STANDING EXERCISES

A short guide to doing your standing 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.

☐ MARCHING WITH SUPPORT Repeat this:

- Hold on to a wall or some stable surface
- March on the spot
- You can progress this exercise by walking along the corridor; but still hold on to the wall if you need to.

☐ KNEE BENDS (SQUATS) WITH SUPPORT Repeat this:

- You can hold on to a wall, banister rail or a steady chair.
- Bend your hips and knees as if you were going to sit down and then stand up tall again.

☐ TOE TAPS AND STEP-UPS Repeat this:

- Stand facing your stairs or a low platform. You can hold on to the wall if necessary
- Tap up with your right foot and release it back to the floor
- Tap up with your left foot and release it back to the floor
- You can make this exercise harder by stepping up with your right foot followed by your left foot. Then step down with your right foot followed by your left foot.

☐ HEEL RAISES Repeat this:

- You can hold on to a wall or a chair for support
- Rise up onto your toes, lifting your heels off the floor
- Slowly lower your heels down.

SIDE LEG LIFT Repeat this:

- Hold on to a wall or a steady chair
- Lift your leg out to the side
- Release it back to the floor slowly
- You can alternate legs or make this exercise harder by completing a set of repetitions for one leg first.

Visit stchristophers.org.uk/video-exercise-standing 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.

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