

PHYSIOTHERAPY GUIDE BOOK

HOME EXERCISE PROGRAMME



hospicemalta
care | compassion | dignity

This leaflet will provide you with advice on a home exercise programme. It is intended to act as a reminder following a physiotherapy session. You will follow the programme as instructed by your physiotherapist.

Please contact your physiotherapist if you have any questions.

Exercises in lying

- These exercises are safe to carry out in bed
- Try to do 5-rest-5-rest-5 or 10-rest-10-rest-10
- If you feel tired, stop and rest
- Try to do them once or twice a day
- If you feel any pain during the exercise, stop doing that exercise and consult with your physiotherapist.

Ankle pumps

- Move ankle up and down
- This can help prevent circulation problems
- Can be done in sitting as well



Quadriceps sets

- Put a cushion under your knee
- Lift your heel off the bed and squeeze the cushion with the back of your knee



Straight leg raises

- Lie on your back and bend one leg
- Keep your other leg straight on the bed
- Lift your straight leg off the bed
- You can hold for a few seconds



Hip Flexion

- Keep one knee bent
- Bend you hip and knee
- Bring leg down slowly



Hip Abduction

- Keep your knee straight
- Lift your leg to the side
- Bring it back slowly



Bridging exercise

- Lie down with both knees bent
- Lift your hips off the bed

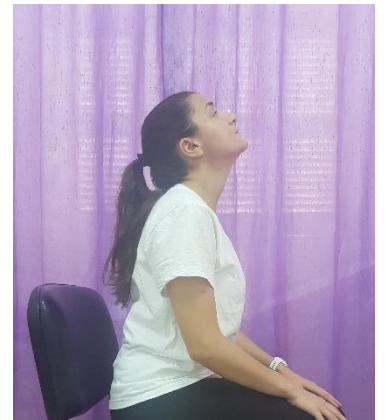
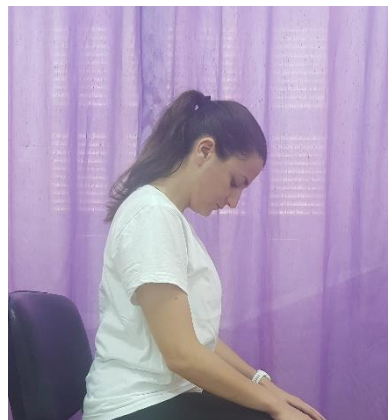


Exercise in sitting

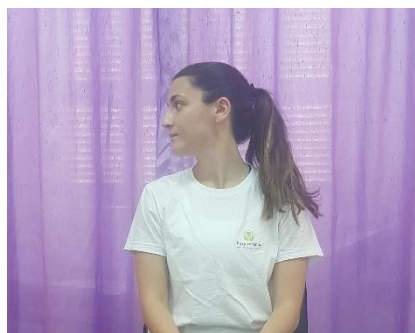
- These exercises can be done sitting in a comfortable position on a chair or armchair.
- Start off with **5-rest-5-rest-5** or **10-rest-10-rest-10**
- Rest when you need to, do them at a comfortable pace.
- They don't need to be done all at the same time
- They can be done once or twice daily.
- They should be done **pain free**.

Neck exercises

- look down and hold for 3 to 5 seconds
- look back up slowly
- look up and hold for 3 to 5 second



- look to the side
- hold for 3 to 5 seconds
- repeat on both sides



- Drop your head to the side, as though to touch your shoulder
- Hold for 3 to 5 seconds
- You should feel a stretch on the opposite side
- Repeat on both sides



Shoulder shrugs

- Lift both your shoulders
- As though to touch your ears
- Repeat 10 times



Shoulder circles

- Sit with feet slightly apart
- Place your hands on your shoulders if you can
- Circle shoulders forward
- Circles shoulders backwards



Shoulder blades

- Squeeze your shoulder blades together
- Imagine you are holding a pencil between your shoulder blades
- Take the elbows back
- Relax slowly to the starting position



Arm rising

- Lift your arms up slowly above your head
- Hold and slowly lower your arms down



- You can keep your hands together if one arm is weaker than the other one.



Shoulder Abduction

- Start with your arms by your side
- Lift your arms up slowly by your side
- Hold and lower arms down



- Bend your elbows and keep your hands together
- Open your arms by your side
- Hold and bring your hands back together slowly



Elbow movement

- Bend your elbows and touch your shoulders
- Straighten the elbow, lowering down the hands



Finger movements

- Make a fist
- Open your fingers
- Repeat for 10 times



Marching in sitting

- Sit feet slightly apart
- Lift your foot off the floor
- Keep your back straight



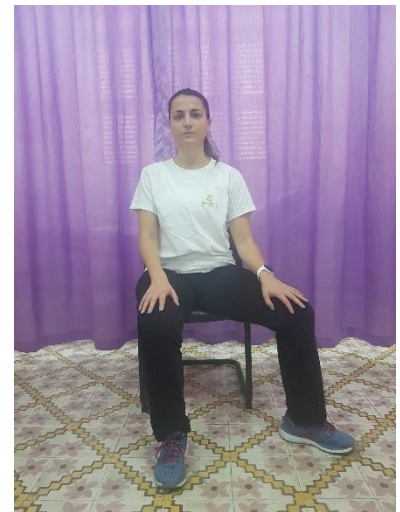
Knee extensions

- Straighten one knee at a time
- Return foot to starting position



Hip abduction

- Lift your leg slightly off the floor
- Take your leg to the side
- Return to starting position
- Repeat on both sides



Ankle pumps

- Pull your toes towards you
- point your toes away from you, imaging pushing a pedal
- Repeat 10 times on both sides



Sit to stand

- Sit with chair against a wall
- Lean forward
- Stand up and hold your position
- Sit back down slowly
- Use your hands on the chair if necessary



Trunk rotations

- Twist to the side and touch your hip
- Repeat on both sides



Side flexion

- Reach your arm overhead
- Bend to your side
- Repeat on both sides



Forward flexion

- Start in a sitting position with your arms in front of you
- Reach forward with your back straight
- Return to the starting position



Standing exercises

It is advised to do these exercises with supervision

- The goal of this exercise programme is to maintain and improve the strength in your legs.
- Try **5-rest-5-rest-5** or **10-rest-10-rest-10**. You shouldn't be breathless during the exercises. It is very important to stop and rest when you need to.
- Remember not to overdo it when starting a new exercise programme. Start gradually.
- The exercises demonstrated in standing should be done **supervised by a caregiver**. Do not do them if your balance is not steady.
- Exercises should be done **pain free**.
- Consult with your physiotherapist if you have any questions.

Marching in standing

- Hold on to a steady surface or chair
 - Lift your leg off the floor
 - Don't bend from your back
 - Repeat on both sides



Hip extension in standing

- Holding on to a steady surface or chair
 - Take your leg behind you keeping the knee straight
 - Repeat on both side



Hip abduction in standing

- Hold on to a steady surface or chair
- Don't sway from your hips
- Lift your leg to side
- Repeat on both sides



Knee flexion in standing

- Hold on to a steady surface or chair
- Bend your knee backwards
- Repeat on both sides



Mini squats

- Hold on to a steady surface of chair
- Bend your knees slightly
- Keep your back straight
- Return to starting position



Heel raises

- Hold on to a steady surface or chair
- Lift your heels off the floor
- Hold for a few seconds
- Lower heels down to the floor



hospicemalta
care | compassion | dignity



ADDRESS

39 Good Shepherd Avenue,
Balzan BZN1623 - Malta



PHONE

+356 2144 0085



EMAIL

info@hospicemalta.org