

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

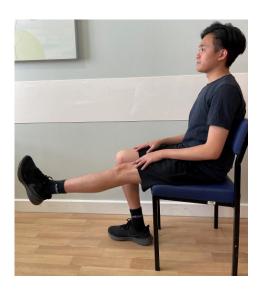
Seated Hip Marching

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



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

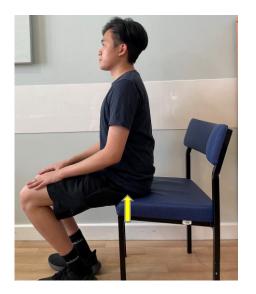


Sets_____

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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