

Dealing with Chronic Fatigue (CFS/ME) in Young People

Exercise chart for severely affected

This exercise chart will help you monitor the amount of exercise you do so that you can gradually increase repetitions. Eventually you will be able to try some of the more tricky exercises mentioned below.

The 'Energy Management' and 'Activity, rest and Sleep diary' leaflets available from us will give you more information on this type of program.

The separate 'Activity, Rest and Sleep diary' sheet has an hourly chart for you to record your daily activities.



Instructions

- One to five repetitions each exercise
- One exercise each hour

Exercises	9.00	10.00	11.00	12.00	13.00	14.00	15.00	16.00	17.00	18.00
Toes up and down										
Knee bend and unbend										
Slide straight leg up (R&L)										
Squeeze bottom cheeks										
Tummy tighten										
Chin to tummy										
Look left and right										
Squeeze soft ball										
Elbow bend and flexion										
Shoulder shrug										

When you can do five reps, you can get more tricky and do some of the following:

- Inner Range Quads: Lie down on bed with pillow under knee and lift heel off bed, keeping knee straight
- Trunk Rotation: Lie down on bed, bend knees to tummy and then, keeping knees bent, drop knees to side
- Arm to back of bed and touch head of bed
- Bend elbow and lift arm above head