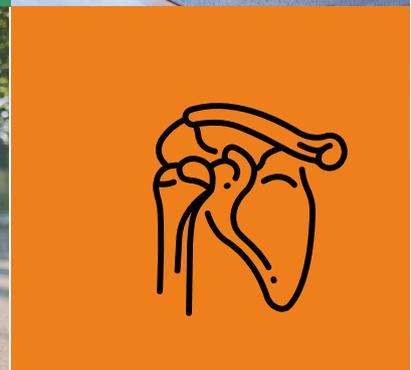
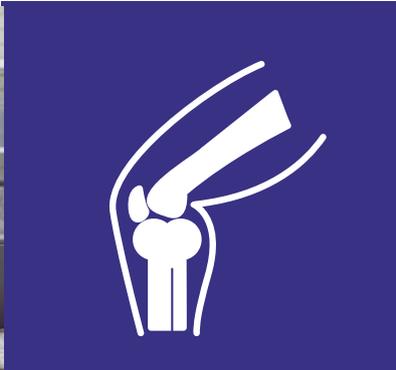
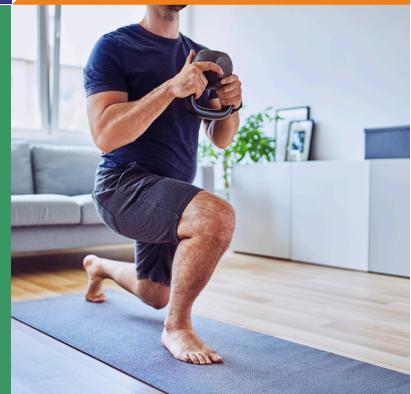
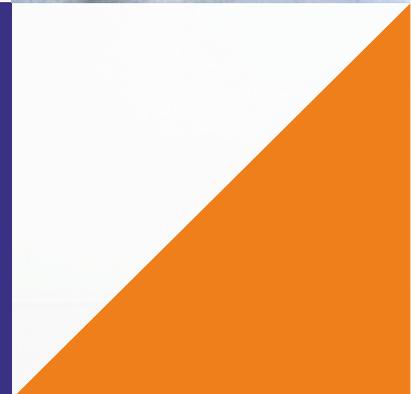


Excell Exercises

Simple Workouts to Strengthen
Your Spine, Protect Your Joints,
and Enhance Mobility





Dr. Jagdish Patil

Endoscopic Spine & Robotic Joint Replacement Surgeon

- ✓ 20 + Years Experience
- ✓ Expert in minimally invasive surgeries



Nadhe Heights, Near Talathi office, Bhalerao corner, Kalewadi - Rahatani Road, Pimpale Saudagar, Pcmc.



8484019113



Third Floor, Choice 'C' Apartment, Station Rd, opposite Millennium Star, near Ruby Hall Clinic, Pune.



