

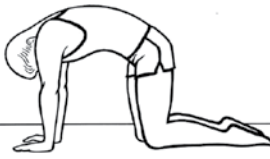







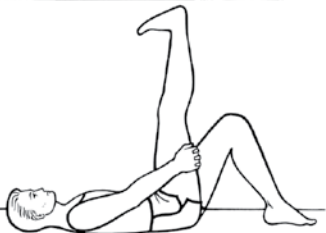
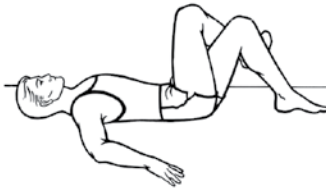

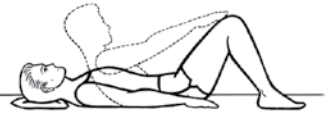




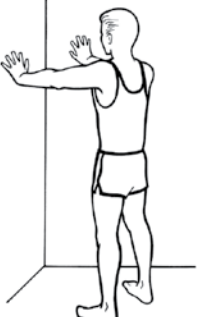



SAMPLE EXERCISES

The following exercises are from a poster that is included in the Spondylitis Association of America's book, "**Straight Talk On Spondylitis.**" You can purchase the book by going to www.StopAS.org. Please note that before beginning any new exercise program, we suggest that you consult your physician or physical therapist. They can help provide modifications to suit your particular needs.

				
1 STRETCH OUT	2 KNEE TO CHEST	3a CAT-BACK	3b SWAY BACK	
				
4 NECK FLEXION & EXTENSION	5 NECK ROTATION	6 BODY ROTATION	7 NECK SIDE STRETCH	8 BODY SIDE STRETCH
				
9a HAMSTRING STRETCH	9b HAMSTRING STRETCH	10a HIP & PELVIC ROTATION	10b HIP & PELVIC ROTATION	
				
11 ABDOMINAL STRENGTHENING	12 HIP EXTENSOR STRENGTHENING	13 QUADRICEPS STRENGTHENING	14 BREATHING & SHOULDER CIRCLES	
			<p>THE ABOVE EXERCISES AND ADDITIONAL EXERCISES MAY BE FOUND IN <i>STRAIGHT TALK ON SPONDYLITIS</i>.</p> <p>LOOSENING-UP EXERCISES: 1, 2, 3ab</p> <p>FLEXIBILITY EXERCISES: 3ab, 4, 5, 6, 7, 8, 9ab, 10ab, 15</p> <p>STRENGTHENING EXERCISES: 11, 12, 13</p> <p>BREATHING EXERCISES: 14, 16ab</p> <p>POSTURE IMPROVEMENT EXERCISES: 1, 11, 12, 15, 16ab</p> <p>Spondylitis Association of America, P.O. Box 5872, Sherman Oaks, CA 91413</p> <p>Illustrated by Mary Benz Deckert</p> <p>Copyright © 1985 Ankylosing Spondylitis Association Copyright © 1992 Spondylitis Association of America Copyright © 2008 Spondylitis Association of America</p>	
15 QUADRICEPS STRETCH	16a PECTORAL STRETCH	16b PECTORAL STRETCH		