



LUPUS EUROPE

EXERCISE PROGRAM

for LUPUS PATIENTS

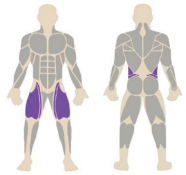
LEVEL **3**

STANDING

7 Exercises • 10-15 Minutes

This level is for **when you are able to stand up**, but **not walk for longer periods** of time. For this program you will **need a kitchen chair or similar**, a **floor mat** and a **wall to lean** against.





1

Sideways Weight Transfer

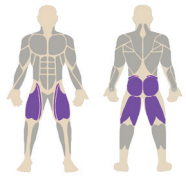
Stand with your legs wide apart.

Lean to one side, rest the weight on one leg, while bending slightly at the knee.

Slowly stretch your knee and move the weight over to the opposite leg.

Repeat the movement 10 times to each side.

Sets 2-3 • Repetitions 10



2

Sit and Get Up

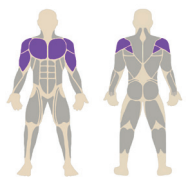
Sit on a chair with your arms in front of you.

Move your torso forward and up to a standing position.

Repeat the movement 10 times.

For reduced difficulty support yourself on the arm rests with your arms when standing up.

Sets 2-3 • Repetitions 10



3

Front Diagonal Wall Slide

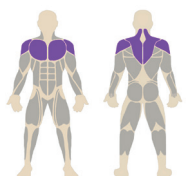
Face the wall.

Place your forearms on the wall with bent elbows. Elbow tip is now facing downwards.

Pull your shoulder blades together and move your arms diagonally out to the side along the wall in a controlled motion, until your elbows are straight.

Lower your arms back down and repeat the movement 10 times.

Sets 2-3 • Repetitions 10



4

Standing Outward Arm Swings

Stand with your feet together, slightly rotated outward.

Lift the arms in front of the body to approximately chest level, palms facing up.

Exhale and move the arms out to the side/backward and diagonally up, ending with them behind the head.

Push the chest forward and feel the chest muscles being stretched.

Inhale and return to the starting position.

Repeat the movement 10 times.

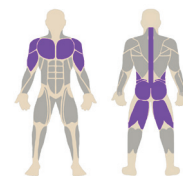
Sets 2-3 • Repetitions 10





5

Standing Super(wo)man



Stand on one leg and lean your torso forward with one arm straight above your head.

Stretch simultaneously the leg you are not standing on backwards until your body is in a straight line.

Bend at the hips and stop the movement at an approximately 45 degrees of the hip joint.

Then come back to the starting position.

Repeat the movement 10 times on each side.

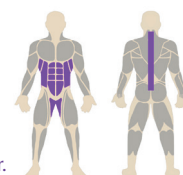
Reduced difficulty
make the movement smaller.

Sets 2-3 • Repetitions 10



6

Lying Cycling



Lie on your back with your legs raised from the floor.

Press your lower back against the floor and alternately straighten your legs in a cycling motion.

Keep your abdominal and back muscles contracted while cycling.

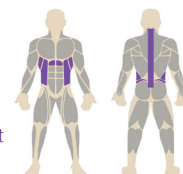
Avoid arching your lower back.
Continue for 30 seconds.

Sets 2-3 • Continue 30 seconds



7

Hip Twists



Lie on your back with knees bent and the arms out to the sides.

Lower both of your knees to the side, making your spine and pelvic region twist. Remember to tighten your abdomen.

Return and twist to the other side.

Repeat the movement 10 times to each side.

If you have back problems or feel pain
make the movement smaller.

Sets 2-3 • Repetitions 10



LUPUS EUROPE

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



endorsed by



**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.