

Physiotherapy Exercise Program

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STEP UP

Stand in front of a stair or step. Place one foot up onto the step and when you are stable bring up the other foot. Carefully take one foot off the step at a time and return it to the ground. Repeat, starting with the other leg first.

SITTING ACTIVE HIP FLEX

Start in a seated position. Place your hands down on either side to stabilise and raise one hip upwards. Hold and return to the starting position. Repeat with the opposite hip.



BRIDGING ON BED

Lie on your back. Bend both knees and place your feet flat on the bed. Lift your buttocks up. Place your buttocks back on the bed. Repeat.

SEATED KNEE EXTENSION

Sit upright. Extend one leg out in front of you. Flex the knee back to the neutral position and switch legs. Extend the other leg out and then flex back to neutral.



TOES AND HEEL LIFT

Pull your toes up as far as possible and lower them again. Lift both heels up so far as possible and lower them again.

MARCHING ON THE SPOT

Stand up straight with a sturdy supporting surface close to one side. Holding on with your stronger side, march on the spot. Try to lift your knees up as high as you can.

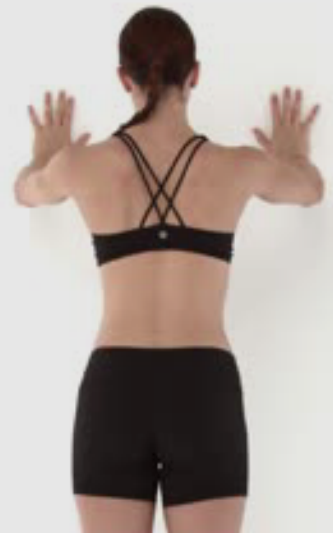


CALF RAISES

Stand with both legs straight and at hip-width apart. Hold on to a wall or supportive object for balance. Rise up onto your toes, keeping your legs straight, and control the movement back down to the start position.

WALL PRESS-UP

Stand facing a wall. Place your hands on the wall. Lean against the wall. Bend your elbows, bringing your chest and hips in towards the wall. Make sure your body stays straight. Push through your hands to straighten your arms back out again. Repeat. The further away your feet are from the wall, the harder the exercise will be.



WEIGHTED SHOULDER PRESS

Sit upright in a chair. Holding a weight in both hands, drop your arms down to your side. Bend your elbows, bringing the weights up to your shoulders, and then push them up above your head. You can do this one arm at a time and repeat on the other side. Lower the weights back to your shoulders.

STAND-TO-SIT

Stand with the chair behind you and your arms stretched out in front. Slowly sit down in the chair, using your hands to assist. Lean forward and stand up from the chair. Try not to favour one side. You should do this as fast as you can without feeling like you will lose your balance.

