



Exercise program

WALL PUSH UP

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 PUSH UP | ON A WALL



Step 1

- Put your hands up against the wall, and use the muscles in your mid back and your chest to strengthen your upper body.



Step 2

- Bend your elbows and bring your body down close to the wall.
- Squeeze your shoulder blades together to create tension. Go back and forth.
- Do three (3) sets, working between five (5) and ten (10) repetitions.

ALTERNATIVE | INCLINED

Step 1

- If you are feeling more advanced, increase the angle.
- Try doing the same exercise on a kitchen or bathroom counter.



Step 2

- Squeeze your shoulder blades together. Imagine putting them in the opposite back pockets.
- If this exercise is too easy, take a step away from the wall and bend your elbows a little bit more.
- Do three (3) sets, working between five (5) and ten (10) repetitions.



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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