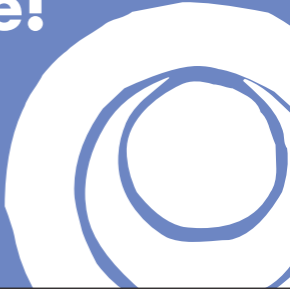


Don't cramp your style!



WARM-UP EXERCISES FOR PERFORMERS

Here are some useful exercises to improve flexibility and get your joints moving. Do them before and after practising and/or performing. You can also take a few minutes out in the middle of a practice session to do some of them again.

Ideally, you should do the first eight exercises sitting down. To increase mobility, do the exercises slowly and gently. Take the movements as far as you can. Repeat each one 3–5 times.

Breathe slowly and rhythmically throughout, making sure both feet are firmly on the ground for the standing exercises and don't flex your knees.

If you are in pain, STOP! Be careful if you have high blood pressure or if you feel dizzy. If you have any concerns, or if you are particularly hypermobile (bendy), contact BAPAM for a free confidential assessment at one of our clinics.

1. HEAD TURNS

- Turn your head from side to side



2. HEAD TILTS

- Tilt and hold your head to the side
- Repeat on the other side

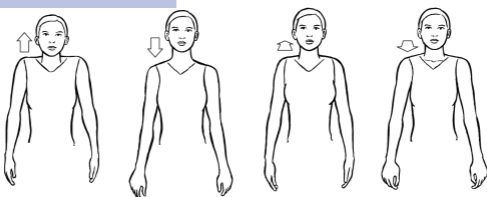


3. BACK TWISTS

- Sitting down and with your arms crossed over your chest, twist your back from side to side



4. SHOULDERS



- Shrug and release shoulders then roll them forwards and backwards through a full circle

BAPAM provides free confidential health assessment clinics in London and around the UK.

BRITISH ASSOCIATION FOR
**PERFORMING
ARTS
MEDICINE**

CARING FOR PERFORMERS' HEALTH

Registered charity no: 1083295

clinic@bapam.org.uk www.bapam.org.uk

Clinic line 0845 602 0235

Stop suffering for your art!

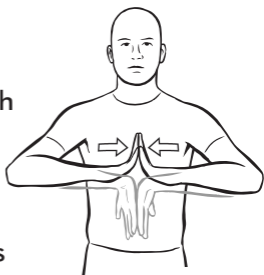
5. FOREARMS

- With elbows by your waist, forearms at 90°, rotate forearms inwards and then outwards



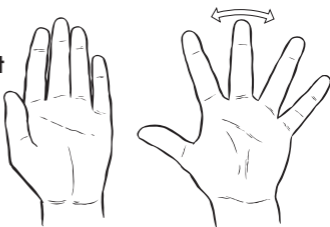
6. WRISTS

- Fingertips together, push your fingers together keeping palms apart
- Do the same thing with your backs of the hands together and fingers down



7. FINGER SPREAD

- Spread your fingers wide apart then bring them back together. You can also do this with your palms together



8. HAND

- Hold back of one hand in palm of the other hand and bend it forward at the wrist



- Bend wrist back with fingers and arms straight



9. SHOULDERS AND UPPER BACK

- Bring arms over your head, hold hands together and stretch
- Elbows straight, reach behind you and stretch



10. LATERAL STRETCH

- Arms above your head, hold wrist, pull up and to the side. Feel the stretch in your side



11. LOWER BACK

- Against a support if possible, push thumbs into lower back and arch backwards, keeping knees straight and head forward



12. BACK

- Sitting down, let your body fall forward, arms hanging by your legs. Arch your back

