**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**
15. **QUADRICEPS STRETCH**
15a. **RECTORAL STRETCH**
15b. **RECTORAL STRETCH**

THE ABOVE EXERCISES AND ADDITIONAL EXERCISES MAY BE FOUND IN STRAIGHT TALK ON SPONDYLITIS.

LOOSENING-UP EXERCISES: 1, 2, 3a
FLEXIBILITY EXERCISES: 3a, 4, 5, 6, 7, 8, 9a, 10a, 15
STRENGTHENING EXERCISES: 11, 12, 13
BREATHING EXERCISES: 14, 16
POSTURE IMPROVEMENT EXERCISES: 1, 11, 12, 15, 16a

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