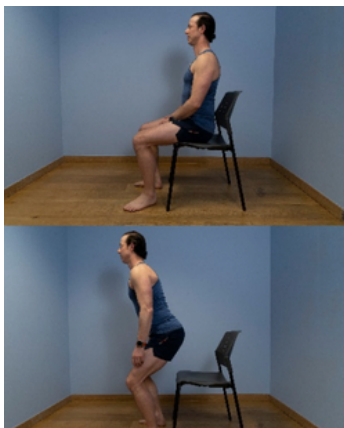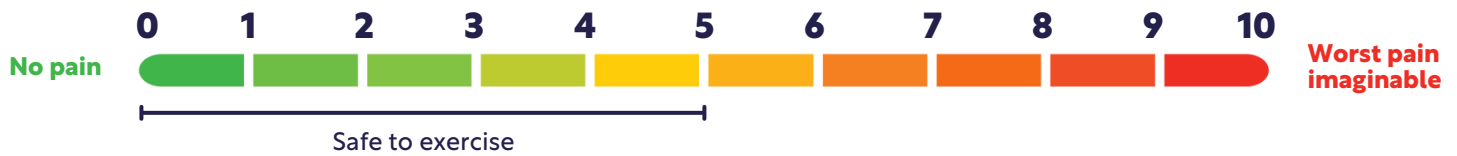# Fibromyalgia
Early Programme

Aim to perform this programme a minimum of once per day unless prescribed otherwise. As with any new exercise, start slowly (repetitions as able) and build up as you are able within the guidelines below. Pain should not exceed 5/10 whilst completing this exercise programme.

| 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |

No pain   Worst pain imaginable

Safe to exercise

1. Sit to stand

- Stand with your feet hip width apart and your arms across your chest.
- Sit back as if you are sitting into a chair.
- At the same time your head should move forwards to keep your balance.
- As you do this aim to keep your back straight.
- Go down as far as you feel comfortable or until your thighs are parallel with the floor.
- Come back up to standing and repeat.
- **Perform this exercise up to 15 times, rest for 1 minute.**
- **Repeat routine 2 to 3 times.**

2. Brisk walk

- Start by taking short walks everyday just to get out in the fresh air and into nature if you can.
- Walk at a speed that raises your heart rate but leaves you able to have a conversation.
- Walking with a friend or partner with the government guidance is great.
- **Start with a 10 minute walk, and increase slowly.**

3. Child's pose stretch

- Start in a kneeling position.
- From here reach your hands out as far in front of you as possible on the floor with one hand on top of the other.
- Now sit slowly backwards onto your heels until you feel a stretch in your back.
- Note: If you cannot kneel then this exercise can also be done in standing with your hands in front of you on the kitchen table or worktop.
- Hold for 20 seconds relaxing into the position.
- **Perform this exercise up to 5 times, rest for 1 minute.**
- **Repeat routine 2 to 3 times.**