



Bend your elbow, keeping it close to your waist and make a fist. Straighten your elbow, then open your hand as wide as you can.

Repeat x on each side



Raise one arm as high as you can without causing pain. Return to the start then repeat with the other arm.

Repeat x

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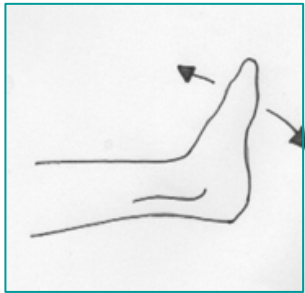
Please contact the Patient Advice and Liaison Service (PALS) if you require this leaflet in a different format, or would like to feedback your experience of the hospital.

Email ruh-tr.PatientAdviceandLiaisonService@nhs.net or telephone 01225 825656.

Chair Exercises

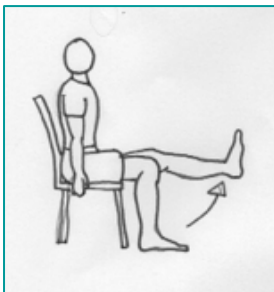
Chair Exercises

Your physiotherapist recommends that you do these exercises three times a day. Sit with your back supported and your feet on the floor.



Bend, straighten and rotate your ankles briskly.

Repeat x



Straighten your knee and hold the position for 5 seconds, bend your knee as much as possible then return to the start position.

Repeat x on each side.



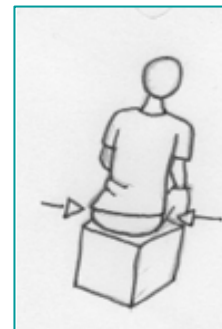
March your knees up and down whilst sitting in your chair.

Repeat x



Sit with both feet on the floor. Push down on the arms of the chair and raise your bottom one inch off of the seat. Slowly sit back down again.

Repeat x



Raise one side of your bottom off of the seat, and then the other. Hold onto the arms of the chair to help you.

Repeat x on each side.