

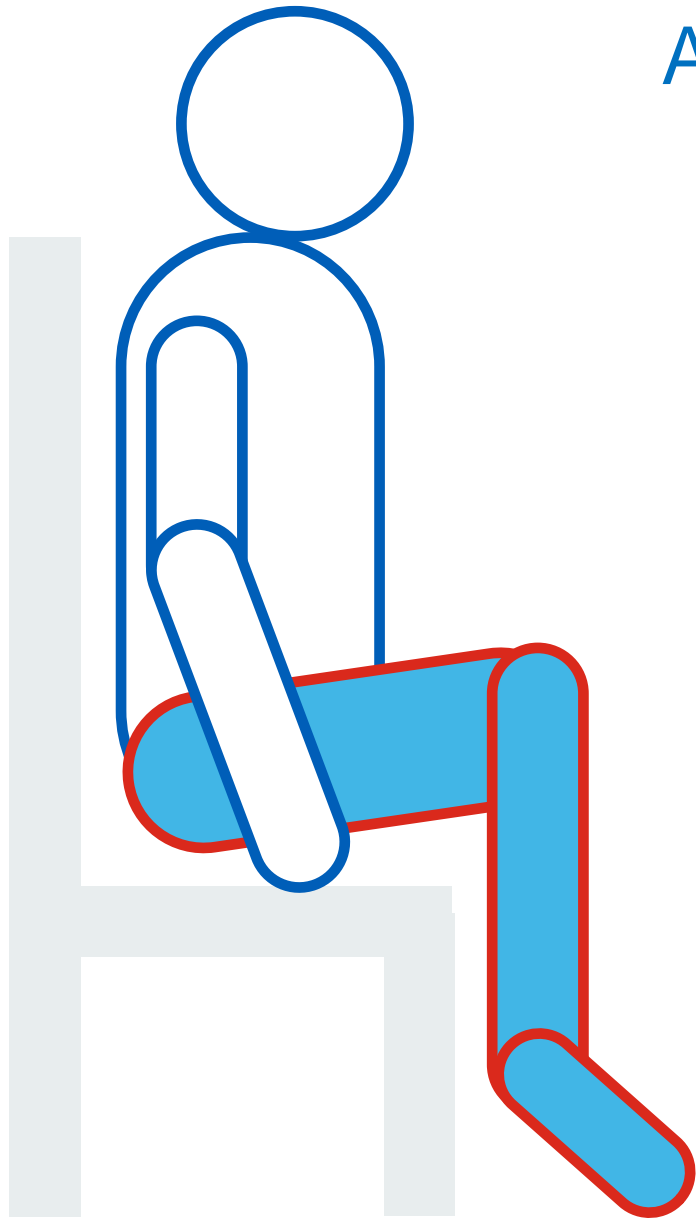


CHAIR BASED EXERCISES

REACH Team Service

Included in this information guide:

- 8 different **chair-based** exercises
- a **personalised** timetable for monitoring
- a **comments, suggestions** and **feedback** box



Aim: To strengthen your ankle

Instructions: Position yourself sitting with good posture and **both** your **feet** together in **front** of you.

