



Exercises & advice for keeping mobile

Care of the elderly/Rehabilitation Team
Physiotherapy Department



WHY EXERCISE?

You may notice you are less active therefore normal everyday activities may be more difficult than before. For example, getting out of a chair and getting around. Although this is a common occurrence in hospital it is possible for you to do something about it.

Research has shown that regular exercise can result in muscles getting stronger, joints becoming less stiff and improved balance and co-ordination. Taking regular exercise can make everyday tasks easier and reduce your risk of falling.

Regular exercise does not mean going to the gym, there are plenty of activities you can do at home to keep yourself fit. This booklet has been designed to give you some general advice on keeping active and a gentle exercise programme that can be done in hospital and at home.

GETTING MOVING

If you are prone to dizziness when getting up from your bed or a chair, remember to rise slowly and try to move your legs before standing. Your blood pressure can drop when you stand, and your body may take a while to adjust. If this is a problem for you, ask your doctor about it.

GENERAL ADVICE

- ❖ Remember a pair of good comfortable shoes is essential for support and confidence, avoid backless shoes or slippers
- ❖ Pace yourself - you don't have to do all the exercises together
- ❖ Make sure you have enough space to exercise safely
- ❖ Never exercise holding onto an object which may move
Only hold on to something stable like a solid table/kitchen sink
- ❖ If in hospital comfortable loose fitting clothes be brought in when starting your rehabilitation.

STRENGTHENING EXERCISES

Please perform each of these exercises per day.

1) Ankle exercises



Lying on your back or sitting.

Bend and straighten your ankles briskly. If you keep your knees straight during the exercise you will stretch your

calf muscles.

Repeat x 10 or

2) Static Quads



Lying on your back or sitting up in bed if you feel breathless when lying flat, with legs straight.

Bend your ankles and push your knees down firmly against the bed.

Hold for 5 seconds.

Repeat x 10 or (alternate leg)

3) Inner Range Quads



Lying on your back or sitting up in bed if you feel breathless when lying flat.

Bend one leg and put your foot on the bed and put a cushion under the other knee.

Exercise your straight leg by pulling your foot and toes up, tightening your thigh muscle and straightening the knee (keep knee on the cushion).

Hold approximately for 5 seconds.

4) Straight leg raise*



Lying on your back or sitting up in bed if you feel breathless when lying flat, with one leg straight and the other leg bent. (You can vary the exercise by having your foot pointing upwards, inwards or outwards).

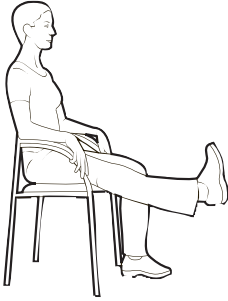
Exercise your straight leg by pulling the toes up, straightening the knee and lifting the leg 20cm off the bed. Hold approximately for 5 seconds.

Slowly relax.

Repeat x 10 or (alternate leg)

*This exercise may be unsuitable for you. Please liaise with your physiotherapist to check.

5a) Thru range Quads



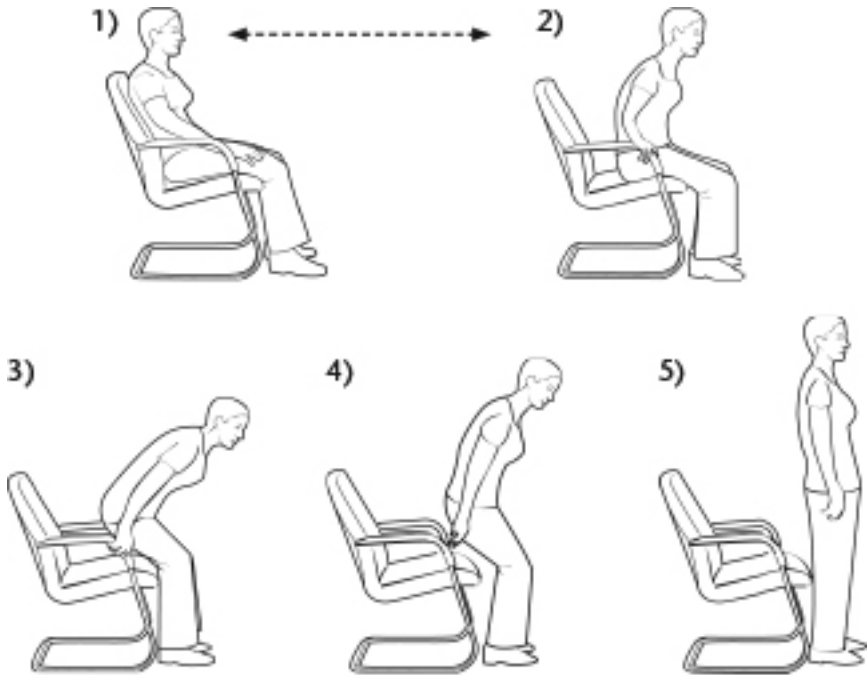
Sitting well supported in chair.
Pull your toes up, tighten your thigh muscle and straighten your knee.
Hold approximately for 5 seconds.
Slowly relax.
Repeat x 10 or (alternate leg)

