

Verbs used in instructions

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