**Salisbury FT Therapy Dept**

Salisbury Hospital

Odstock Road

Salisbury

SP2 8BJ

Phone:

 01722 336262

Email:

 sft.therapyexercises@nhs.net

Website:

http://www.salisbury.nhs.uk/foundation/Pages/Home.as

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Exercise plan:

**Chair exercises**

Patient:

**Med/Surg Template**

Date:

**23**

**rd May**

**2020**

**Elbow Flexion Bicep Curl Sitting with Dumbbell**

Sittin in a chair, hold on to a dumbbell/tin can. Bend your elbow.

At the top of the movement, slowly lower the dumbbell in a

controlled way. Keep your elbow tucked in to your side. This is a

strengthening exercise for your elbow and upper arm (Biceps

muscle).

**Repeat 8 times | Perform 3 times daily | Perform both sides**

Video:

[http://youtu.be/BtiD0LsWyC](http://youtu.be/BtiD0LsWyC0)

[0](http://youtu.be/BtiD0LsWyC0)

**Shoulder Push**

Sitting in the chair, grasp a dumbbell in each hand, and lift the

dumbbell above your head with one arm, and then the other.

This exercise strengthens the deltoid muscle group.

**Repeat 8 times | Perform 3 times daily | Perform both sides**

Video:

[http://youtu.be/ddRR7SFmuu](http://youtu.be/ddRR7SFmuug)

[g](http://youtu.be/ddRR7SFmuug)

**Heel Raises and Toe Lifts Sitting**

Sit upright with good posture, with your feet flat on the floor. You

can do this exercise in your shoes, or with bare feet. Lift your

heels going up on to your toes, and then return to the floor. Lift

your toes going up on your heels, and then return to the floor.

This exercise will help strengthen your lower legs and ankles.

**Repeat 8 times | Perform 3 times daily | Perform both sides**

Video:

[https://youtu.be/-7AF6kP3n-](https://youtu.be/-7AF6kP3n-8)

[8](https://youtu.be/-7AF6kP3n-8)

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Please stop any exercise that causes pain. If you have any questions with an exercise, please speak to your ward physiotherapist (8.30am-4.30pm). Good luck and keep with it!

**Knee Extensions Sitting**

Sit upright with good posture. Slowly straighten your leg out in

front of you as far as feels comfortable. Slowly lower back to the

floor, then repeat with the other leg.

**Repeat 5 times | Perform 3 times daily | Perform both sides**

Video:

[https://youtu.be/uklsfS5YTX](https://youtu.be/uklsfS5YTXA)

[A](https://youtu.be/uklsfS5YTXA)

**Hip Flexion Sitting**

Sit upright with good posture. Slowly lift your left leg upward

bending your knee towards your chest. Slowly lower back down

and repeat with the right leg. Only go as far as feels comfortable.

Do not bend your back forwards during the exercise. This

exercise will mobilise your hip joint and strengthen your hip and

leg muscles.

**Repeat 5 times | Perform 3 times daily | Perform both sides**

Video:

[https://youtu.be/Qh65cLC8Oa](https://youtu.be/Qh65cLC8OaI)

[I](https://youtu.be/Qh65cLC8OaI)

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