

## Home Exercise Programme

developed by SASP in partnership with Somerset NHS Foundation Trust



### HEEL RAISE

While standing, raise up on your toes as you lift your heels off the ground and then slowly lower your heels back to the starting position.

Hold on to a chair for balance and support if required.

### MARCHING

While standing, lift one foot and knee up, set it down and then repeat on the other leg.

Hold on to a chair for balance and support if required.

Easier: Perform the exercise in sitting

Harder: Step away from the chair and swing the arms



### STANDING HIP ABDUCTION

Stand on one leg, lift your other leg out away from your body. Stand with good posture and keep your right leg pointing straight ahead (do not rotate your hip in or outward). Repeat on the other leg.

Do not lean to the side.

Harder: Perform with a theraband around the ankles

### TAP BACKS

Stand tall with good posture, take one leg back behind you, tapping toes onto the floor before returning the leg to the start position. Repeat with the other leg.

Do not arch your back.

Harder: Perform with a theraband around the ankles, or step away from the chair and swing the arms





## STANDING HAMSTRING CURLS

Bend one leg back with your knee bent so that your heel moves towards your buttock. Lower back to the starting position and repeat with the other leg.

Keep knees in-line with one another and hips still.

Harder: Step away from the chair and curl the arms

## SIT TO STAND

Sit on the front third of the chair. Lean forward at your trunk and reach forward with your arms and rise to standing. Bend from the hips and sit back in to the chair with control.

Use your arms as a counter-balance by reaching forward when in sitting and lower them as you approach standing.

Easier: Use arms to guide you up and down



## LUNGES

Take a large step forward with one leg bending the knee so it's above the ankle and you can still see your toes, your other knee will bend down towards the floor. Slowly come back up. Alternate legs.

Easier: Stand side on to a chair and use for balance and support

Harder: Raise the arms as you lunge



## KNEE EXTENSIONS

Lift one leg from a bent position to an extended position. Check you are squeezing the front of the thigh when the leg is at its straightest point, keep your toes pointing towards the ceiling. Alternate legs.

Harder: Use a theraband wrapped around the back leg of the chair and the ankle of the leg that is working. Repeat with the other leg.





## SIDE STEPS

Stand tall with good posture, step to the side, transferring your weight from one foot to the other.

Easier: Use a chair for balance and support

Harder: Swing the arms as you step

## HIP ABDUCTION

Start in the front third of the chair with knees bent and both feet on the floor. Move your knees out to the side as shown and then return to the starting position, keeping the feet on the floor throughout.

Harder: Use a theraband wrapped around your thighs



## HEEL TAPS

Take one leg out in front of you, gently tapping heel onto the floor, then return to the starting position before repeating with other leg. Maintaining good posture and keep the supporting knee soft.

Easier: Use a chair for balance and support

Harder: Step away from the chair and curl the arms as you tap



## LEG PRESS

Sit on the front third of the chair, place a theraband around one foot and hold the ends as shown. Pull the band up so your knee bends, then push your knee as straight as possible in front of you, before repeating.

## HIP FLEXION

Start in the front third of the chair with knees bent and both feet on the floor. Move your knees out to the side as shown and then return to the starting position, keeping the feet on the floor throughout.

Harder: Use a theraband wrapped around your thighs

