

Stage 2 exercises

Name: _____

Date: _____

Physiotherapist: _____

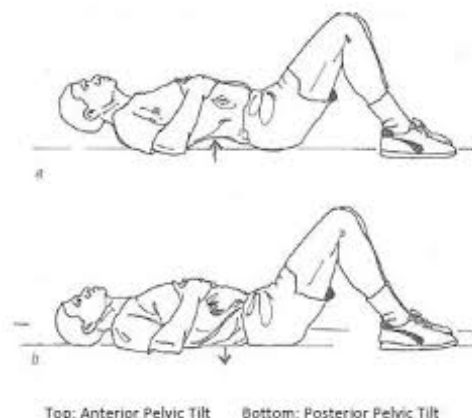
During and after a stay in hospital, it is important that you begin some gentle exercises to prepare your body for daily activities.

Try and aim to do some exercises ____ times per day. You do not necessarily have to complete the entire sheet each time. Only complete the exercises that your physiotherapist has taught you- these will be ticked (✓) for you. Please make sure that you are wearing comfortable clothing that is suitable for doing these exercises.

Please speak to your physiotherapist if any of these exercises cause you any pain or discomfort.

1. Bed exercise: Pelvic tilts

- Lying on your back, bend your knees, keeping your feet on the bed.
- Place your feet and knees approximately hip distance apart.
- Relax your head, neck and shoulders and have your arms relaxed either at your sides or resting on your tummy.
- **Slowly** arch your back to try and make a space between your lower back and the mattress.
- Then suck your belly-button in and **slowly** flatten your back along the mattress.
- Repeat ____ times.

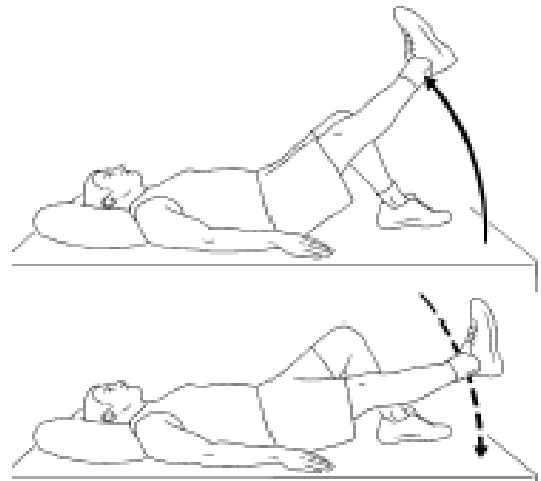


Top: Anterior Pelvic Tilt Bottom: Posterior Pelvic Tilt

Imagine headlights on your hip bones. Imagine tilting your headlights up and down along the roof as you arch and flatten your back.

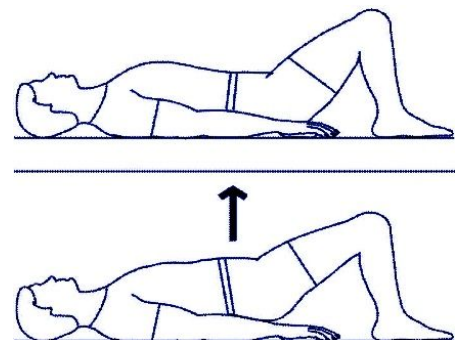
2. Bed exercise: Straight leg raise □

- Lying on your back, relax your head, neck and shoulders.
- Bend your left knee, with your foot on the bed. As you get better at this, you can keep your left leg straight as well.
- Straighten your right leg along the bed. Pull your toes up towards you.
- **Slowly** lift your right leg approximately 6 inches off the bed.
- Hold for ___ seconds.
- **Slowly** lower your leg back to the bed.
- Repeat on the opposite leg.
- Repeat ___ times.



3. Bed exercise: Bridging □

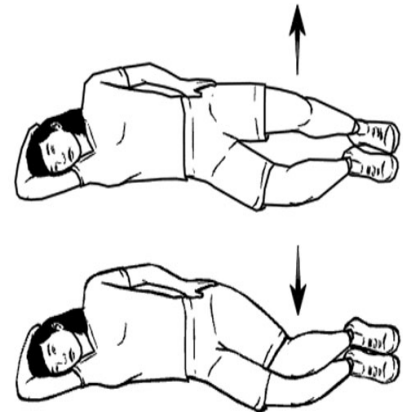
- Lying on your back, relax your head, neck and shoulders.
- Bend your knees so that your feet are flat on the mattress. Place your feet and knees hip distance apart.
- Draw your belly-button down to flatten your back along the mattress. Think about the headlights from the first exercise.
- Now keep with that movement as you peel your spine off the mattress- squeeze your buttock muscles and lift your bottom off the mattress slowly.
- Hold for ___ seconds if you can.
- Slowly peel your back onto the mattress again. Your bottom should be the last to touch the mattress.
- Repeat ___ times.



Imagine your back as a string of pearls on the mattress. You want to peel one pearl off the mattress at a time on the way up into a bridge position (as shown above) and you want to place one pearl back onto the mattress at a time on your way back down to the starting position.

