

Exercise program

WALL PLANK

Myeloma Canada is pleased to partner with REVIVE Physiotherapy & Exercise on a pilot exercise project as part of our wellness program.

Here are a series of exercises you can perform at home to help increase your function and manage some of your pain.

WALL PLANK | CLOSE TO THE WALL

Step 1

- Place your arms on a wall and take a few steps back, making sure that your elbows stay flat.
- Keep your hips up and don't let them dip down.
- Contract and squeeze your core muscles to create tension in your core. Hold this position.



Step 2

- Hold this position for as long as you can in a pain free way but feeling your muscles working.
- Try to hold for 15 to 30 seconds.
- Aim for three (3) rounds.

ALTERNATIVE | INCLINED

Step 1

- If the exercise above is too easy, increase your angle from the wall.
- Place your arms on a wall and step your feet further out behind you.
- Contract and squeeze your muscles to create tension in your core, keeping your back straight.



Step 2

- Strengthen up the core in a way that is safe and including some weight bearing on the upper limbs.
- Hold for 15 to 30 seconds.
- Aim for three (3) rounds.

None of these exercises should cause you any sort of pain. If you are experiencing pain during an exercise, stop, take a break, and use the mildest exercise in the series. Your doctor's approval is required.

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