Patient Information

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

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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 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 8
Alternate lifting your arms from your chest straight up and bring back down.

Repeat ___ times each arm

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 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 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.