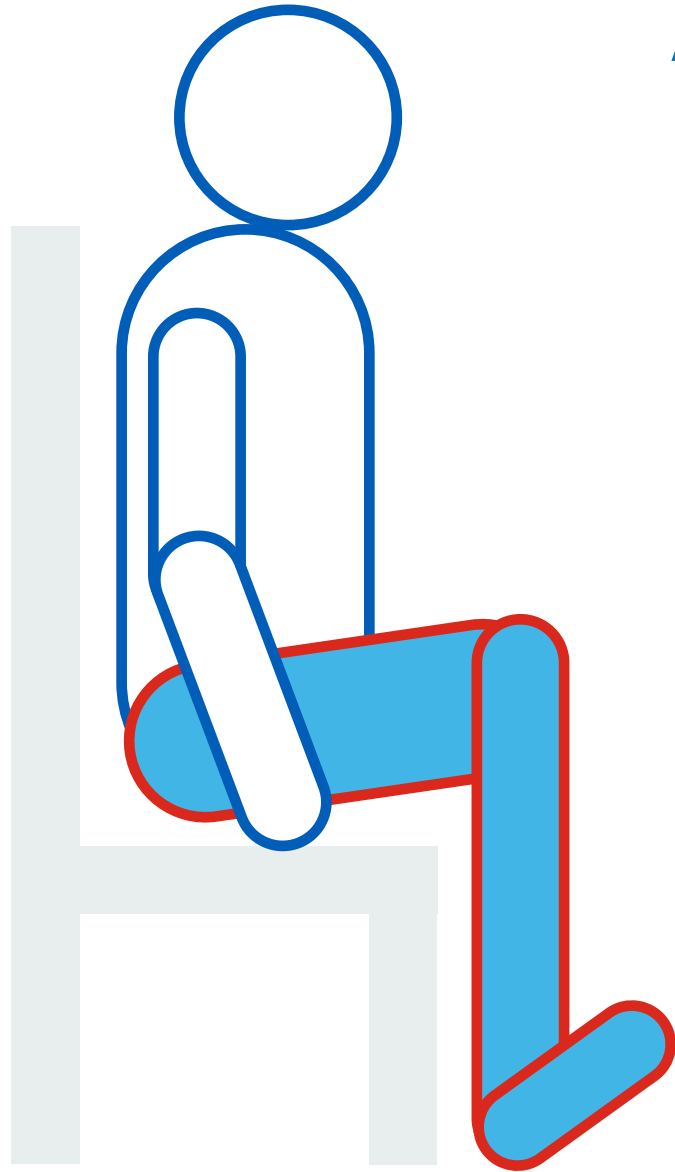
Start with your feet **flat** on the **floor**.

Finish with your heels **lifted** upwards.

Ensure that you **keep** your **toes** on the **ground**.

Physiotherapist to complete:

To do?	How many?	How often?
Y <input type="checkbox"/> N <input type="checkbox"/>		



Aim: **To strengthen your ankle**

Instructions: Position yourself sitting with good posture with **both** your **feet** together in front of you **flat** on **floor**.

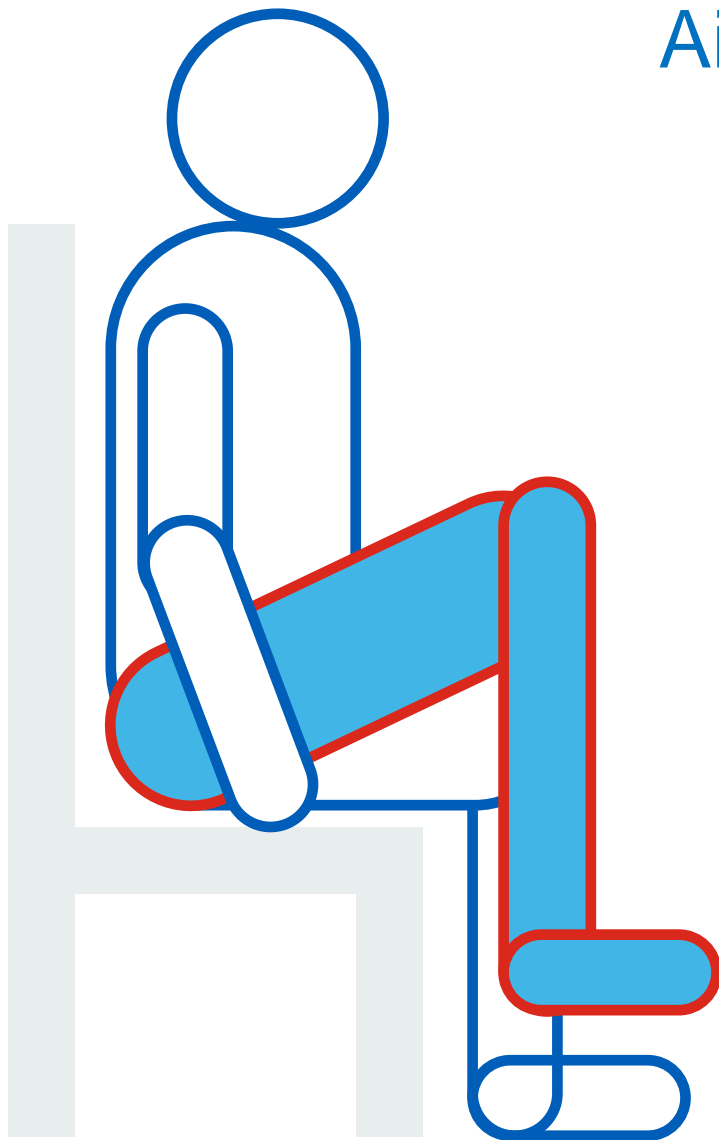
Start with both your feet flat on the floor.

