

Exercises for patients who can stand independently

Information and advice for patients

Physiotherapy

These physiotherapy exercises have been developed for patients who spend long periods of time in bed or sitting down during their hospital stay, and are able to stand independently.

What is the benefit of doing these exercises?

When spending long periods of time in bed, your muscles weaken and your blood circulation around your body can slow down. The benefits of doing these exercises are that they will help you:

- Maintain good muscle strength, movement and circulation during your hospital stay
- Make the best possible recovery

Are there any risks to performing the exercises?

There are no significant risks involved in performing these exercises, however:

- You may feel hotter and slightly short of breath when performing these exercises. This is a normal response for your body.
- You may feel dizzy or light-headed. If you feel like this, please sit in a chair as you may be at risk of falling. You should also let a member of staff know immediately.

If any of the exercises cause you pain or discomfort stop doing them immediately and let your physiotherapist know when you next see them. They will be able to advise you on whether to continue and on other exercises that are suitable for you.

What are the risks of not doing the exercises?

By not doing these exercises, your muscles and your blood circulation will weaken and this could hamper your speed of recovery.

Are there any alternatives?

There are no alternatives to these physiotherapy exercises.

How often should I do the exercises?

You should repeat these every hour during your hospital stay until you are regularly upon your feet. It is your responsibility to perform these exercises regularly. If you are having problems remembering please inform your physiotherapist.

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How to perform the exercises

In order to get the best results you will need to be committed to doing the exercises. Your physiotherapist will advise you which of the exercises in this booklet are best for you, and will demonstrate them for you.

A. Sit to stand

1. Sit in a chair.
2. Bring your back away from the chair and move yourself forwards in the chair.
3. Ensure your feet are kept shoulder-width apart with your heels underneath your knees.
4. Push through your hands, lean forward and rise to a stand.
5. Ensure you have gained your balance before returning to sitting in a controlled manner.
6. Repeat steps 1-5 10 times for this exercise



B. Marching on the spot

1. While you are standing, march on the spot.
2. Repeat steps on each leg.



C. Mini squats

1. Hold onto a chair or bed for support.
2. Slowly bend your knees and hips to about 45 degrees as if you were about to sit down.
3. Now straighten your knees and rise into standing.
4. Repeat steps 1-2 10 times for this exercise



D. Knee bends

1. Hold onto a chair or bed for support.
2. Stand up straight and bend one knee behind you
3. Slowly bring the bent knee back to standing position.
4. Repeat on the other leg.
5. Repeat steps 1-4 10 times on each leg for this exercise.



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E. Calf raises

1. Hold onto a chair or bed for support.
2. Slowly raise up onto your toes and slowly lower back down.
3. Repeat steps 1-2 10 times for this exercise.

F. Hip abduction

1. Stand sideways next to a bed or chair: hold onto it with one hand for support.
2. Make sure your foot is facing forward and you keep your body upright.
3. Now move your leg out to the side and then return it to your body.
4. Repeat steps 1-3 10 times on each side for this exercise.



Follow-up

Your physiotherapist will visit you again to check your progress with the exercises.

Contact details

If you have any more questions or any problems please speak to your physiotherapy team, or ask the nursing staff to call the Physiotherapist.

Your Physiotherapist is: _____

Bleep number: _____

Further information

For more information about our hospitals and services please see our websites www.swbh.nhs.uk and www.swbhengage.com, follow us on Twitter @SWBHnhs and like us on Facebook www.facebook.com/SWBHnhs.

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Sources used for the information in this leaflet

- Physio Tools Resources for Professionals
- Chest, Calvo-Ayala, E et al, 144(5), p 1469-148, 'Interventions to improve the physical Function of ICU Survivors- A systematic review', 2013
- Continuing Education in Anaesthesia, Critical Care & Pain, Griffiths, J et al, 4(6), p202-205, 'Follow-up after Intensive care', 2004
- National Institute for Health and Care Excellence, CG83, 'Rehabilitation after Critical illnesses, 2009

If you would like to suggest any amendments or improvements to this leaflet please contact the communications department on 0121 507 5303 or email: swb-tr.swbh-gm-patient-information@nhs.net



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