

Integrated Musculoskeletal Service – Self Help Videos / Patient Information

How to find our website - Our website is on the East Lancashire Hospitals Trust (ELHT) main website www.elht.nhs.uk



- Select services - Search under 'M' for **Musculoskeletal** or 'I' for **Integrated**
- Click on **Integrated MSK, Pain & Rheumatology Service**
- Or type 'ELHT MSK' into **Google** or another **search engine** and our link is top of the page
- Scroll down the page to the Exercise Videos section – select the video you wish to view.

Video - Self Help Guides / Patient Information (tick which videos apply)

Name: _____ Date: _____ Patient Ref: _____

1.	Prone lying	24.	Quads: Static quad contraction	51.	Anterior wall slide
2.	Prone lying on elbows	25.	Quads: knee extension in lying	52.	Lateral wall slide
3.	Prone extension	26.	Quads: straight leg raise	53.	Quarter press up on wall
4.	Standing extension	27.	Quads: seated knee extension	54.	Static rotator cuff strengthening
5.	Side glides in standing	28.	Gluteal: bridging	55.	Pecs stretch
6.	Supine knee rolls	29.	Gluteal: hip abduction side lying	56.	Wall sleeper stretch
7.	Supine knee to chest	30.	Gluteal: hip abduction in standing	57.	Set of elbow, wrist and hand exercises
8.	Standing side flexion	31.	Gluteal: prone gluteal raises	58.	Set of pendular exercises
9.	Core muscle activation	32.	Gluteal: abduction with band	59.	Table slides with towel
10.	Lumbar spine neutral	33.	Adductor: squeezes	60.	Scaption with weight
11.	Clam	34.	Adductor: raises in side lying	61.	Step with theraband
12.	Single knee fall out	35.	Adductor; standing with band	62.	Lateral rotation with theraband
13.	Single leg stretch	36.	Hamstring curls in standing	63.	Shoulder abduction with stick
14.	Superman (4-point kneeling)	37.	Hamstring dead lifts	64.	Shoulder elevation with stick
15.	Cervical rotations	38.	Functional: squats	65.	Lateral rotation with stick
16.	Cervical side flexion	39.	Functional: lunge	66.	Hand behind back towel stretch
17.	Cervical retractions in sitting	40.	Functional: single leg squat	67.	Low cross body stretch
18.	Neck stability in lying	41.	Functional: balance	68.	Sleeper stretch in side lying
19.	Neck stability in standing	42.	Foot and ankle: ankle range of movement	69.	Rotator cuff strengthening side lying
20.	Thoracic spine rotations	43.	Foot and ankle: ankle strengthening with band	70.	Four point kneeling
21.	Thoracic side flexion	44.	Foot and ankle: seated calf raise	71.	Military press
22.	Thoracic extension in supine	45.	Foot and ankle: seated toes raise	72.	Shoulder blade stability
23.	Thoracic extension over a gym ball	46.	Foot and ankle: calf raise	73.	Punch forwards with theraband
		47.	Stretches: hip flexor	74.	Cross body strengthening, high to low
		48.	Stretches: hamstring	75.	Cross body strengthening, low to high
		49.	Stretches: quads	76.	Pull downs with theraband
		50.	Stretches: calf stretches (Gastro/soleus)		

Any questions regarding the videos please contact your clinician or physiotherapy department – details on the website