

Spine and chest expansion exercises

Ankylosing spondylitis



How to use this sheet. Do the exercises slowly. Stop before the pain builds — mild discomfort is fine, sharp pain is not. A little every day beats a lot once a week.

1 Chest expansion breathing



Sit tall. Breathe in deeply, opening the ribs sideways. Measure your chest expansion monthly.

10 breaths**3 times a day****✓ Should feel**

The ribs opening

X Should not feel

Dizziness

**Scan for this sheet**

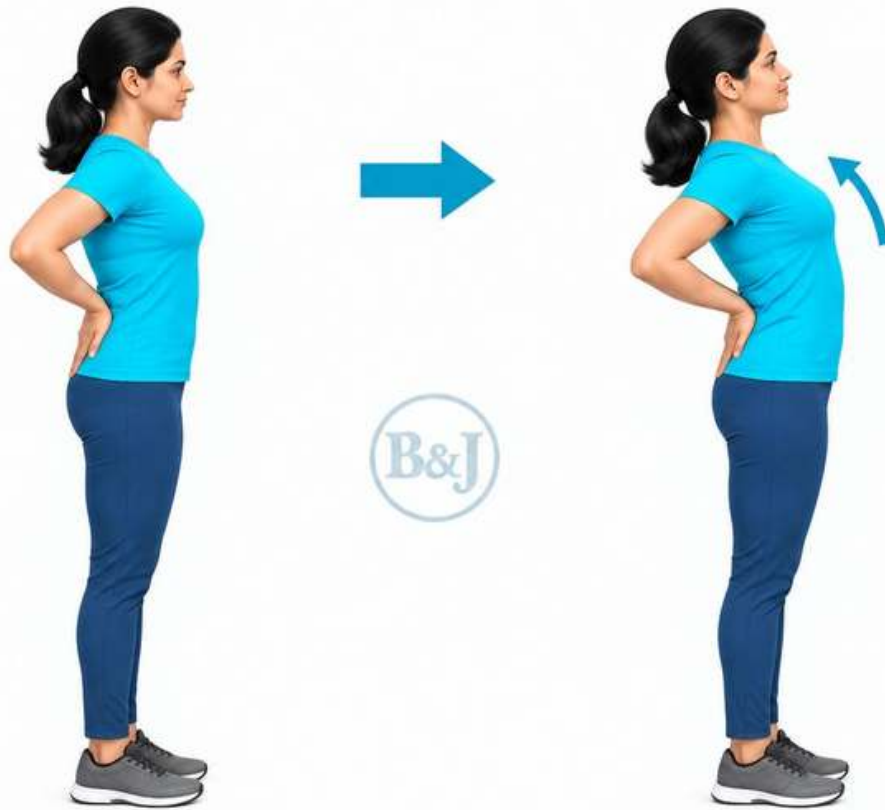
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sheet 05

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Monday to Saturday · Sunday by prior appointment only

2

Standing back extension



Stand, hands on the lower back, and lean gently backwards.

10 times

3 times a day

✓ **Should feel**

The spine extending

✗ **Should not feel**

Sharp pain



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3

Cat and cow



On hands and knees, arch and sag the back slowly.

10 times

Daily

✓ **Should feel**

The whole spine moving

✗ **Should not feel**

Nothing sharp

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4

Chin tuck



Draw the chin straight back to keep the neck posture.

10 times

Daily

✓ **Should feel**

The back of the neck lengthening

✗ **Should not feel**

Dizziness



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5

Bird dog



Opposite arm and leg, keeping the back still.

8 each side

Daily

✓ **Should feel**

The back working

✗ **Should not feel**

Twisting

Stop and telephone us if

- The pain is getting worse, not better, after two weeks
- You get new numbness, tingling or weakness
- The joint swells up or locks
- You feel unwell or feverish



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