

MANAGING PAIN & LONG-TERM CONDITIONS WITH MOVEMENT

MOBILATES MOVEMENT GUIDE

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mobilates®

STRONGER THAN
YESTERDAY

WHO THIS GUIDE IS FOR

This guide is designed for people living with persistent pain, long-term health conditions, fatigue, stress, reduced mobility, or changes in confidence with movement.

It may be helpful if you:

- Experience ongoing pain or stiffness
- Feel worried or cautious about movement
- Have stopped exercising due to flare-ups, fatigue, or fear of making symptoms worse
- Want to explore gentle movement in a calm and supportive way
- Are looking for ways to reconnect with your body safely and gradually

You do not need previous experience with Pilates or exercise. All movements can be adapted to suit your body, energy levels, and comfort on the day.



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MOBILATES MOVEMENT GUIDE

INTRODUCTION



Mobilates is a gentle, adaptable approach to movement designed to support people of all ages and abilities. It combines Pilates-inspired exercise, functional movement, breathing, and mindful pacing to help improve confidence, mobility, strength, and wellbeing.

Living with pain or a long-term health condition can sometimes make movement feel difficult, unpredictable, or overwhelming. Many people experience periods of increased pain, fatigue, tension, stress, dizziness, or reduced confidence with movement, especially after illness, injury, flare-ups, or long periods of inactivity.

This guide focuses on gentle movement, mobility, breathing, and grounding techniques designed to help you reconnect with movement in a calm, supported, and manageable way.

The exercises in this guide are not about pushing through pain or exercising perfectly. Instead, they encourage body awareness, gentle movement variation, pacing, and helping the nervous system feel safer and more settled with movement over time.

Some days movement may feel easier than others. Small movements, rest breaks, and adapting exercises to suit your needs are all completely valid.

Mobilates focuses on choice, control, and gradual progress. You are encouraged to move in a way that feels supportive, comfortable, and sustainable for your body.



MOBILATES MOVEMENT GUIDE

A DIFFERENT KIND OF MOVEMENT EXPERIENCE

This guide is slightly different from the others in this series.

Rather than focusing on progression, strength, or confidence in specific positions, this session explores how movement can feel when you are living with pain or long-term health conditions.

The focus here is on:

- Moving in a way that feels safe and supported
- Exploring gentle variation without pressure
- Noticing how your body responds to movement
- Supporting the nervous system to feel calmer and more regulated

There is no expectation to “push through” or perform exercises perfectly. Instead, this guide encourages curiosity, choice, and a gradual rebuilding of trust in movement.

Some movements may feel easier on some days than others - this is completely normal.

You are always encouraged to adapt, pause, or rest as needed.

HOW TO USE THIS GUIDE

- Start with the simplest version of each movement
- Move slowly and within a comfortable range
- Take breaks whenever needed
- Adapt positions and movements to suit your body
- There is no pressure to complete every exercise
- Small amounts of gentle movement are still valuable

A guided video session is available via the QR code at the end of this guide if you would prefer to follow along at a slower pace.

PREPARING FOR STANDING MOVEMENT

Before you begin, you may wish to:

- Wear comfortable clothing that allows you to move freely
- Use a yoga mat, chair, cushions, or pillows for support
- Keep water nearby
- Choose a quiet and comfortable space where you feel relaxed
- Move barefoot or wear grippy/yoga socks
- Allow yourself time to pause and rest throughout the session
- Some movements may be performed standing, seated, or on the floor. You can choose the version and level that feels most supportive for your body today.

MANAGING PAIN & LONG-TERM CONDITIONS WITH MOVEMENT

CORE MOVEMENT EXERCISES

1



Standing Centring, Alignment & Breath

What it helps with: Helps the body settle into movement gently and encourages awareness of posture, breathing, and balance.

How to do it:

- Stand comfortably with feet grounded and knees soft
- Lengthen gently through the spine and allow the shoulders to relax
- Bring awareness to your breathing
- Inhale gently through the nose
- Exhale slowly through the mouth
- Notice your connection to the floor and allow weight to feel evenly distributed
- Let the breath settle and become natural before we begin to move

Make it easier: Stand near a wall or chair for support or perform seated.

2



Gentle Standing Flow

What it helps with: Encourages relaxed movement, circulation, coordination, and confidence in upright movement.

How to do it:

- From your grounded position, allow the body to begin to move gently with the breath
 - Softly sway your weight from side to side
 - Let the arms move naturally with the body
 - Allow one arm to float up as the other lowers
 - Then slowly change sides, moving in a calm flowing rhythm
 - You may also gently explore reaching forwards, out to the side, or overhead if it feels comfortable
- Let the body move without effort - there is no right or wrong way to do this

Make it easier: Keep movements smaller or stay seated and imagine the movement.

3

Gentle Supported Roll Down

What it helps with: Encourages gentle spinal mobility and controlled movement through the back of the body.

