

Lower limb seated exercises

Community Intermediate Care Team (CICT)
Telephone: 01902 445921

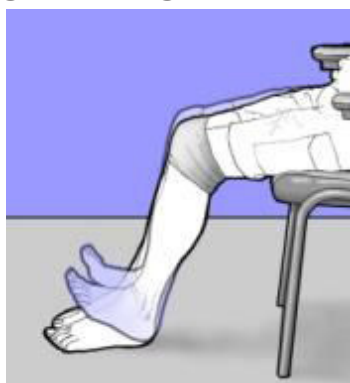
Date issued:.....

It is recommended that you follow the exercises provided as detailed on the sheet.

If you have any concerns regarding the exercises please report this to any member of the Community Intermediate Care Team.

****Please note these exercises are NOT suitable for people who have had a recent total hip replacement or hemiarthroplasty.****

Ankle strengthening



Client's aim

To strengthen the muscles at the front of your ankle.

Client's instructions

In sitting

Lift your toes from the floor, keeping your heels on the floor.

Perform ____ repetitions ____ times a day

Calf strengthening



Client's aim

To strengthen your calf muscles.

Client's instructions

In sitting

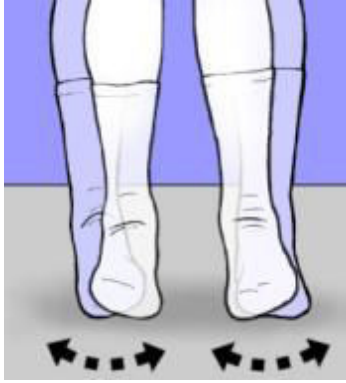
Lift your heels from the floor, keeping your toes on the floor.

Perform ____ repetitions ____ times a day

The prevention of infection is a major priority in all healthcare and everyone has a part to play.

- Please decontaminate your hands frequently for 20 seconds using soap and water or alcohol gel if available
- If you have symptoms of diarrhoea and/or vomiting, cough or other respiratory symptoms, a temperature or any loss of taste or smell please do not visit the hospital or any other care facility and seek advice from 111
- Keep the environment clean and tidy
- Let's work together to keep infections out of our hospitals and care homes.

Ankle Rotation



Client's aim

To strengthen the muscles on the inside and outside of your ankle.

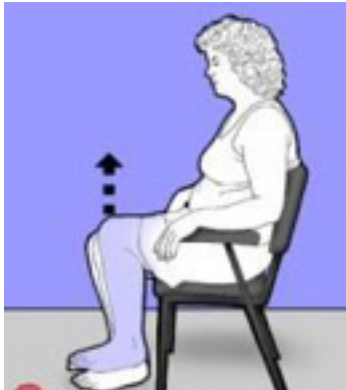
Client's instructions

In sitting

1. Turn your ankles in and out
2. Turn your ankles in a complete circle

Perform ____ repetitions ____ times a day

Hip flexor strengthening in sitting



Client's aim

To strengthen the muscles at the front of your hip.

Client's instructions

In sitting

Sit up tall in the chair

Lift your knees one at a time, as if marching on the spot.

Perform ____ repetitions ____ times a day

Knee extension in sitting



Client's aim

To strengthen your thigh muscles.

Client's instructions

In sitting

Sit up tall in the chair

Straighten your knee, lifting your ankle from the floor

Try to keep your toes pointing up to the ceiling

Hold for up to 10 seconds, then slowly lower the leg.

Perform ____ repetitions ____ times a day

Bending the knee in sitting



Client's aim

To stretch or maintain range in your knee.

Client's instructions

In sitting

Sit up tall in the chair, sitting as near to the edge of the chair as you can.

Place a slide sheet or plastic bag under your foot

Slide the foot back and forward, trying to bend your knee as much as possible.

Make sure that you move the slide sheet or plastic bag after completing the exercise.

Perform _____ repetitions _____ times a day

Reference: Pictures used with permission from www.physiotherapyexercises.com

English

If you need information in another way like easy read or a different language please let us know.

If you need an interpreter or assistance please let us know.

Lithuanian

Jeigu norėtumėte, kad informacija jums būtų pateikta kitu būdu, pavyzdžiui, supaprastinta forma ar kita kalba, prašome mums apie tai pranešti.

Jeigu jums reikia vertėjo ar kitos pagalbos, prašome mums apie tai pranešti.

Polish

Jeżeli chcieliby Państwo otrzymać te informacje w innej postaci, na przykład w wersji łatwej do czytania lub w innym języku, prosimy powiedzieć nam o tym.

Prosimy poinformować nas również, jeżeli potrzebowaliby Państwo usługi tłumaczenia ustnego lub innej pomocy.

Punjabi

ਜੇ ਤੁਹਾਨੂੰ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਰੂਪ ਵਿਚ, ਜਿਵੇਂ ਪੜ੍ਹਨ ਵਿਚ ਆਸਾਨ ਰੂਪ ਜਾਂ ਕਿਸੇ ਦੂਜੀ ਭਾਸ਼ਾ ਵਿਚ, ਚਾਹੀਦੀ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਸਾਨੂੰ ਦੱਸੋ।

ਜੇ ਤੁਹਾਨੂੰ ਦੁਭਾਸ਼ੀਏ ਦੀ ਜਾਂ ਸਹਾਇਤਾ ਦੀ ਲੋੜ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਸਾਨੂੰ ਦੱਸੋ।

Romanian

Dacă aveți nevoie de informații în alt format, ca de exemplu caractere ușor de citit sau altă limbă, vă rugăm să ne informați.

Dacă aveți nevoie de un interpret sau de asistență, vă rugăm să ne informați.

Traditional Chinese

如果您需要以其他方式了解信息，如易读或其他语种，请告诉我们。

如果您需要口译人员或帮助，请告诉我们。