Finish with your toes **lifted** upwards.

Ensure that you **keep** both your **heels** on the **ground**.

Physiotherapist to complete:

To do?	How many?	How often?
Y <input type="checkbox"/> N <input type="checkbox"/>		



Aim: To strengthen your lower body, hip and knee

Instructions: Position yourself sitting with good posture with **both** your **feet** together in **front** of you on the **floor**.

Start with your feet **flat** on the **floor**.

Finish with 1 leg **raised** up in the air from the **floor**.

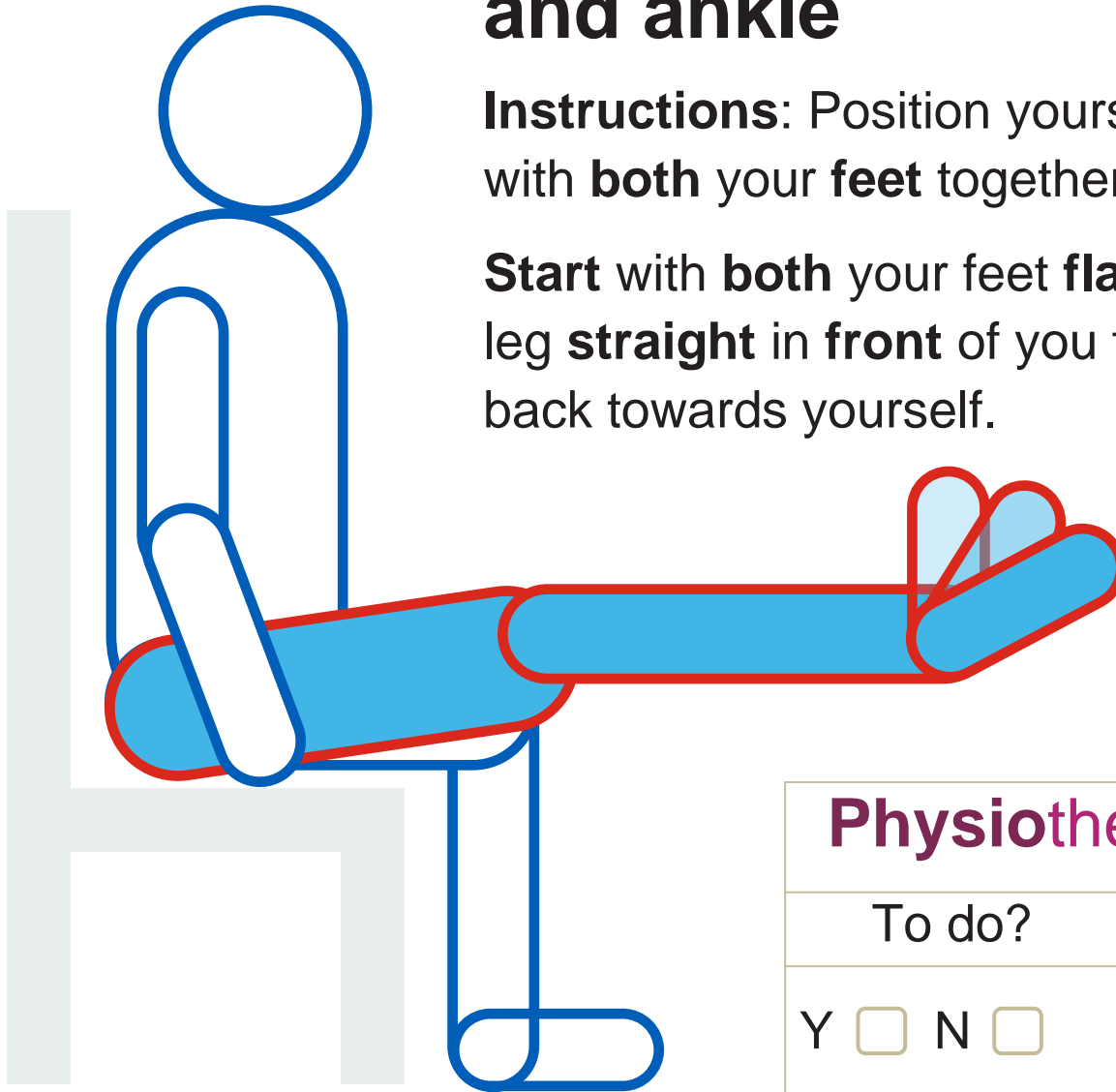
Physiotherapist to complete:

To do?	How many?	How often?
Y <input type="checkbox"/> N <input type="checkbox"/>		

Aim: To strengthen your lower body, leg and ankle

Instructions: Position yourself sitting with good posture with **both** your **feet** together in **front** of you on the **floor**.

