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Exercise plan:

**Standing Exercises**

Patient:

**Med/Surg Template**

Date:

**24**

**th May**

**2020**



**Hip Extension Standing with Support**

Stand upright with good posture. Hold on to a firm surface for

support. Extend your leg behind you, then back to starting position.

You should feel a pull in your buttock (gluteal) muscles on the leg

you are moving, and some mild pressure on the leg you are

standing on.

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

Video:

[https://youtu.be/\_DS9WZdBFO](https://youtu.be/_DS9WZdBFOE)

[E](https://youtu.be/_DS9WZdBFOE)



**Hip Abduction Standing with Support**

Stand upright with good posture. Hold on to a firm surface for

support. Put your weight through one leg and take the other leg

out to the side, asa far as comfortable then back to neutral.

Repeat as required. You can also hold the leg out to the side and

maintain this position. This exercise predominantly strengthens

your outer hip and gluteal (buttock) muscles, but also mobilises a

stiff hip joint.

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

Video:

[https://youtu.be/b50m4n6bem](https://youtu.be/b50m4n6bemM)

[M](https://youtu.be/b50m4n6bemM)



**Hip Flexion with Bent Knee Standing with Support**

Stand upright with good posture. Hold on to a firm surface for

support. Put your weight through one leg and bend the other

knee towards your chest. This exercise will mobilise your hip joint

and strengthen the hip flexor muscles.

**Repeat 10 times | Perform 3 times daily | Perform both sides**

Video:

[https://youtu.be/E\_16XRcyCo](https://youtu.be/E_16XRcyCoc)

[c](https://youtu.be/E_16XRcyCoc)

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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!



**Calf Raises Standing with Support**

Stand upright with good posture. Hold on to a firm surface for

support. Slowly raise up onto your toes, and control the

movement back down. This exercise will strengthen the calf

muscles and ankle joints.

**Repeat 10 times | Perform 3 times daily | Perform both sides**

Video:

[https://youtu.be/6cqQXAaZ8C](https://youtu.be/6cqQXAaZ8CU)

[U](https://youtu.be/6cqQXAaZ8CU)



**Sit to Stand - Two Hands**

Sit upright with good posture, and place your hands on the side

of the chair. Gently lean forwards and use as much leg strength

as you can to push yourself up. Use your hands and arms to

assist. Once upright, stand up straight. When you feel

comfortable, slowly sit back down, guiding yourself by using your

arms. Try to keep a straight spine during the sitting rather than

let your back round forwards too much. This exercise will

strengthen your legs and core. As this gets easier, try without

using your hands.

**Repeat 10 times | Perform 3 times daily**

Video:

[https://youtu.be/4uc6Hljwb1](https://youtu.be/4uc6Hljwb18)

[8](https://youtu.be/4uc6Hljwb18)

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