



LUPUS EUROPE

EXERCISE PROGRAM

for LUPUS PATIENTS

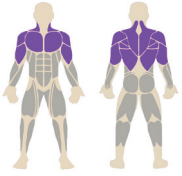
LEVEL **1**

LYING DOWN

6 Exercises • 10-15 Minutes

This level is for **when you feel unable to get out of bed** for one reason or another or feel more comfortable lying down. **This should be your starting point**, if you are not used to exercising. The exercises can be done while **lying in bed** or **on a mat on the floor**. You can **increase the difficulty** of some of the exercises by using **waterbottles** or **dumbbells**.





1

Arm Circles

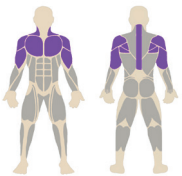
Lie on your back on a mat with your knees bent.

Stretch your active arm straight out so that it points up toward the ceiling.

Make small circles in the air.

Repeat the movement 10 times with both arms.

Sets 2-3 • Repetitions 10



2

Arm Swings Above the Head

Lie on your back; you can place a rolled-up towel across your thoracic spine.

Put your feet flat on the floor.

Lift your arms up toward the ceiling.

Pull your navel in.

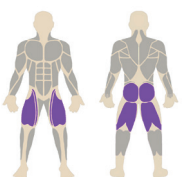
Exhale and stretch your arms up behind your head, avoiding any back sway.

Pull your chest and shoulder blades toward your hips.

Inhale while lifting your arms up and back to the position above your chest.

Repeat the movement 10 times.

Sets 2-3 • Repetitions 10



3

Contraction of Buttocks and Legs

Lie on your back with straight legs and arms by your sides.

Contract your buttocks muscles, front thighs and calves.

Repeat the movement 10 times.

Sets 2-3 • Repetitions 10





4

Pelvic Raise

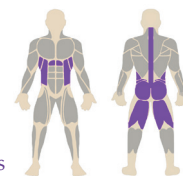
Lie down on a mat with your arms along your sides and with straightened legs.

Bend your knees and place your feet just below your knees.

Activate the abdominal muscles and lift your pelvis up until you have a straight line through the body from knees to shoulders.

Lower yourself slowly back down and repeat the movement 10 times.

Sets 2-3 • Repetitions 10



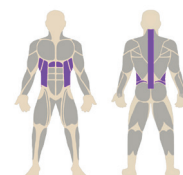
5

Lying Knee Lift

Lie on your back, activate your abdominal muscles and lift one knee slowly up from the ground, then return back to starting position.

Change legs and repeat the movement 10 times on each side.

Sets 2-3 • Repetitions 10



6

Relaxing Hip Twists

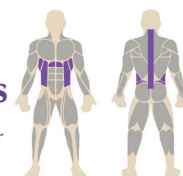
Lie supine with your feet on floor and your hands to the sides. Your legs should feel 'heavy' and relaxed.

Allow them to almost fall to the sides, and then use your abdominal muscles to pull them back up, while pressing your lower back down against the mat.

Notice an upward bouncy effect in your back when letting your legs fall to the sides.

Repeat the movement 10 times.

Sets 2-3 • Repetitions 10





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EXERCISE PROGRAM

for LUPUS PATIENTS

In collaboration with trained physical therapists Lupus Europe has developed **an exercise program in five levels** which has been **endorsed by leading European Lupologists**.

Studies show, that the only thing, that **is clinically proven to help lupus fatigue is “moderate” exercise**. We as lupus patients ourselves do however realise, how difficult it can be to start exercising, when you feel fatigue! This is why **we developed this program from our own experiences**.

Exercise doesn't necessarily mean, that you have to run a marathon or go to the gym. With this program we want to show, that **you can do it no matter where you are and how you are feeling**. You should be able to find a level that suits you each day.

The goal is of course to increase in level whenever you can, but you will probably experience, that you have to go down a level at some point. Don't despair, this is quite normal, and the **most important thing is, that you do one exercise a day** – not which level it is.

developed with the support of



**Mols Fysioterapi
& Træningscenter**

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**European
Reference
Network**

for rare or low prevalence
complex diseases

Network
Connective Tissue
and Musculoskeletal
Diseases (ERN ReCONNET)

Who knows - **you might even feel so energized by doing one program, that you can take on the next level straight away...?**

All exercises can be done without training tools and in the individual videos we will guide you through the various options for increased or reduced difficulties. **Each program can be done in 15-20 minutes**, if you do two or three rounds.