Start with **both** your feet **flat** on the floor. **Finish** with 1 leg **straight** in **front** of you then **slowly** bring your foot back towards yourself.



Physiotherapist to complete:

To do?	How many?	How often?
Y <input type="checkbox"/> N <input type="checkbox"/>		

Aim: To stretch your leg muscle (hamstring)

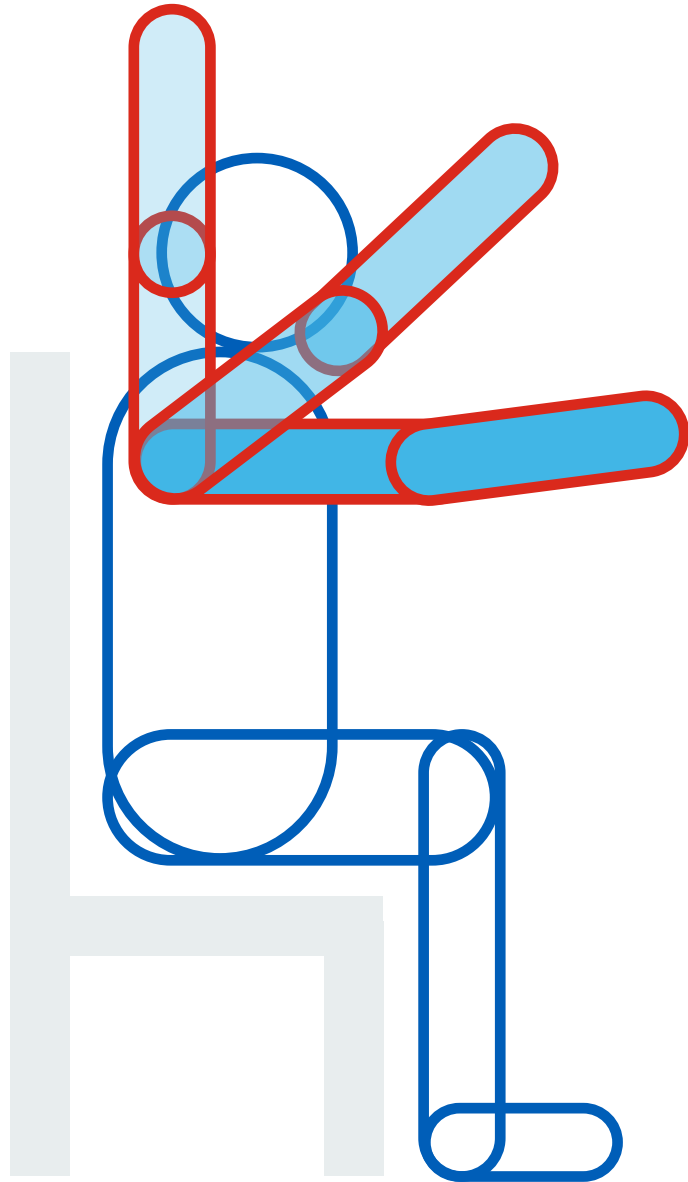


Instructions: Position yourself sitting on the **edge** of the **chair**.

Straighten 1 leg and **slowly** follow **down** your leg with both hands until you feel the back of your leg **stretch**.

