

Verbs used in instructions

<p>bend down</p> 	<p>put your head down put out your tongue</p> 
<p>breathe in breathe out</p> 	<p>raise your leg</p> 
<p>close your eyes</p> 	<p>roll on to your back/front roll over roll up your sleeve</p> 
<p>curl up</p> 	<p>sit sit up</p> 
<p>do this</p> 	<p>slide your hand down your side</p> 
<p>follow my fingertip with your eyes</p> 	<p>slip off your coat</p> 
<p>keep your knee straight</p> 	<p>stand straight stand up</p> 
<p>let your wrist go floppy</p> 	<p>take off your top things</p> 
<p>lie on your side/back lie on the bed/couch lie down</p> 	<p>tilt your head back</p> 
<p>look straight ahead look at something</p> 	<p>touch your shoulder with your chin</p> 
<p>open your mouth</p> 	<p>turn your head to the left turn on your side</p> 
<p>point to the finger that moves</p> 	<p>Other instructions: relax show me what movements you can manage tell me if it hurts</p>
<p>pull as hard as you can</p> 	
<p>push as hard as you can</p> 	