5b) In sitting*



Sitting well supported in chair.
Lift your feet as if marching.
Repeat x 20 or
*This exercise may be unsuitable for you. Please liaise with your physiotherapist to check.

6) Sitting to standing



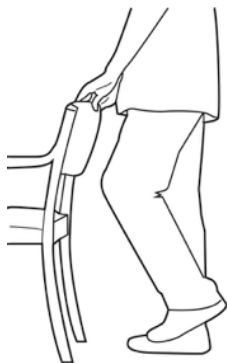
- 1) Sit on chair which is not too low
- 2) Bring your bottom to end of chair
- 3 - 4) Place feet behind the knees, bring head forward past toes and push up with both hands from chair
- 5) Let go of chair and progress into standing position.

Repeat x 10 or

BALANCE EXERCISES

Please perform each of these exercises sessions per day.

1) Single leg stand



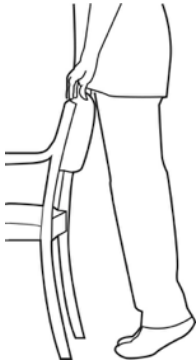
1. Stand holding onto support with both hands
2. Balance on one leg keeping the knee straight and upright posture
3. Hold position of 10 secs
4. Repeat on the other leg
5. Repeat 10 times each leg

2) Hip Abduction



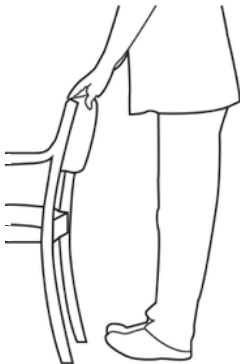
1. Stand holding onto support with both hands
2. Lift the leg slowly out to the side keeping the toes pointing forwards
3. Don not lean the body to the sides
4. Gradually lower the leg to that starting position
5. Repeat on the other leg
6. Repeat 10 times each leg

3) Heel Rises



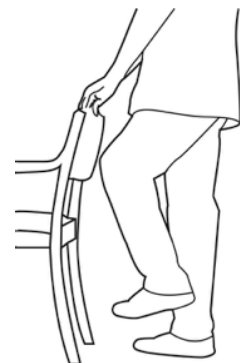
1. Stand holding onto support with both hands
2. Slowly lift the heels off the floor
3. Lower it down slowly on to the floor
4. Repeat 10 - 20 times

4) Toe Rises



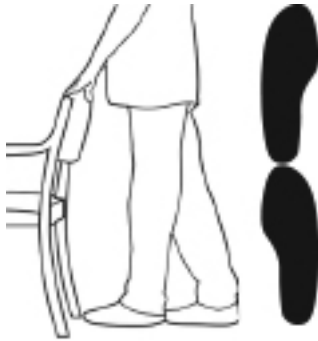
1. Stand holding onto support with both hands
2. Slowly lift toes off the floor
3. Do not stick your bottom out
4. Lower the toes slowly onto the floor
5. Repeat 10 - 20 times

5) Marching on the spot



1. Stand holding onto support with both hands
2. March on the spot alternating between the two legs
3. Repeat for 10 - 20 seconds

6) Tandem stance



1. Stand holding onto support with both hands
2. Place one foot directly in front of the other so that the feet form a straight line
3. Look straight for 10 seconds
4. Slowly bring the feet back to the normal standing position
5. Repeat with other leg
6. Repeat 10 times each leg

6a) Semi tandem stance



1. Stand holding onto support with both hands
2. Place one foot behind the other so that the big toe of one foot is touching the side of the heel of the other
3. Look straight for 10 seconds
4. Slowly bring the feet back to the normal standing position
5. Repeat with other leg
6. Repeat 10 times each leg

Date	Exercise						
	1	2	3	4	5	6	6a

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	1	2	3	4	5	6	6a

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