Physiotherapist to complete:

To do?	How many?	How often?
Y <input type="checkbox"/> N <input type="checkbox"/>		



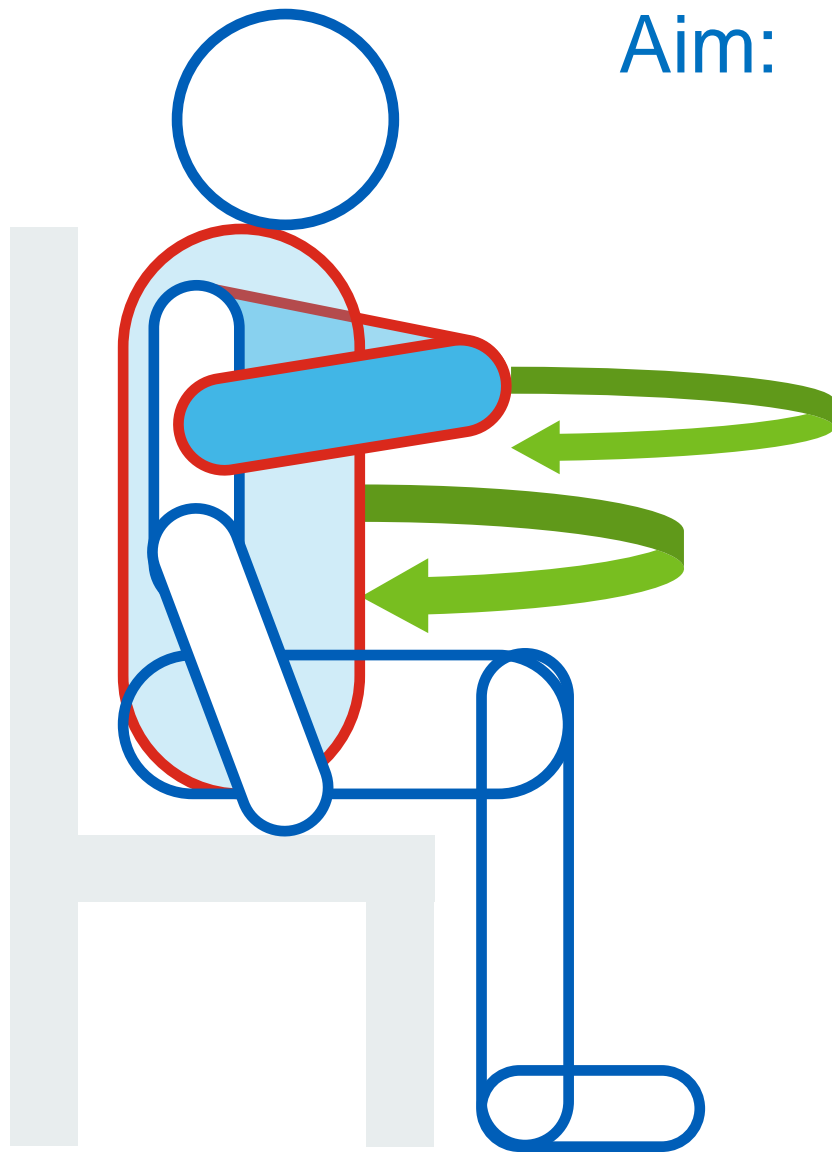
Aim: To strengthen your shoulder and arms

Instructions: Position yourself sitting with good posture with **both** your **feet** together in front of you.

Start with 1 arm **straight** out in front of you. **Raise** your arm **above** your **head**, as **high** as you can, keeping your arm as **straight** as possible.

Physiotherapist to complete:

To do?	How many?	How often?
Y <input type="checkbox"/> N <input type="checkbox"/>		