7218113113



www.excellspecialityhospital.com



BACK EXERCISES



Standing hamstring stretch



Cat and camel



Pelvic tilt



Quadruped arm/leg raise



Partial curl



Extension exercise



Gluteal stretch



Side plank

Dr. Jagdish Patil

Endoscopic Spine & Robotic Joint Replacement Surgeon

NECK & SHOULDER EXERCISES

01 Neck Tilts



05 Arm Circles



02 Shoulder Rolls



06 Doorway Stretch



03 Chin Tucks



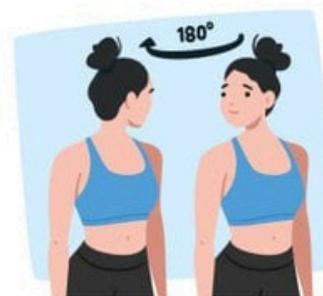
07 Upper Back Stretch



04 Shoulder Blade Squeeze



08 Neck Turns



Dr. Jagdish Patil

Endoscopic Spine & Robotic Joint Replacement Surgeon

Excell⁺
SPECIALITY HOSPITAL
Excellence in Healthcare

ASIANTM
SPINE & PAIN CENTRE
WE CHANGE YOUR LIVES HERE

KNEE EXERCISES

STANDING LEG CURLS



REVERSE SLED DRAG



GOBLET SQUATS



STEP UPS



SPLIT SQUATS



HAMSTRING CURLS



QUADRICEPS STRETCH



WALL SQUATS



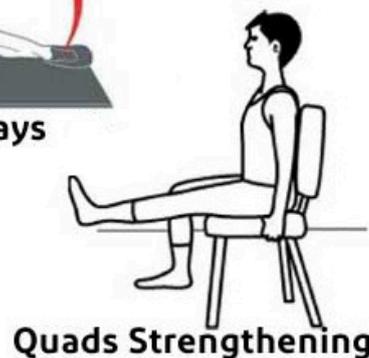
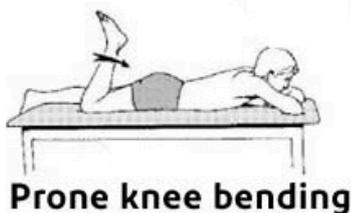
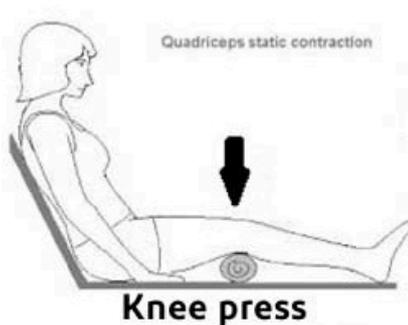
LATERAL WALK



GLUTE BRIDGE



Exercises to Reduce Knee Pain



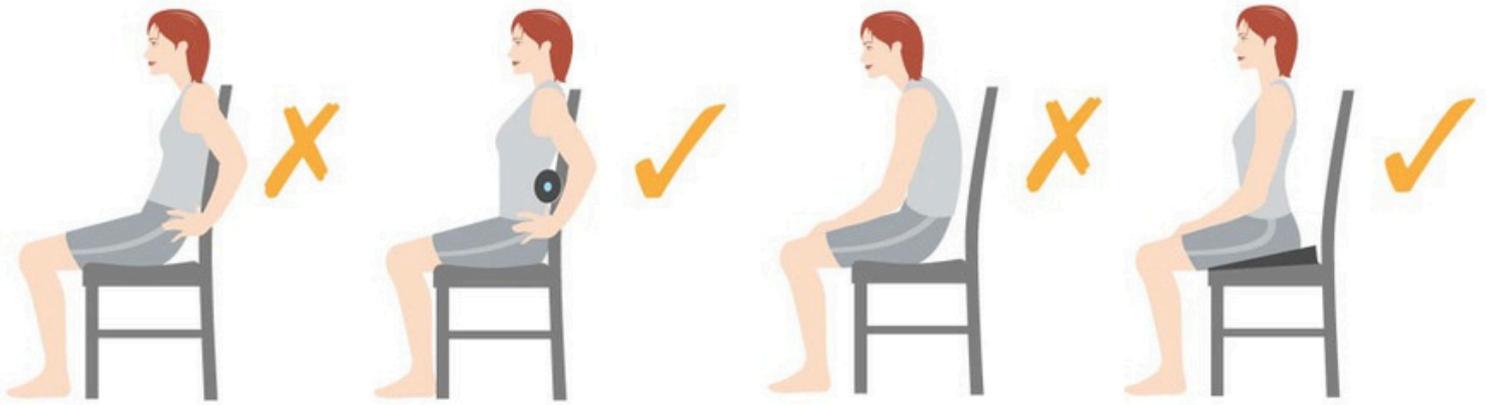
Dr. Jagdish Patil

Endoscopic Spine & Robotic Joint Replacement Surgeon

Excell⁺
SPECIALITY HOSPITAL
Excellence in Healthcare

ASIANTM
SPINE & PAIN CENTRE
WE CHANGE YOUR LIVES HERE

HOW TO SIT



HOW TO LIFT



HOW TO SLEEP



OFFICE EXERCISES

Regular movement is important to break up sitting time. Perform a selection of these every 20 minutes for 2-3 minutes.



Upper Back Extension (3x20sec)

- Place your hands behind your head & extend your upper back
- You may use top of backrest to hinge over



Seated Back Rotations

(3x20sec each side)

- Sit upright in a chair & rotate your body
- Use your arms to pull on chair for added stretch
- You should feel a stretch through the spine.



Neck Rolls (20secs each way)

- Roll your head in large circles
- You should feel a gentle stretch as you roll around
- Perform in both directions



Shoulder Rolls (30secs)

- Roll your shoulders backwards in large circles
- Focus on pulling your shoulders down and squeezing shoulder blades together



Neck Side Stretch

(3x20sec each side)

- Tilt your head to one side until you feel a pull on the opposite side of the neck
- Add stretch by pulling with one hand as tolerated



Neck Flexion Stretch (3x20sec)

- Place your chin on chest until you feel a stretch in the back of neck
- Increase stretch by using your hands to pull further as tolerated



Side Stretch (3x20sec each)

- Stand with your feet spread shoulder width
- Place one hand on your hip and the other overhead
- Lean to the side, reaching across your body as you pushing your hips to the opposite side.



Roll downs (3x20sec)

- Stand up
- Slowly reach toward your toes.
- Focus on feeling movement at each level of your spine
- Bend your knees slightly if needed.

Dr. Jagdish Patil

Endoscopic Spine & Robotic Joint Replacement Surgeon