

Strength exercises and stretches



**ST VINCENT'S
PRIVATE HOSPITAL**
NORTHSIDE

A FACILITY OF ST VINCENT'S HEALTH AUSTRALIA

up then **down**
for 3 seconds for 3 seconds

3 sets of 10 for each exercise which can be done twice weekly.

Breathe slowly and easily.

Shoulder Raises 1 (long lever)



OR

Shoulder Raises 2 (short lever)



up then **down**
for 3 seconds for 3 seconds

3 sets of 10 for each exercise which can be done **twice weekly**.
Breathe slowly and easily.

Front Shoulder Raises



Bicep Curls



up then **down**
for 3 seconds for 3 seconds

3 sets of 10 for each exercise which can be done twice weekly.
Breathe slowly and easily.

Triceps 1



OR

Triceps 2



OR

Triceps 3



up then **down**
for 3 seconds for 3 seconds

3 sets of 10 for each exercise which can be done **twice weekly**.
Breathe slowly and easily.

Overhead Presses



Upright Rows



up then **down**
for 3 seconds for 3 seconds

3 sets of 10 for each exercise
which can be done **twice weekly**.

Breathe slowly and easily.

Hip Flexions



Hip Abductions



up then **down**
for 3 seconds for 3 seconds

3 sets of 10 for each exercise which can be done **twice weekly**.

Breathe slowly and easily.

Hamstrings



Hip Extensions



up then **down**
for 3 seconds for 3 seconds

3 sets of 10 for each exercise which can be done **twice weekly**.

Breathe slowly and easily.

Heel Raises



Squats



Hold each stretch for
30 seconds

Quads stretch

stretch 1



OR

stretch 2



Hamstrings stretch

stretch 1



OR

stretch 2



Hold each stretch for 30 seconds

Calves



Triceps

front



back



Shoulders



Back



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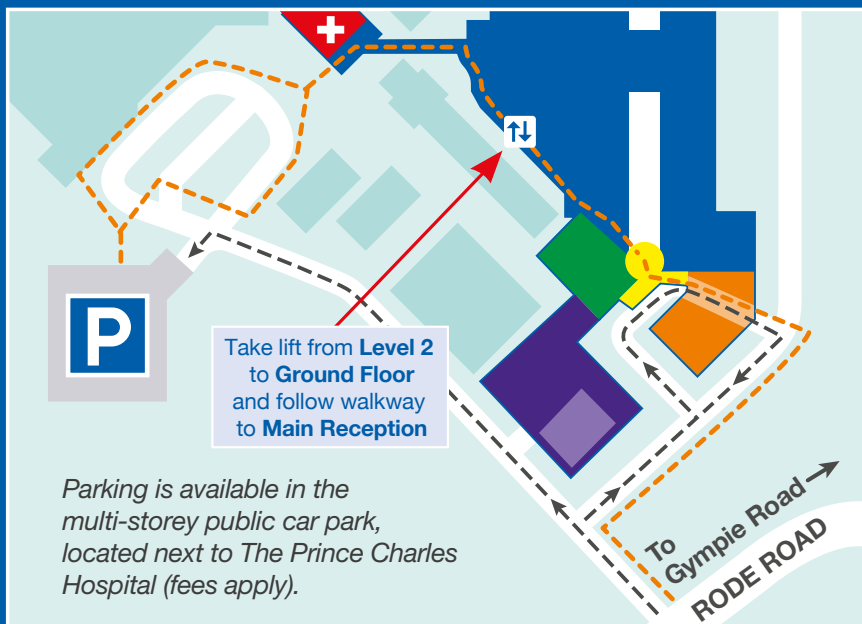
Email: svphn.enquiries@svha.org.au










Website: www.svphn.org.au

 @stvincentsprivatehospitalnorthside



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- | | |
|---|---|
|  St Vincent's Private Hospital Northside |  St Vincent's Northside Education Centre |
|  Main Reception/drop-off zone | Level 1 |
|  St Vincent's Northside Medical Centre | - Breast Health Centre |
|  Mary Aikenhead Building | - Consulting Suites |
|  St Vincent's Northside Breast Health Centre | Ground Floor |
| | - Education Training Centre |
| | Lower Ground Floor |
| | - Executive Suites |
-
- | | |
|--|---|
|  Brisbane Northside Private Emergency |  Multi-storey public carpark |
|  The Prince Charles Hospital | - - - Vehicular route |
| | - - - Pedestrian route |



Developed in consultation with our consumers (May 2017)

UNDER THE STEWARDSHIP OF MARY AIKENHEAD MINISTRIES