

Seated Exercises

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.

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 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.

These exercises should be performed when you are sitting in a chair.

A. Foot tapping

1. Ensure you are sitting with a good posture.
2. Rest your heel on or above the floor.
3. Pull your toes up towards you then point them away.
4. Repeat steps 1-3 for 30 seconds every hour.



B. Leg extensions

1. Straighten your knee and hold for 5-10 seconds.
2. Slowly lower your leg.
3. Repeat on the other leg.
4. Repeat steps 1-3 10 times on each leg.



C. Seated marching

1. Keep your knee bent and lift your knee up.
2. Slowly lower your leg.
3. Repeat on the other leg.
4. Repeat steps 1-3 10 times on each leg.



D. Push-ups

1. Place your hands on the chair arms.
2. Push up lifting your bottom off the chair so that your arms are straight.
3. Slowly lower yourself back into the chair.
4. Repeat steps 1-3 10 times.



E. Knee squeezes

1. Sit with both knees bent.
2. Place a pillow between your knees.
3. Squeeze the pillow with your knees for 5-10 seconds.
4. Repeat steps 1-3 10 times.



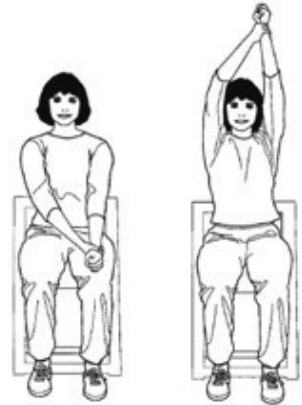
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F. Shoulder raise

1. Start with your arms by your sides.
2. Lift your arms up above your head as far as you can.
3. Then slowly lower them back down. Use one arm to help the other if you find it difficult.
4. Repeat steps 1-4 10 times.



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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Incorporating City, Sandwell and Rowley Regis Hospitals
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ML4817

Issue Date: March 2015
Review Date: March 2018