

## Stage 3 exercises

Name: \_\_\_\_\_

Date: \_\_\_\_\_

Physiotherapist: \_\_\_\_\_

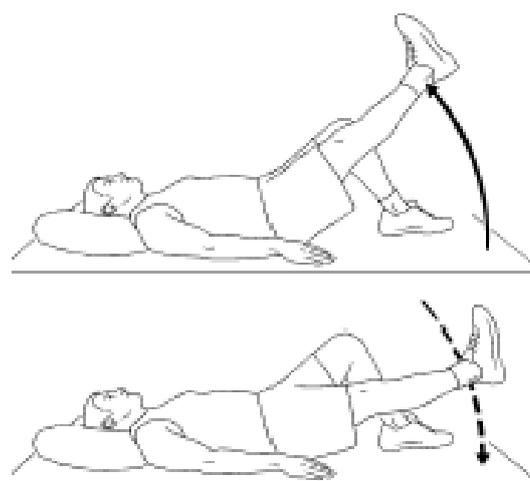
During and after a stay in hospital, it is important that you begin some gentle exercises to prepare your body for daily activities.

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.

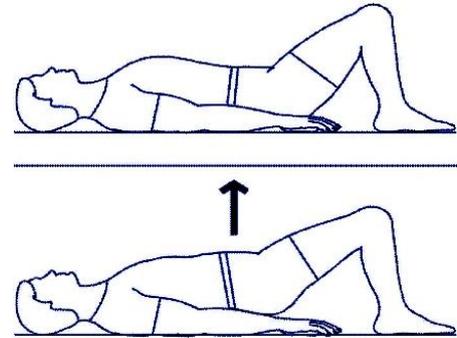
### 1. **Bed Exercise: Straight leg raise**

- Lying on your back, relax your head, neck and shoulders.
- Bend your left knee, with your foot on the bed.
- 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 **5 seconds**.
- **Slowly** lower your leg back to the bed.
- This should not cause back pain. If it does, ask your physio to go over this exercises with you.
- Repeat on the opposite leg.
- Repeat \_\_\_\_ times.
- To make this exercises more challenging:
  - Straighten the leg that you are not lifting, instead of having it bent.
  - Lift your arms up off the mattress so that your fingers face the ceiling.



## 2. Bed Exercise: Bridging □

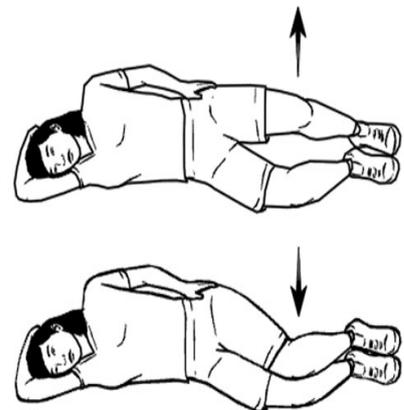
- Lying on your back, relax your head, neck and shoulders and place your arms at your sides.
- Bend your knees so that your feet are flat on the mattress. Place your feet and knees hip distance apart.
- Draw your belly-button down to flatten your back along the mattress. Think about the headlights on your hips that you want to tilt back along the ceiling.
- Squeeze your buttock muscles and lift your bottom off the mattress **slowly**.
- Hold for \_\_\_\_.
- **Slowly** lower back down to the mattress. Keep your back flat on the mattress.
- Repeat \_\_\_\_ times.
- To make this exercise more challenging, lift your arms up off the mattress so that your fingers face the ceiling.



*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.*

## 3. 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 or, for a more difficult option, rest it on your top hip.
- 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.

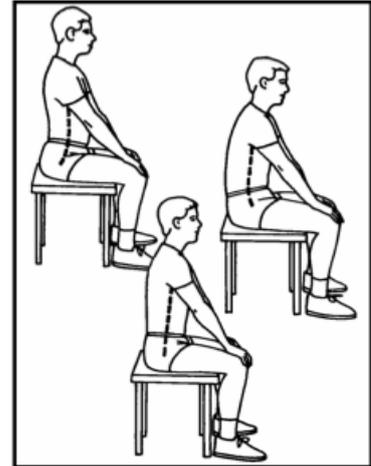


- Add a resistance band around your knees to make this exercise more difficult.

*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.*

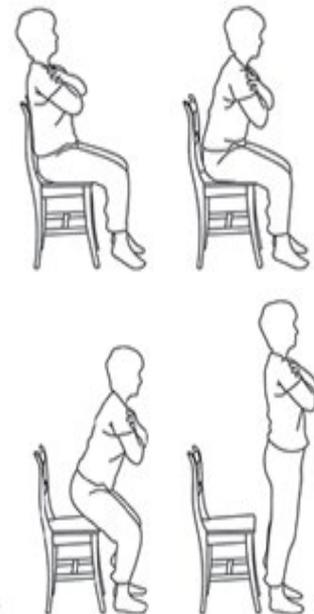
#### 4. Chair Exercise: Pelvic tilts

- Sit up tall in your chair. If you can, try and bring your bottom forward on the chair. Place your feet flat on the floor.
- Arch your lower back as much as you can.
- Pull your belly-button in as you round your lower back as much as you can. Repeat \_\_\_ times.
- Imagine that you are wearing a belt with a bucket of water attached to it. As you arch your back, think about trying to tip out some of the water in front of you onto the floor. As you round your back, think about trying to tip some of the water onto you..



#### 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 the support.
- Repeat \_\_\_ times.
- To make this exercise more challenging:
  - Either cross your hands over your chest, rest them on your thighs or hold them out in front of you as you stand.
  - Try sitting back down slower.
  - Reduce the time you rest between stands.



- Place a resistance band around your knees/ankles.

