SEATED EXERCISES

A short guide to doing your seated exercises safely and effectively

ST CHRISTOPHER'S

Please do all the exercises that have been ticked. These exercises have been suggested to you, to either maintain or improve your strength, enhance circulation and improve your mobility and flexibility. When doing any exercise please remember to work within your comfort zone. If any exercise causes you pain or increased breathlessness, stop and seek medical help.

☐ ANKLE ROCKING Repeat this:

- Sit on a chair with your feet flat on the floor
- Lift your toes from the floor and then lower them.
- Lift your heels from the floor and then lower them.

☐ SEATED MARCH Repeat this:

- Sit on a chair with your feet flat on the floor and your arms resting
- Lift your right knee up toward the ceiling, while keeping your back straight
- Slowly bring your foot back to the floor
- Alternate between your right and left leg.

☐ SEATED TWISTS Repeat this:

- Sit on a chair with a good posture and your feet flat on the floor
- Turn to your right-hand side as if you were reaching for a seatbelt and return to your centre
- Do the same for your left-hand side.

☐ SHOULDER ROLLS Repeat this:

- Sit forward on a chair, with your feet flat on the floor
- Roll your shoulders forwards and up, back and down.

Visit stchristophers.org.uk/seatedexercises or scan the QR code to watch a video of all the exercises in this leaflet being performed. If you would like this information in a different format, such as audio tape, braille or large print, or in another language, please speak to the Communications team on 020 8768 4500 or email communications@stchristophers.org.uk.

☐ SIT TO STAND Repeat this:

- Sit on a chair and shuffle your bottom forward to the front third of the chair
- Have your feet hip distance apart and firmly on the floor
- Use your hands to assist as you to push yourself up from the chair
- Once standing, slowly sit back on the chair.

☐ OVERHEAD REACHES Repeat this:

- Sit forward on your chair, with your feet firmly on the floor
- Place your hands by your shoulders
- Reach up to the ceiling with one arm and return it to your shoulder
- Repeat on the other side
- You can make this exercise harder by holding tins or water bottles in each hand.

☐ SEATED KNEE EXTENSIONS Repeat this:

- Sit on your chair with your back supported
- Hold the sides of the chair for extra support
- Slowly straighten one leg, but don't lock your knee
- Point your toes towards the ceiling and hold for a few seconds
- Slowly lower your leg
- Repeat for the other leg.

Please note that this exercise is not featured in the video.

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