

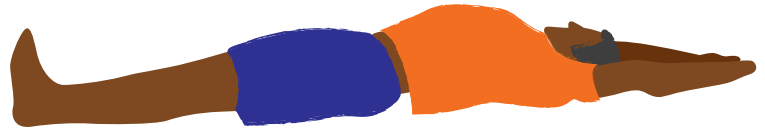
STRETCH IT OUT

Being physically active is good for diabetes – incorporating simple stretches into your daily activities can ease stiffness, reduce stress, and help keep muscles flexible, healthy and relaxed.

SHOULDER STRETCHES

Frozen shoulder can be a complication of diabetes that causes pain, stiffness and limited mobility in the shoulder. It is more common in people who have had diabetes for a long time. If these stretches cause pain or discomfort, stop and speak with your healthcare team.

DIABETES UK
KNOW DIABETES. FIGHT DIABETES.



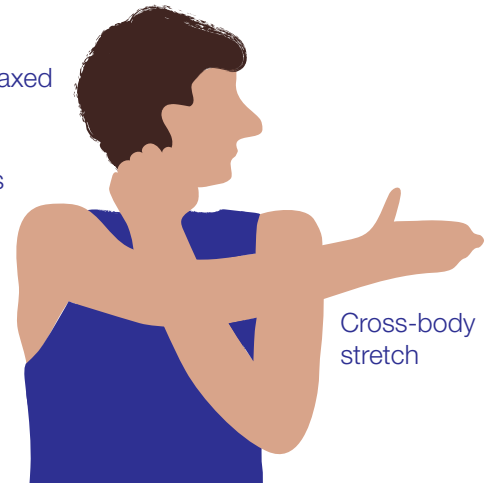
Overhead reach

Overhead reach

- 1 Lie on a flat surface, keeping your legs straight. Relax your arms at the sides of your body.
- 2 Lift your arm vertically in the air and backwards to the floor with the help of your other arm. Keep reaching until you can feel a stretch.
- 3 Hold the stretch for 15-20 seconds.

Cross-body stretch

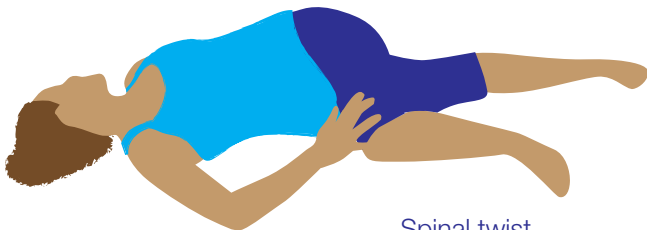
- 1 Sit or stand with both arms relaxed at the sides of your body.
- 2 Bring your affected arm across the chest. The healthy arm helps this movement by holding the elbow of the affected arm.
- 3 Hold the stretch for 15-20 seconds.



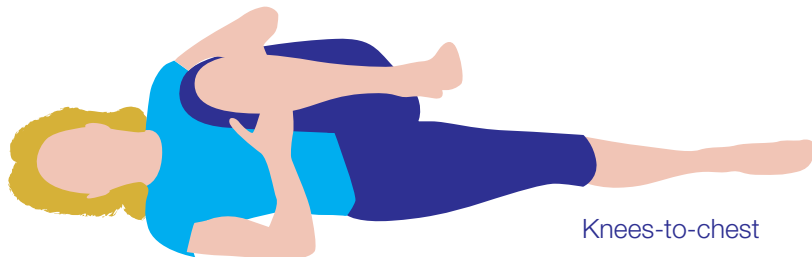
Cross-body stretch

SPINAL TWIST

- 1** Lying on your back, raise one of your knees and gently roll it over to the opposite side. Make sure both of your shoulders stay in contact with the bed or floor during this whole stretch.
- 2** If it feels comfortable, stretch one arm to the side, keeping it in line with your shoulders, and slowly turn your head to face your outstretched arm. You should feel the stretch on the sides of your upper body and lower back.
- 3** Breathe deeply and hold this stretch for 15-20 seconds. Repeat on the opposite side.



Spinal twist



Knees-to-chest

KNEES-TO-CHEST

- 1** Lying flat on your back, bring one knee to your chest and hold in position with your arms or hands. You should feel a nice stretch in your lower back.
- 2** If it feels comfortable, you can also do this stretch by bringing both knees to your chest at the same time. Hold this stretch for 30 seconds.

COBRA STRETCH

- 1** Lie on your stomach and place your hands flat beneath your shoulders.
- 2** Tuck your elbows in by your sides and gently raise your head and chest, keeping your hips and groin on the floor. Keep your neck and shoulders relaxed.
- 3** Hold the stretch for 10 seconds, and when you're ready, gently lower back down. Repeat 8-10 times.