



Sit on chair with feet on the floor

### Knee bends on chair

Bend your knee as much as possible taking your feet under your chair. Repeat on both legs

Repeat \_\_\_\_\_ times

My goal is:



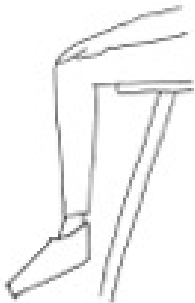
Sit on a chair

### Lower leg lift

Pull your toes up, tighten your thigh muscles and straighten your knees. Hold for 5 seconds. Slowly lower your leg. Repeat on both legs.

Repeat \_\_\_\_\_ times

My goal is:



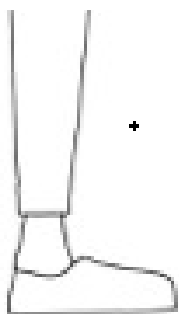
Sit on a chair

### Ankle movements

Bend and straighten your ankles

Repeat \_\_\_\_\_ times

My goal is:



Sitting or lying

### Ankle rotation

Rotate your ankles. Change direction

Repeat \_\_\_\_\_ times

My goal is:

Sit Up

Get Dressed

Keep Moving

# Chair Exercises



Your guide to preventing deconditioning and enabling independence for older people

Name: \_\_\_\_\_

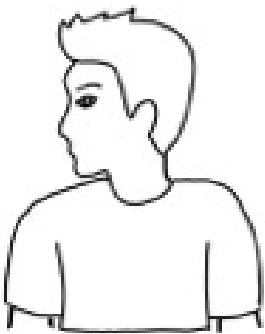
Longer periods of inactivity, due to fatigue or illness, result in muscle weakness and slowing of the blood circulating around your body.

These exercises will help to maintain and gain muscle strength, improve blood circulation, help mobility progression and your overall recovery.

A member of the therapy team will teach you these exercises, and set goals with you on how often to complete them. Goals will be reviewed as you progress. Once you have been taught these exercises, you should be able to complete them on your own, with another member of ward staff, or your visitors.

If you notice any new aches and pains, or worsening of existing pains, please stop these exercises and inform a member of the staff on the ward.

We recommend continuing these exercises at home to help maintain your strength, range of movement and mobility.



**Sitting in a chair**

### **Neck rotations**

Turn your head to one side until you feel a stretch.

Hold for approximately \_\_\_\_\_ seconds

Repeat on the other side

Repeat \_\_\_\_\_ times

My goal is:



**Sit or Stand**

### **Shoulder Rolls**

Roll your shoulders in both directions

Repeat \_\_\_\_\_ times

My goal is:



Sit or Stand

## Shoulder rolls

Place your fingers on your shoulders  
Roll your shoulders back  
Repeat \_\_\_\_\_ times

My goal is:



Sit

## Arm lift

Lift your arm up by letting your thumb  
lead the way. Help with your free arm if  
you need to  
Repeat \_\_\_\_\_ times

My goal is:



Sit on chair and clasp  
arms across chest

## Trunk rotations

Turn your head and shoulders to the  
left as far as you are able. Repeat to  
the right side

My goal is:



Sitting on a chair

## Knee bend with lift

Lift your leg up off the seat keeping  
your knee bent.  
Return to starting position.  
Repeat \_\_\_\_\_ times

My goal is: