

# Waterford Physiotherapy Community Services

## Chair Based Home Exercise Programme



### Contact Details:

Physiotherapy Department, St Patricks Hospital, Johns Hill, Waterford

Tel: 051-848709

This exercise booklet has been developed to enable you to remain physically active during the COVID-19 outbreak. Although you may not be even able to go for a walk there is still a lot you can do! We hope that you will find this booklet helpful as it guides you through a short and simple chair exercise routine.



### Exercise programme

- This programme is all chair based so its easy to complete
- It includes 2 types of exercise:

Flexibility
<ul style="list-style-type: none"><li>• To stretch and loosen your muscles</li><li>• Increased joint mobility</li></ul>

Strengthening
<ul style="list-style-type: none"><li>• To improve your strength</li><li>• Limit muscle weakness</li><li>• Target arms and legs</li></ul>

## How to complete?

- Repeat a few times during the day. You can even split up the exercises completing some in the morning, afternoon and evening.
- The number of repetitions listed, or the time suggested to continue an exercise, are guidelines only.
- Aim to gradually build up to the guidelines but always pay attention to how you are feeling during the exercises and adjust the level to suit you. The most important thing is to go at a pace that is comfortable for you
- If any exercise is uncomfortable, stop doing it.

## SAFETY ADVICE

- Avoid all jerky or sudden movements and rapid twisting or turning of any part of your body.
- Listen to your body and take rests as needed
- Don't hold your breath
- Don't exercise if you are experiencing any of the following symptoms:
  - Dizziness
  - Shortness of breath
  - Fever
  - Chest pain
- If medically unwell, contact your GP for further advice

## Let's get started.

- You will need a sturdy and stable chair on an even surface.
- Watch your posture
  - Sitting up straight toward the front of the chair
  - Feet flat on the floor
  - Shoulders over your hips, make sure your spine isn't rounded into the back of the chair
  - Breathe slowly and deeply



## Flexibility Exercises/Warm Up

### Neck Lateral Flexion

1. Tilt your right ear to your right shoulder. Keep your shoulder relaxed
2. Hold for 5 seconds.
3. Repeat 3 times on each side.



### Scapular squeezes

1. Squeeze your shoulder blades together by bringing your shoulders down and back.
2. Hold for 5 seconds and relax.
3. Repeat 3 times



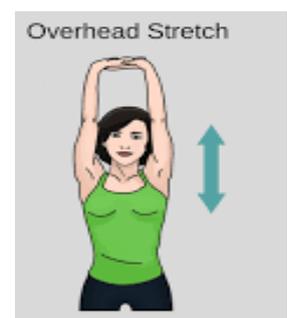
### Shoulder shrugs

1. Roll your shoulders up and back.
2. Repeat 5 times.



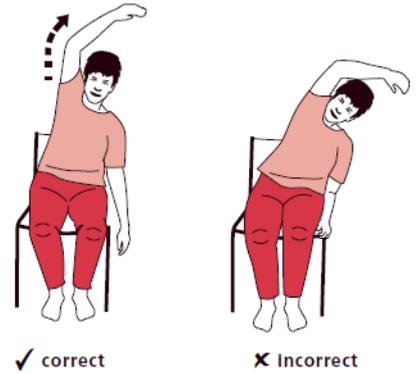
### Overhead stretch

1. Sit tall in a chair and lace fingers together.
2. Turn palms facing out and slowly lift arms overhead.
3. Repeat 3 times



## Trunk side flexion

1. Sitting tall in your chair.
2. Bring your right arm over your head and slowly reach to the opposite wall. Try to remain an upright position and not bend forward during stretch.
3. Hold for 5 seconds, repeat 3 times on both sides.



## Hamstring Stretch

1. Sit tall in chair and place one leg straight out in front of you with heel on the floor.
2. Keep toes pointed up, knees flat and back straight.
3. Gently reach for toes. Only reach as far forward as you can without your knee bending.
4. Hold for at least 30 seconds. Repeat on opposite leg



## Knee Marching

- Sitting tall in the chair
- Hold the sides of the chair
- Begin a marching action by raising your right foot and placing it down and then raising your left foot and placing it down. Find a rhythm that is comfortable for you
- Continue for 30 to 60 seconds.



## Leg Strengthening Exercises

### **Hip Flexion in sitting**

1. Sitting tall and upright in chair.
2. Lift up your right thigh.
3. Hold for 5 seconds.
4. Repeat 10 times as able on both legs.

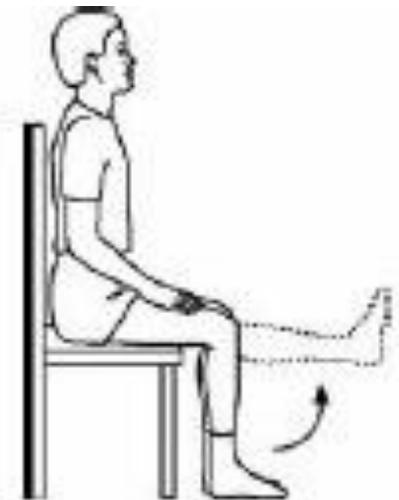


#### **Progression:**

Hold for 10 seconds  
Repeat 20 times.

### **Knee extension in sitting**

1. Sitting tall and upright in chair.
2. Straighten your right knee.
3. Hold for 5 seconds.
4. Repeat 10 times as able on both legs.



#### **Progression:**

Hold for 10 seconds  
Repeat 20 times.

## Sit to stand

1. Bring your bottom out to the edge of the chair
2. Stand up by pushing up with your hands, keeping your head forward at all times.
3. Stand up tall by straightening your back, tucking in your bottom and then straightening your knees
4. Sit down by bending knees and reaching your hands back to the chair.
5. Repeat 10 times.



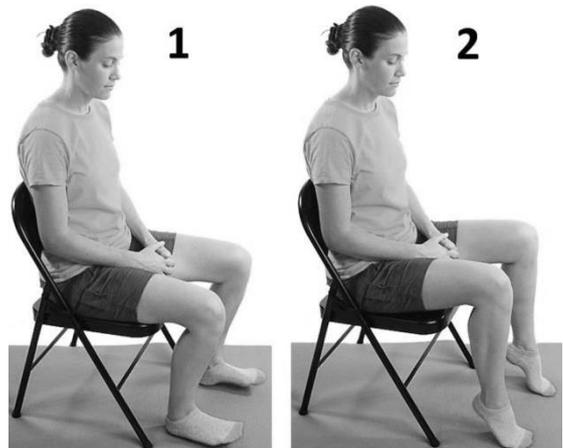
### Progressions:

Repeat another 10 times.

Only use 1 hand to help to stand or don't use any arm support to help you.

## Toe taps/Heel raises in sitting

1. Sitting tall and upright in chair.
2. Tap your toes on both legs 20 times
3. Now lift your heels on both legs 20 times



### Progressions:

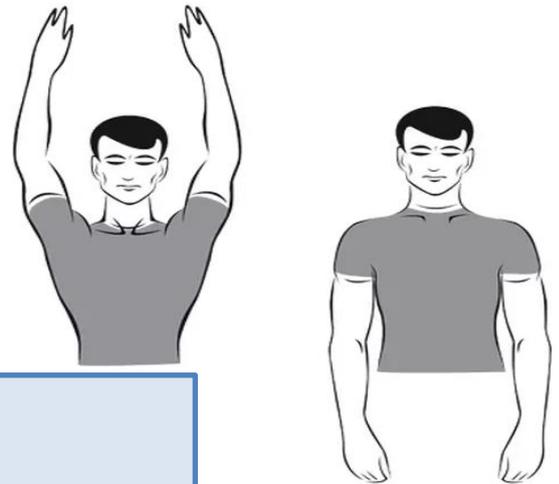
Increase the amount of repetitions you complete

Repeat the exercise again.

## Arm Strengthening Exercises

### Arm Elevations

1. Sitting tall in the chair.
2. Lift both your arms up towards the ceiling
3. Slowly lower back down.
4. Repeat 10 times



#### **Progressions:**

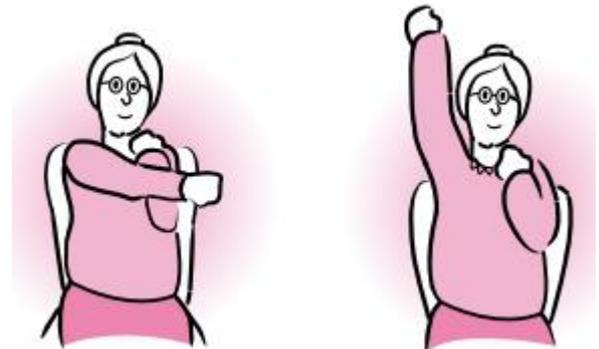
Increase the amount of repetitions to 20 times

Hold stick in your hands and lift overhead

Hold light weights (e.g tins of beans, small water bottles)

### Boxer

1. Place your fists at shoulder level beneath your chin.
2. Smoothly reach your right arm straight out and slowly bring it back to starting position.  
Do up to 10 punches on each side
3. Repeat punching to the side and then straight up toward the ceiling



### Elbow bends in sitting

1. Sitting tall and upright in chair
2. Bend both your elbows.
3. Repeat 10 times.



#### **Progressions:**

Increase the amount of repetitions to 20 times

Hold light weights (e.g tins of beans, small water bottles)