

Patient information factsheet

Chair exercises

It's important to do regular exercises while sat in a chair to maintain the strength in your leg muscles. Your physiotherapist will advise you on which of these exercises you need to do and how regularly.



- 1) Sit in a chair. Squeeze your bottom cheeks together.

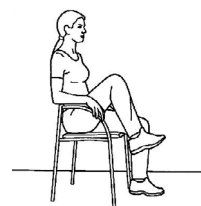
Hold for 10 to 15 seconds.

Repeat ____ times.



- 2) Sit in a chair. Keep your knees bent. Lift one knee towards the ceiling, then the other, so that you are effectively marching.

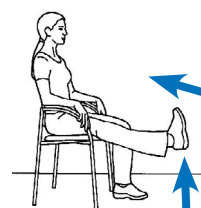
Repeat ____ times.



- 3) Sit in a chair and pull your toes up. Tighten your thigh muscle and straighten your knee.

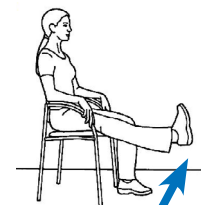
Hold this for 10 seconds and then relax your leg back down.

Repeat ____ times.



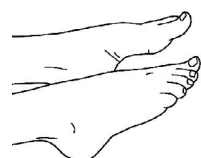
- 4) Sit and bend your knee as much as possible, then straighten it.

Repeat ____ times.



- 5) Sitting with your feet on the floor, lift your heels up and down.

Repeat ____ times.



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