to organize which number ) on Monday mornings

The Patient Advice and Liaison Service (PALS) can offer on-the-spot advice and information about the NHS. You can contact them on freephone 0800 032 02 02 or e-mail [northoftynepals@nhct.nhs.uk](mailto:northoftynepals@nhct.nhs.uk)

### Useful websites

If you would like further information about health conditions and treatment options, you may wish to have a look at the NHS Choices website at [www.nhs.uk](http://www.nhs.uk). On this website there is an information prescription generator [www.nhs.uk/ips](http://www.nhs.uk/ips) which brings together a wealth of approved patient information from the NHS and charity partners which you may find helpful

Information produced by Victoria Strassheim Band 6 Physiotherapist  
Date 4.11.2015



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