How to do it:

- From standing, inhale to prepare
- Exhale as you gently lower the chin and slide your hands down the front of your legs towards your knees
- Allow the spine to softly roll down within your comfortable range
- Pause at your natural stopping point
- Gently lengthen the chest forwards to create space through the spine
- Then slowly use your hands on your legs to guide yourself back up to standing
- Return slowly, stacking the spine with control one vertebra at a time

Make it easier: Reduce range or perform seated spinal movement instead.

4

Seated Spine Stretch

What it helps with: Improves mobility through the spine and supports relaxed breathing.

How to do it:

- Sit comfortably and find a tall spine
- Inhale to prepare
- Exhale as you gently reach forwards through the spine
- Think length rather than depth
- Inhale whilst in the forward position and then exhale to return slowly to upright sitting

Make it easier: Sit on cushions or soften knees. Slide the hands along the legs.

5



Seated Spine Twist

What it helps with: Encourages gentle spinal rotation and upper body mobility.

How to do it:

- Sit tall and relaxed through the shoulders with arms folded on top of each other in front
- Inhale to prepare
- Exhale as you gently rotate to one side
- Return to centre and repeat on the other side
- Move slowly and stay within a comfortable range

Make it easier: Reduce range, relax hands onto the knees or place hands across the chest

6



Seated Saw (Gentle Version)

What it helps with: Encourages gentle rotation, reach, and coordination.

How to do it:

- Sit comfortably with legs and arms open wide
- Rotate gently to one side
- Reach forward softly towards the opposite leg or space beside you
- Return to centre and repeat on the other side
- Let movement stay soft and flowing rather than deep or forceful

Make it easier: Keep knees bent and reduce reach. Sit on a cushion to open the hips.



7



Cat & Cow Movement

What it helps with: Encourages gentle movement through the whole spine.

How to do it:

- On hands and knees or seated supported
- Inhale to gently lift and lengthen through the chest
- Exhale to softly round the back
- Move slowly with the breath



Make it easier: Perform seated with hands on thighs or knees.

8



Seated Lateral Side Stretch

What it helps with: Opens the side body and supports breathing.

How to do it:

- Sit comfortably
- Reach one arm overhead
- Gently lean to the opposite side
- Return to centre and repeat both sides



Make it easier: Reduce range or keep hand lower.





Grounding & Nervous System Integration

What it helps with: Supports nervous system regulation, emotional settling, and integration of movement experience.

How to do it:

- Find a comfortable seated or supported lying position
- Allow the body to become still and supported by the surface beneath you
- Begin to notice your breathing without changing it
- Let it be natural, soft, and unforced

You may choose one of the following grounding options:

Box Breathing

- Inhale gently for 4
- Hold for 4
- Exhale for 4
- Hold for 4
- Repeat slowly, without strain

5-4-3-2-1 Grounding - Simply Notice:

- 5 things you can see
- 4 things you can feel
- 3 things you can hear
- 2 things you can smell
- 1 thing you can taste

Simple Rest Option - Or simply rest and notice:

- Where your body is supported?
- How your breath moves in and out?
- Any sensations of ease or tension without judgement

There is no right way to do this. The aim is simply to allow the body and mind to settle after movement. Allow yourself to stay here for as long as feels helpful.

SAFETY & MOVEMENT GUIDELINES

- Move only within a comfortable and controlled range
- Use support whenever needed
- Stop if pain increases, becomes sharp, or feels unsafe
- It is normal to have both higher and lower energy days
- Gentle movement is still beneficial, even in small amounts
- Always listen to your body and adjust movement as needed.
- There is no expectation to push through discomfort or complete every movement - small amounts of gentle movement, rest, and adaptation are all valuable

If you are unsure whether exercise is suitable for you, seek advice from a healthcare professional

TAKING CARE WITH POSITION CHANGES

Some people may feel dizzy, light-headed, unsteady, or less confident when changing position, especially when moving between standing, sitting, or lying down.

If this applies to you:

- Move slowly and take your time between positions
- Pause after each change and allow your body to settle
- Use support such as a chair, wall, or floor contact when needed
- Keep water nearby if helpful
- Sit or lie down if symptoms increase
- It is completely okay to remain in one position for longer if that feels safer or more comfortable for your body.

SUPPORT FOR LONG-TERM CONDITIONS

If you are living with a long-term health condition such as Ehlers-Danlos Syndrome (EDS), Osteoarthritis, fibromyalgia, chronic fatigue, persistent pain, or dizziness and balance-related conditions, you may find our wider resources helpful.

- Exercise with Chronic Health Conditions Series:

<https://www.mobilates.com/blog/categories/specific-conditions>

- Spotlight on Classes Series:

<https://www.mobilates.com/blog/categories/spotlight-on-classes>

- Bed, Seated, and Standing Mobilates guides (full progression series)

These resources explore different ways of adapting movement to suit your body, energy levels, and symptoms.

TRY A GUIDED SESSION

Scan the QR code to access a gentle Managing Pain & Long-Term Conditions Mobilates session you can follow at home. This session mirrors the movements in this guide and supports you to move at a slow, steady, and adaptable pace. It may be helpful if you would prefer:

- guided pacing - visual demonstration of movements
- a calmer, structured environment to follow along.

