



Home Exercise Programme

Learning Disability Service
Physiotherapy Team Initiative



WHY EXERCISE?

Research has shown that regular exercise can result in muscles becoming stronger, joints becoming less stiff and improved balance and co-ordination. Exercise can make every day tasks easier.

This booklet has been designed to give you some general advice. This exercise programme can be completed at home and is an extension of the Circ8 class.

ADVICE BEFORE YOU START

- ❖ You can warm up in either sitting or standing
- ❖ Wear comfortable, supportive footwear and clothing
- ❖ Water to drink
- ❖ Hand weights (e.g. water bottles, tin cans)
- ❖ Think about having a good posture
- ❖ Hold onto a secure surface to steady yourself - if needed

WARM UP

You want to move your joints and raise your heart rate during the warm up

- ❖ Marching on the spot - for 1 minute
- ❖ Shoulder shrugs - raise shoulders up and down x 10
- ❖ Shoulders circles - move arms around in a circle x 10
- ❖ Spine twists - turn upper body to left and right, keep hips forward x 10
- ❖ Forward bends - reach towards your toes and up again x 10
- ❖ Ankles - tap heel and then toe x 10
- ❖ Knees - bring heels to bottom x 10

Exercise 1: **SIT TO STAND**



- ❖ Use a dining chair
- ❖ Hold a hand weight if you can. Pause when upright - tighten leg and bottom muscles

Repeat exercise for 2 minutes
or x
10

*To make more difficult -
Hold a hand weight*

Exercise 2: **ABDOMINALS**



- ❖ Do exercise (A) or (B)
- ❖ In exercise (A) lie on the floor and reach towards your knees or use abdominal trainer as in picture A
- ❖ In exercise (B) sit straight and march in seat, lifting each knee towards your chest

Repeat for 2 minutes or x 10

To make more difficult - lean back in chair engaging your abdominals

Exercise 3: **STEP UPS**



- ❖ Step up and down
- ❖ You can use bottom stair if you don't have a step
Lead with left and right leg equally

Repeat for 2 minutes or x 10

To make more difficult - Hold a hand weight

Exercise 4:

BICEPS



TRICEPS



- ❖ Weight to shoulders and down again

- ❖ Raise arms above head and then down again or push weight towards ceiling then down to shoulders elbows pointing forward

- ❖ Fully straighten elbows in each exercise

- ❖ Use hand weights in both hands

Repeat each exercise for one minute or x 10

For an easier option - do one arm at a time

Exercise 5: TRAMPET



- ❖ Jump or march on the trampoline or you can march or jog on the spot if no equipment available

Repeat for 2 minutes or x 10

Exercise 6: LEGS

HEEL RAISES



LEG LIFTS



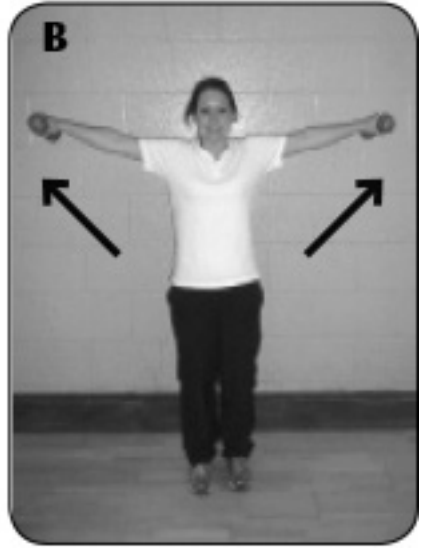
- ❖ Hold onto a steady surface, stand up straight
- ❖ In exercise (A) raise both of your heels up and down
- ❖ In exercise (B) lift your leg out to the side and back again

Repeat each exercise for one minute or x 10

To make (A) more difficult - Hold a weight

To make (B) more difficult - wear an ankle weight or use exercise band

Exercise 7: SHOULDERS



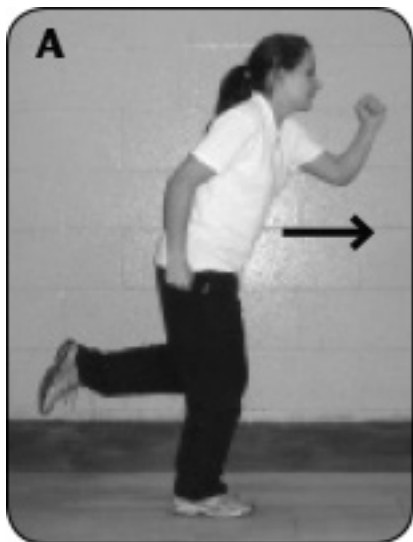
- ❖ Use hand weights if able
- ❖ Keep elbows straight during exercise
- ❖ In exercise (A) raise your arms in front to shoulder height and back down
- ❖ In exercise (B) raise your arms sideways to shoulder height and back down

Repeat each exercise for one minute or x 10

For an easier option - do one arm at a time or bend your elbows

Exercise 8: SHUTTLES

RUN OR WALK



SIDE STEPPING



❖ Repeat exercise (A) and (B) for 1 minute each

Repeat each exercise for one minute or x 10

COOL DOWN

- ❖ This allows your heart rate to return to normal
- ❖ Allowing your muscles to gently stretch
- ❖ You can cool down in either sitting or standing

Starting by walking or you can march gently for one minute

- ❖ Shoulder shrugs - raise shoulders up and down x 5
- ❖ Shoulders circles - move arms around in a circle x 5
- ❖ Spine twists - turn upper body to left and right, keep hips forward x 5
- ❖ Forward bends - reach towards your toes and up again x 5
- ❖ Ankles - tap heel and then toe x 5
- ❖ Knees - bring heels to bottom x 5

INTERESTED? ACT NOW

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