

## Physiotherapy

# Chair Exercises

These exercises will keep the strength in important muscles needed for standing and walking and will help to maintain the range of movement in your joints.

### Abdominal Muscles

Try to contract your deep abdominal muscles. Keep breathing! Make sure you don't hold your breath or tense your arms or legs. **Hold for 5 seconds** to begin with and try to extend the time.



Repetitions \_\_\_\_\_

Sets \_\_\_\_\_



## Patient Information

### Seated Hip Marching

Start by sitting upright in a chair. Contract your tummy muscle. Slowly raise your right leg up, then return to the start position. Then raise the left leg up, and return. Continue alternating legs for the number of repetitions



Repetitions \_\_\_\_\_

Sets \_\_\_\_\_

### Seated Knee Straightening

Sit down on a chair with your back straight. Fully straighten / extend one leg then go down and repeat with other. Continue alternating legs for the number of repetitions



Repetitions \_\_\_\_\_

Sets \_\_\_\_\_

## Patient Information

### Seated Static Glutes

Sit at the edge of your chair with your feet flat on the floor.

Squeeze the glutes (your bottom) as hard as possible to raise yourself up in your chair. Hold for the prescribed time.



Hold\_\_\_\_\_

Repetitions\_\_\_\_\_

Sets\_\_\_\_\_

### Toe tapping

Sit up straight in a chair with your feet slightly apart. Keeping your heel on the ground, lift your forefoot up as high as you can. Return to the initial position and repeat.



Repetitions\_\_\_\_\_

Sets\_\_\_\_\_

## Patient Information

### Seated Heel Raises

Sit straight on a chair with your feet flat on the floor. Flex the ankle to go on the tip of your toes, raising the heel off the ground. Lower and repeat.



Repetitions \_\_\_\_\_

Sets \_\_\_\_\_

If you have any queries or concerns please contact the Physiotherapy Department on 024 7696 5510.

All the images are produced by UHCW.

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To give feedback on this leaflet please email [feedback@uhcw.nhs.uk](mailto:feedback@uhcw.nhs.uk)

#### Document History

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