

Aintree Site

Lower Lane, L9 7AL Tel: 0151-525-5980

Royal Site

Prescot Street, L7 8XP

Broadgreen Site

Thomas Drive, L14 3LB

Royal & Broadgreen Tel: 0151-706-2000

General Exercise Programme – Higher Level

This general exercise programme has been developed to promote your independence and wellbeing.

During a stay in hospital muscles can weaken quickly because you may not be as active in hospital compared to home.

Performing these exercises regularly can help to maintain or increase your muscle strength, improve your circulation, help with your shortness of breath as well as help you to feel good.

Please do not start these exercises until you have discussed them with your ward Physiotherapist; who will advise you on which of these exercises will be of benefit.

Guideline for safe exercise

- Try to find a comfortable position, relaxing the muscles not involved in each exercise.
- Please ensure good footwear is worn to prevent slips and falls, i.e. full shoe, non-slip, flat and securely fastened.
- Avoid holding your breath while exercising. Control your breathing with each movement.
- Make sure you have a short rest after each exercise to recover your breathing. Rushing to finish the exercise can make you feel more breathless.

Completing the exercise too quickly will have no benefit on your muscles. Take your time and control the movements.

Your breathing should sound quiet. Breathe in and out at a comfortable pace.

- It may be better for you to do several short sessions of exercise each day, rather than one long session. Please see **‘Special instructions’** at end, which may include details on how many and how regular these exercises should be performed.
- If you feel unwell you may need to stop exercising or reduce the amount you are doing. Gradually build them up again as you start to feel better.
- Try to find a regular pattern for exercise that fits into your daily routine. Avoid exercising straight after a meal.
- You may find that some of the exercises become too easy for you; **‘Progression’** allows you to see how you can make your muscles work harder and further improve.

Strengthening exercises

Warm-up exercise: Sitting on the edge of a bed or chair, begin to march on the spot for one minute.

If this is too difficult, start by lifting your heels up and down, keeping your toes on the floor. This helps the movement in your ankles and the blood flow in your legs.

Exercises to strengthen your legs:

Middle and Inner Range Quads



Sitting on a chair or over edge of the bed lift your foot and straighten your knee.

Hold _____ **secs.** **Repeat** _____ **times.**

Times per day: _____

Progression: Increase repetitions.
Add ankle weights.

Hip Flexion



Lying or sitting on a bed, keep your heels on the bed and bring your knees up towards you as far as you can. Slowly lower your legs back down on to the bed.

Hold _____ **secs.** **Repeat** _____ **times.**

Times per day: _____

Progression: Increase number of repetitions. You can also add light ankle weights, increasing the weight as the exercise becomes easier.

Hip Abduction



Sat in a chair or on the edge of a bed, bring one leg out to the side; then bring it back to the centre.

Hold _____ **secs.** **Repeat** _____ **times.**

Times per day: _____

Progression: Increase the hold time and number of repetitions. You can also add light ankle weights, increasing the weight as the exercise becomes easier.

Sit to stand



Sitting on a chair with your hands on your knees (or on arms of chair) stand up, then sit down slowly.

Hold _____ **secs.** **Repeat** _____ **times.**

Times per day: _____

Progression: Increase repetitions. Stand from a lower height (e.g. change bed height)

Bridging



Lying on the bed, bend your knees and keep your heels on the bed. Gently lift your bottom off the bed to a comfortable level. Slowly lower yourself back onto the bed.

Hold _____ **secs.** **Repeat** _____ **times.**

Times per day: _____

Progression: Increase number of repetitions. You can also add light ankle weights, increasing the weight as the exercise becomes easier.

To strengthen your arms:

Elbow Flexion



Lying or sitting on a bed, starting with your arms by your side, bend at your elbow bringing your palm to your shoulder then straighten it again.

Hold _____ **secs.** **Repeat** _____ **times.**

Times per day: _____

Progression: Increase the number of Repetitions. Add weight (reduce number of repetitions at first).

Shoulder Flexion



Sitting on a chair or on the edge of a bed, clasp your hands together with your arms stretched out in front of you. Keeping your elbows straight, lift both arms forward over your head then bring them back down again slowly.

Hold _____ **secs.** **Repeat** _____ **times.**

Times per day: _____

Progression: Increase the number of Repetitions. Add light weight (reduce number of repetitions with weights at first).

Wrist Flexion/ Extension



Lying or sitting on a bed, bend and straighten your wrist.

Hold _____ **secs.** **Repeat** _____ **times.**

Times per day: _____

Progression: Increase the number of Repetitions. Add weight (reduce number of repetitions at first).

Wrist Supination/Pronation



Lying or sitting on a bed, turn your hand over so your palm faces the ceiling; then turn it over to face the floor.

Hold _____ **secs.** **Repeat** _____ **times.**

Times per day: _____

Progression: Increase the number of Repetitions. Add weight (reduce number of repetitions at first).

Walking exercise

Walking

Whether you can walk a few steps or a few miles, walking is a good way of maintaining and/or improving your fitness.

If you have been set walking challenges **e.g. Set Distance** see '**Special Instructions**'.

- Dress in loose fitting clothes and wear appropriate slippers/shoes.
- Use appropriate walking aid depending on what your ward physiotherapist advises.
- Walk at a pace that allows you to maintain your breathing. If you become too breathless (can't talk in full sentences), stop and rest until you recover and then continue.
- Start with a distance and speed you can comfortably manage and gradually build it up as you are able to. If you have been advised to do so, you can then increase your walking speed.
- Try to take different routes to make it more interesting.
- Avoid extreme weather conditions i.e. too windy, wet, cold or too hot, as this may make you feel more tired or breathless.

Static Exercise Bicycle/Pedals

Some people find using a 'static' bicycle or pedals a good way of exercising particularly during the winter months. Discuss this with your physiotherapist if you feel you would like to do this.

Special instructions

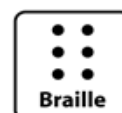
Contact information:

If you experience any problems with these exercises, or need advice about exercise, please contact your ward Physiotherapist at Aintree University Hospital on:

0151 529 3910

Monday-Friday 9am - 4pm

Physiotherapists name:



If you require a special edition of this leaflet

This leaflet is available in large print, Braille, on audio tape or disk and in other languages on request. Please contact:

Tel No: 0151 529 2906

Email: interpretationandtranslation@liverpoolft.nhs.uk