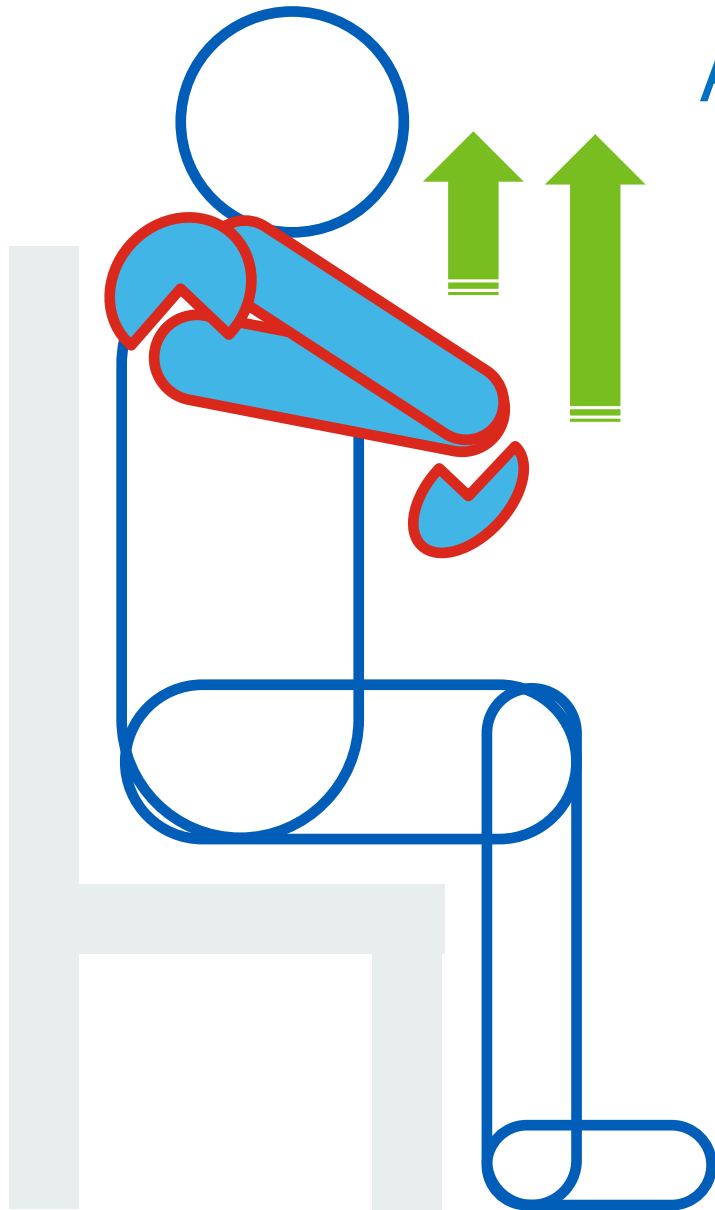
Aim: **To stretch your upper back and upper body**

Instructions: Position yourself sitting with good posture on the chair.

Reach across your upper body with 1 arm to the opposite **shoulder** and **rotate** your **shoulders** to **stretch**. Continue by **repeating** the same **movements** on your **opposite** side.

Physiotherapist to complete:

To do?	How many?	How often?
Y <input type="checkbox"/> N <input type="checkbox"/>		



Aim: To stretch your shoulder and arms

Instructions: Position yourself **sitting** with good posture.

Start with your left arm **bent** at your elbow touching your right **shoulder**. **Support** this arm from **under** the **elbow** with your other arm and **raise** both arms **upwards** towards your **shoulder**.

Physiotherapist to complete:

To do?	How many?	How often?
Y <input type="checkbox"/> N <input type="checkbox"/>		

Timetable

Please enter your goal here



Date / time	Morning	Lunch	Evening
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			

Timetable

Please enter your goal here



Date / time	Morning	Lunch	Evening
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			

Timetable

Please enter your goal here



Date / time	Morning	Lunch	Evening
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			

Timetable

Please enter your goal here



Date / time	Morning	Lunch	Evening
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			

Timetable

Please enter your goal here



Date / time	Morning	Lunch	Evening
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			


Timetable

Please enter your goal here



Date / time	Morning	Lunch	Evening
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			

Please feel free to use this space to write your comments, suggestions or feedback for the physiotherapist to discuss with you...



References – Evidence-based research

Anthony, K., Robinson, K., Logan, P., Gordon A L., Harwood R H. and Masud T., (2013) *Chair-Based Exercises for Frail Older People: A Systematic Review*. Hindawi Publishing Corporation BioMed Research International Volume 2013, Article ID 309506, 9 pages <http://dx.doi.org/10.1155/2013/309506>

Phillips, L J. and Flesner M., (Jan 2013) *Perspectives and Experiences Related to Physical Activity of Elders in Long-Term-Care Settings*: Article in *Journal of Ageing and Physical Activity*

Patient advice and liaison service (PALS)

If you have a compliment, complaint or concern please contact our PALS team on 020 7288 5551 or

whh-tr.whitthealthPALS@nhs.net

If you need a large print, audio or translated copy of this leaflet please contact us on 020 7288 3182. We will try our best to meet your needs.

[Twitter.com/WhitHealth](https://twitter.com/WhitHealth)

[Facebook.com/WhittingtonHealth](https://facebook.com/WhittingtonHealth)

Whittington Health NHS Trust

Magdala Avenue

London

N19 5NF

Phone: 020 7272 3070

www.whittington.nhs.uk

Date published: 23/02/2021

Review date: 23/02/2023

Ref: ACS/Reach/CBEERG/01

© Whittington Health

Please recycle