4. Bed exercise: Clams □

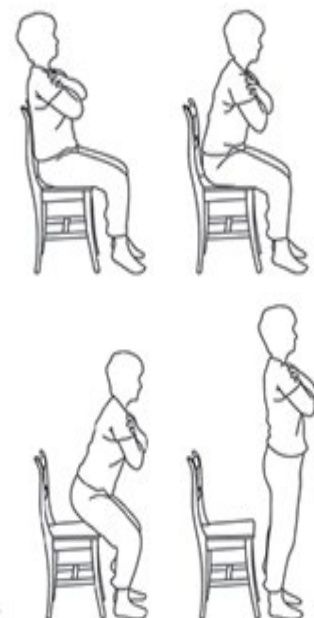
- Lie on your side and bend your knees. Make sure that your ankles, hips and shoulders are in a line. Place your top hand in front of you on the mattress.
- Find a position where your top hip is directly above your bottom hip. Think about trying to reach your top hip a little further away from you, as if you wanted to make a small gap between your bottom waist and mattress.
- Keep your heels together as you **slowly** lift your top knee up towards the ceiling. As you do this, your top hip will want to fall back. Make sure that you are keeping your top hip directly above your bottom hip.
- Hold for ___ seconds. You should feel your top buttock muscles working.
- **Slowly** lower your top knee back down to the starting position.
- Repeat ___ times.



This exercise is not about how high you can lift your knee, but rather about being able to lift and lower your knee without moving your hips or back.

5. Chair exercise: Sit-to-stand □

- Sit up tall in your chair. If you can, try bring your bottom forward on the chair and place your feet flat on the floor.
- Place your hands onto the arms of the chair.
- **Slowly** stand up.
- **Slowly** sit back down, trying not to flop back onto the chair. Reach your hands back onto the arms of the chair as you sit if you need to.
- Repeat ___ times.
- If you feel able, either cross your hands over your chest or hold them out in front of you as you stand to make this a little more challenging.



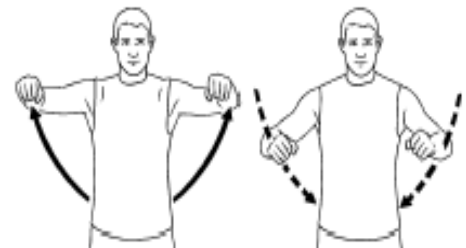
6. Chair exercise: Knee extension

- Sit up tall in your chair.
 - **Slowly** straighten one of your legs as much as you can, lifting your foot off the floor.
 - Pull your toes up towards you. Hold for 5 seconds.
 - **Slowly** bend your knee again.
 - Repeat ___ times.
- To make this exercise harder, add a resistance band. This can be provided by your physiotherapist.



7. Chair exercise: Shoulder abduction

- Sit up tall in your chair. If you can, try to bring your bottom forward slightly so that your back is away from the back of the chair.
- Place your feet flat on the floor.
- Tuck your elbows into your sides with your fingers facing forwards. Your palms will be facing each other.
- **Slowly** lift your elbows out to the sides, trying to get your elbows up and in line with your shoulders. Your palms will now be facing the floor.
- Hold for **5 seconds**.
- **Slowly** bring your elbows back in towards your sides.
- Repeat ___ times.



Make sure that you are not scrunching your shoulders up towards your ears as you lift your elbows.

8. Chair exercise: Ankle alphabet

- Place your feet flat on the floor.
- Lift your right leg off the floor, straightening your knee.
- Pretend you are trying to draw the alphabet with your right big toe.
- You should be moving your ankle to give you the letters rather than moving your whole leg. Keep your knee straight throughout.
- Repeat the same exercise with the other foot.



9. Chair exercise: Seated punching ☐

- Sit up tall in your chair. If you can, try bring your bottom forward slightly so that your back is away from the back of the chair.
- Make a fist with both hands and alternate punching your arms forward.
- Repeat ___ times *slowly*, imagining that you are punching through sticky toffee.
- Then do ___ faster punches, making sure that you do not get too short of breath.



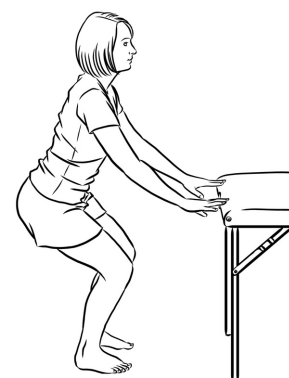
10. Standing exercise: Marching ☐

- Standing up, if you have a frame or walking stick then make sure you are holding on to it. If not, then hold on to a firm surface for support (e.g. the end of the bed).
- **Slowly** lift your right foot off the floor and alternate with the left so that you are marching on-the-spot.
- Do _____ marches



11. Standing exercise: Squat ☐

- Standing up, hold on to a firm surface for support (e.g. the end of the bed).
- Place your feet either hip distance apart or slightly more. Face your toes forward.
- **Slowly** stick your bottom out and bend your knees as if you are trying to sit on a chair behind you. Keep your feet flat on the floor. Start with just a small squat, not bending too far down.
- Squeeze your bottom muscles and **slowly** straighten your legs to stand up again.
- Repeat ___ times.



12. Standing exercise: Mobility

Try and walk around several times throughout the day. If you need assistance, ask your nurse or healthcare assistant for help. It is important to keep moving as much as you can.

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This document can be made available in other languages and formats upon request.

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