### 6. Chair Exercise: Knee extension

- Sit up tall in your chair. If able, bring your bottom slightly forward on the chair so your back is not resting against the back of the 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 \_\_\_ seconds.
- **Slowly** bend your knee again.
- Repeat \_\_\_ times.

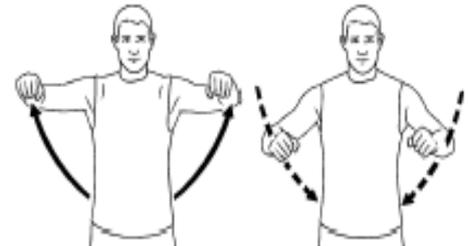
To make this exercise harder, add a resistance band. Please ask your physiotherapist if you would like a resistance band and they will provide one for you.



### 7. Chair Exercise: Shoulder abduction

- 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.
- 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 \_\_\_ seconds.
- **Slowly** bring your elbows back in towards your sides.
- Repeat \_\_\_ times.
- You can do this exercises standing up, if able.

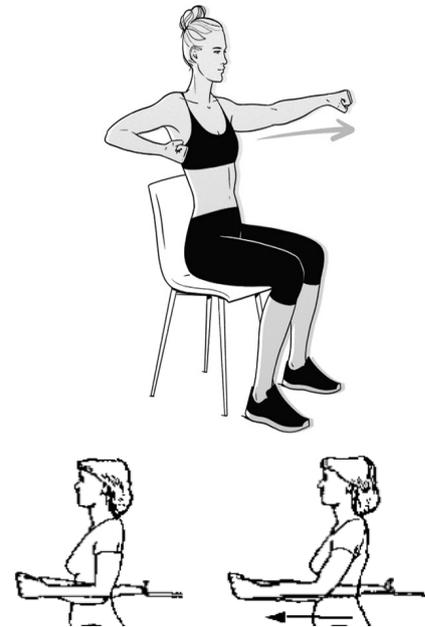
To make this exercise harder, add a resistance band.



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

### 8. 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.
- Complete \_\_\_ punches **slowly**, imagining that you are punching through sticky toffee.
- Then do \_\_\_ faster punches, making sure that you do not get too short of breath.
- To make this exercise more challenging:
  - Take the resistance band behind your back, holding on to an end in each hand.
  - Tuck your elbows into your sides.
  - Keep your right elbow tucked into your side as you straighten your left arm.
  - Repeat on the other side.
  - Repeat \_\_\_ times on both sides.
  - You can make this easier or harder by changing where you hold the band to increase or reduce the resistance.
  - To make this harder, punch both arms forward at the same time. Make sure you aren't bending at the hips and that the movement is only coming from your arms.



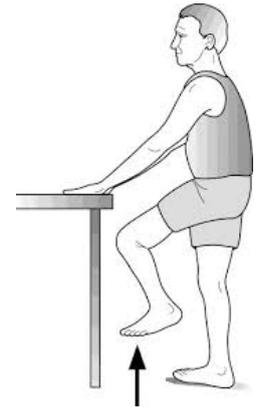
### 9. Chair Exercise: Ankle alphabet □

- 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.



### 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, hold on to a firm surface for support, if you need it (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.
- Repeat the same, doing faster marching. Make sure you don't get too short of breath.



### 11. Standing Exercise: Standing knee bend □

- Hold on to a firm surface for support (e.g. the end of the bed).
- **Slowly** take your right heel up towards your bottom.
- Hold the heel as close to your bottom as you can for \_\_\_ secs.
- **Slowly** lower your foot back to the floor.
- Repeat \_\_\_ times on each leg.



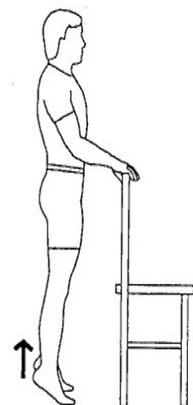
### 12. Standing Exercise: Side leg lifts □

- Hold on to a firm surface for support (e.g. the end of the bed).
- **Slowly** lift your left leg out to the side.
- **Slowly** lower back down to the floor.
- Try and keep your hips level so that you don't hitch your hip up as you lift your leg.
- Repeat \_\_\_ times on each side.



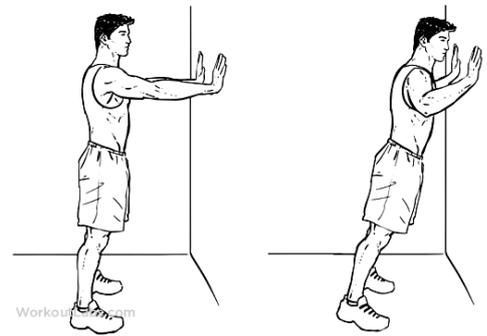
### 13. Standing Exercise: Heel lifts □

- Hold on to a firm surface for support (e.g. the end of the bed).
- Stand with your feet facing forwards. Have your feet hip distance apart.
- Straighten your knees as much as you can, squeeze your bottom pull your belly-button in.
- **Slowly** lift your heels off the floor.
- Hold for \_\_\_ seconds if able.
- **Slowly** lower back down to the floor.
- Repeat \_\_\_ times.



#### 14. Standing Exercise: Wall push-ups

- If you have space, stand up facing the wall. Place your feet hip distance apart and have your toes facing forward.
- Place your palms on the wall. Your hands should be either in line with your shoulders or slightly wider. Your arms should be straight. You may have to adjust your foot position after getting your arms in the correct position.
- **Slowly** bend your elbows, taking your chest closer to the wall.
- **Slowly** straighten your arms again, pushing your hands into the wall.
- Repeat \_\_\_ times.



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

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