

## Patient Information

### Standing Exercises – to strengthen your leg muscles

Your ward therapist will go through this leaflet with you and fill in the appropriate repetitions of the exercises to start off with. Try and increase this amount each time and as you improve. You should feel muscle fatigue but no pain. It is important to exercise daily whilst you are less mobile to prevent stiffness and weakness of your joints and muscles.

Sit tall near the front of a chair with or without arms. Place feet flat on the floor.

- Lean slightly forwards
- Stand up (using hands for support). Stand tall and slowly lower bottom back onto chair

Repeat \_\_\_\_\_ times.



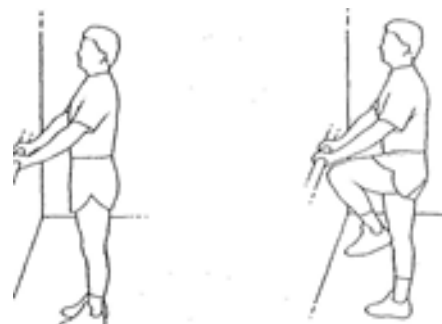
Progress the above exercise by standing up from chair without using hands for support.

Repeat \_\_\_\_\_ times.

Stand facing the end of the bed, ward rail, or work surface when home. Place both hands on surface for support. Make sure your feet are shoulders width apart. Stand tall and look ahead. Then complete the following exercises.

- Keeping your back straight, lift one knee up towards your chest. Lower slowly. Repeat with other leg

Repeat \_\_\_\_\_ times.





## Standing Exercises – to strengthen your leg muscles

- Keeping your back straight, lift one leg out to the side (keep knee straight and toes pointing forward). Hold for count of \_\_\_\_\_. Lower slowly. Repeat with other leg

Repeat \_\_\_\_\_ times.



- Keeping your back straight, lift one leg behind you (keep knee straight). Hold for count of \_\_\_\_\_. Lower slowly. Repeat with other leg

Repeat \_\_\_\_\_ times.



- Whilst holding a chair for support, Step sideways to the right, follow with your left foot to bring feet together. Then repeat stepping to the left

Repeat \_\_\_\_\_ times.



- Whilst holding a chair for support, Slowly bend your hips and knees, trying to push your bottom back
- Stand up tightening your buttock muscles
- Try to keep your back straight. Start off with mini dips as you are able to.

Repeat \_\_\_\_\_ times.



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- Whilst holding a chair, Keeping your back straight, lift heels to stand on tip-toes. Hold for count of \_\_\_\_\_. Lower heels slowly

Repeat \_\_\_\_\_ times.





# Standing Exercises – to strengthen your leg muscles

**Turn sideways to the surface or chair and hold on with one hand.**

- March on the spot, swing your free arm. Continue for count of \_\_\_\_\_. Stop marching. Turn around, hold on with other hand and repeat.



For further information please discuss with your Physiotherapist or call the office on 01793 605126 Monday to Friday 8:00-16:30, this has an answerphone service if the office is unmanned

Smoking will not be permitted on any NHS site in England. Smoking will not be permitted within any of our buildings or anywhere outside on our sites. Smoking facilities will not be provided. Please be considerate of others when vaping in hospital grounds.

**This information sheet is available to order in other languages and formats. If you would like a copy, please contact us on 01793 604031 or email [gwh.pals@nhs.net](mailto:gwh.pals@nhs.net)**

**Document Control**

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