

## Seated Exercise Programme

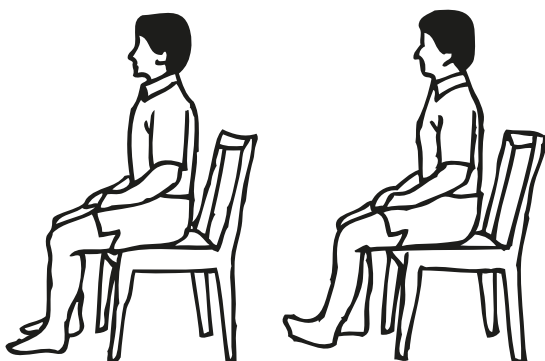
### Physiotherapy Department

Patient's name:

#### Exercise 1

With feet flat on the floor, tap toes and lift heels alternately.

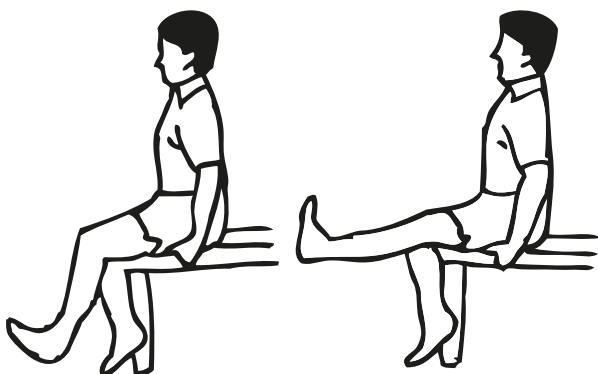
Repeat  times on each foot



#### Exercise 2

Pull your toes up, tighten your thigh muscle and straighten your knee. Hold for approximately 5 seconds and then slowly relax your leg.

Repeat  times on each leg

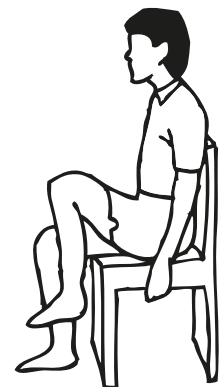


#### Exercise 3

Marching feet on the spot, lifting knees up and down.

Repeat  times

on each foot



#### Exercise 4

Lift each leg up and out to the side, then back to the middle. Repeat with other leg.

Repeat  times

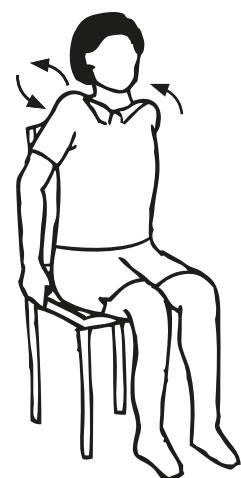
on each leg



#### Exercise 5

Sit tall with your arms at your sides. Lift both shoulders up to your ears, draw them back, then press them down.

Circle  times



## □ Exercise 6

Place your right hand on your left knee, then turn your upper body and head towards your left arm. Repeat on the opposite side.

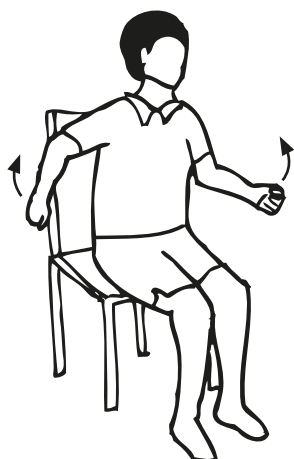
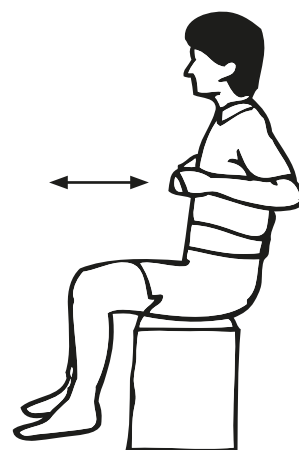
Repeat  times



## □ Exercise 9

Reach your arms forward, straightening your elbow, then bring your arms back, bending your elbows and bringing them into your sides, in a 'rowing' action.

Repeat  times



## □ Exercise 7

Sit away from the chair back. Bend your elbows and swing your arms from the shoulder. Build to a rhythm that is comfortable for you.

Repeat  times



## □ Exercise 10

Hold the arms of the chair and attempt to lift your bottom from the seat by straightening your arms and pushing your shoulders down.

Repeat  times

## □ Exercise 8

Alternate lifting your arms from your chest straight up and bring back down.

Repeat  times

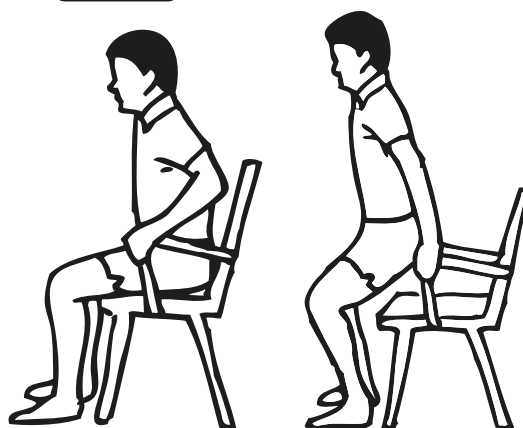
each arm



## □ Exercise 11

Practice pushing up into a semi-standing position.

Repeat  times



**Only do exercises as guided by your physiotherapist.**

**If you experience any problem with these exercises at home, then you should contact your GP.**

The Trust cannot accept any responsibility for the accuracy of the information given if the leaflet is not used by RD&E staff undertaking procedures at the RD&E hospitals.

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