

Chair based exercises

**If you need this leaflet in a different language or accessible format
please speak to a member of staff who can arrange it for you.**

اگر به این بروشور به زبان دیگر یا در قالب دسترس پذیر نیاز دارید،
لطفاً با یکی از کارکنان صحبت کنید تا آن را برای شما تهیه کند.

Jeśli niniejsza ulotka ma być dostępna w innym języku lub formacie,
proszę skontaktować się z członkiem personelu, który ją dla Państwa przygotowuje.

Dacă aveți nevoie de această broșură într-o altă limbă sau într-un format accesibil,
vă rog să discutați cu un membru al personalului să se ocupe
de acest lucru pentru dumneavoastră

如果您需要本传单的其他语言版本或无障碍格式，请联系工作人员为您安排。

إذا احتجت إلى هذه النشرة بلغة أخرى، أو بتنسيق
يسهل الوصول إليه، يرجى التحدث إلى أحد الموظفين لترتيب ذلك لك.

Chair based exercises

Complete all exercises whilst sitting in a safe and stable chair.

Heel toe rocks



Raise up onto your toes, lower your heels and then lift your toes.

Complete this 10 times.

Ankle rotations



Straighten your leg in front of you. Move your ankle in a circular motion.

Complete with other leg.

Complete this 10 times with each foot.

Glute squeeze



In an upright seated position, squeeze your buttocks and hold for 5 second then release.

Complete this 10 times.

March on the spot



Alternating legs, lift your knee towards your chest and lower back down.

Complete this 10 times with each leg.

Straight leg raise



Straighten your leg out in front of you getting your knee as straight as possible.
Keeping your leg straight, lift your leg up and down.

Repeat with other leg.

Complete 10 times with each leg.

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