

## Personal exercise program

### Home Exercise Plan (Seated and Standing)

Taunton And Somerset NHS FT  
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Provided by Carrie Beasley  
Provided for

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Sitting with your arms crossed.

Stand up and then sit down slowly from a chair or your bed.  
(This can be made easier and more difficult by changing the height of the chair)

Repeat   5   -   10   times. 1-3 sets as you feel able.

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Seated Band Knee Extension - Thigh strengthening

Put a rubber exercise band under your foot and hold on to the ends.

Straighten your leg, keeping your hands still, hold for count of 5.

Repeat   5   -   10   times. 1-3 sets as you feel able.

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Seated Hip Abduction - Hip Strengthening

Sit. Tie an exercise band around your thighs.

Squeeze your buttocks and move your thighs out against the band.  
Hold for count of 5.

Repeat   5   -   10   times. 1-3 sets as you feel able.

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### 1) Wall Push Up - Chest Strengthening

Stand next to a wall. Place your hands on the wall, slightly wider than shoulder-width apart and fingers pointing upwards. Body is in a straight line.

Keep body in a straight line and shoulders down. Bend your arms and lower your chest towards the wall. Straighten your arms and push back away from the wall.

Repeat   5   -   10   times. 1-3 sets as you feel able.

### Or choose Option 2)



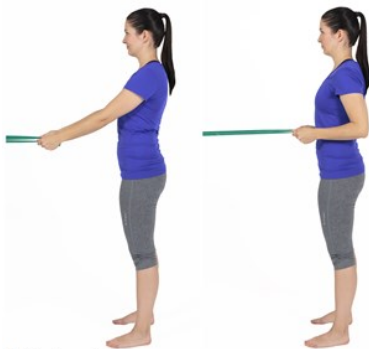
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### 2) Exercise Band Narrow Chest Press - Chest Strengthening (this can be performed sitting in a chair)

Stand/Sit tall with an exercise band around your upper back. Hold both ends of the exercise band with elbows bent, palms facing inward.

Straighten your elbows and push your hands forwards. Return in a controlled manner.

Repeat   5   -   10   times. 1-3 sets as you feel able.



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### Exercise Band Row - Back Strengthening (this can be performed sitting in a chair)

Stand/Sit tall holding an exercise band with straight arms. The band is attached in front of you and the slack is taken off the band.

Pull your elbows backwards and your shoulder blades in and down. In a controlled manner let your arms straighten back to the starting position.

Repeat   5   -   10   times. 1-3 sets as you feel able.



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### Hammer Curl with Exercise Band - Upper Arm Strengthening (this can be performed sitting in a chair)

Stand/Sit tall with arms straight by your side. Hold a band in one hand, the other end of the band placed under your foot with tension on the band.

Keep your wrist straight and arm close on your side. Bend your elbow and bring your thumb towards your shoulder. Slowly return to the starting position.

Repeat   5   -   10   times. 1-3 sets as you feel able.



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### Elbow Extension with Exercise Band - Upper Arm Strengthening **(this can be performed sitting in a chair)**

Stand/sit tall holding an exercise band in both hands with elbows bent and arms by your side. Keep one hand in place at shoulder level and bring the other hand at your chest level.

Pull the lower hand down, straightening your elbow. Allow the elbow to bend to return to the starting position in a controlled manner.

Repeat   5   -   10   times each arm, 1-3 sets as you feel able.



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### Heel Raise - Calf Strengthening

Stand tall, with your weight distributed evenly on both feet, and take support if needed.

Rise up onto your toes and in a controlled manner return to the starting position.

Repeat   5   -   10   times. 1-3 sets as you feel able.



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Stand.

Lift one leg. Hold for 10-30 seconds, repeat on the opposite side. 1-3 sets as you feel able.



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### Hip Abduction in Standing

Stand tall and take support if needed.

Lift your leg sideways and bring it back, keeping your trunk straight throughout the exercise.

Repeat   5   -   10   times. 1-3 sets as you feel able.



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### Hip Extension in Standing - Hip Strengthening and balance work

Stand tall holding onto a chair.

Squeeze your buttocks and bring one leg back, keeping your knee straight.

Repeat 5 - 10 times. 1-3 sets as you feel able.



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### Calf Stretch - to increase flexibility

Stand up straight. Support yourself with the back of a chair.

Take one foot back, pressing the heel to the floor. Lean forward until you feel a stretch in the back leg near the back of the knee.

Keep stretching 30 seconds.

Repeat 1 - 2 times.

Repeat with the other leg.



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### Hamstring (back of thigh) Stretch - to increase flexibility

Sit on the front edge of a chair with the soles of your feet on the floor.

Straighten one leg in front of you with your heel on the ground. Bend forward, you can support your hands on the top of the thigh of the bent leg. Feel the stretch in the back of the thigh muscles of the straight leg.

Keep stretching 30 seconds.

Repeat 1 - 2 times.

Repeat with the other leg.



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### Quadricep (front of thigh) Stretch - to increase flexibility

Stand holding onto a support. Bend one knee and put a towel around your ankle.

Hold the towel and pull the ankle towards your buttock. Tighten the buttock muscles and straighten your hip. Tighten your stomach muscles, do not arch your back.

Hold 20 seconds, repeat on other leg.