

Personal exercise program

Berkshire Healthcare NHS Trust

Berkshire Healthcare NHS Trust

CTPLD, 3 Abell Gardens, Furze Platt Road, SL6 6PS, Maidenhead,
United Kingdom

Provided by
Provided for

Venugopal Narashiman



©Physiotools

Knee Extension in Sitting

Sit up straight on a sturdy chair, so that your feet are supported on the floor.

Bend your ankle and straighten your knee using your front thigh muscles. In a controlled manner, return to the starting position.

Repeat _____ times.



©Physiotools

Sit on a chair.

Pull your toes up, tighten your thigh muscle and straighten your knee. Hold approx. 5 secs. and slowly relax your leg.

Repeat _____ times.



©Physiotools

Sitting on a chair.

Lift your leg up off the seat keeping the knee bent. Return to starting position.

Repeat _____ times.



©Physiotools

Sit.

Pull one knee towards your stomach helping with your hands. Press your other foot against the floor.

Hold _____ seconds.

Repeat _____ times.



©Physiotools

Sit on a chair with a cushion under your knee and a _____ kg weight around your ankle.

Pull your toes up, tighten the front of your thigh muscle and straighten your knee slowly. Hold approx. _____ 5 secs.

Repeat _____ times.



©Physiotools

Sit or stand. Place your fingers on your shoulders.

Roll your shoulders back.

Repeat _____ times.



©Physiotools

Sit.

Bend and straighten your ankles.

Repeat _____ times.



©Glasgow Caledonian University

Feet: Feet on the floor

Upper Body: Punch alternate arms forward

Repeat _____ times.

or

Time _____ min _____ sec.



©Glasgow Caledonian University

Feet: Feet on the floor

Upper Body: Double shoulder shrugs

Repeat _____ times.

or

Time _____ min _____ sec.



©Glasgow Caledonian University

Feet: Feet on the floor

Upper Body: Alternating elbow bends

Repeat _____ times.

or

Time _____ min _____ sec.



©Glasgow Caledonian University

Feet: Lift each knee. Repeat.

Upper Body: Alternating elbow bends

Repeat _____ times.

or

Time _____ min _____ sec.



©Glasgow Caledonian University

Feet: Heel tap with each foot. Repeat.

Upper Body: Roll hands and pull back as if tying a knot

Repeat _____ times.

or

Time _____ min _____ sec.



©Glasgow Caledonian University

Feet: Lift each knee. Repeat.

Upper Body: Lift straight arm out to side to shoulder height. Alternate arms.

Repeat _____ times.

or

Time _____ min _____ sec.



©Glasgow Caledonian University

Feet: Feet on the floor

Upper Body: Swing alternate arms forward

Repeat _____ times.

or

Time _____ min _____ sec.



©Glasgow Caledonian University

Feet: Feet on the floor

Upper Body: Double elbow bends

Repeat _____ times.

or

Time _____ min _____ sec.



©Glasgow Caledonian University

Feet: Feet on the floor

Upper Body: Lift arm out to side with elbow bent. Alternate arms.

Repeat _____ times.

or

Time _____ min _____ sec.



©Glasgow Caledonian University

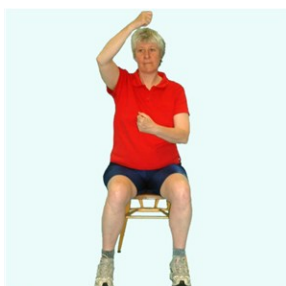
Feet: Lift each knee. Repeat.

Upper Body: Punch alternate arms upward

Repeat _____ times.

or

Time _____ min _____ sec.



©Glasgow Caledonian University

Feet: Feet on the floor

Upper Body: Climb a rope

Repeat _____ times.

or

Time _____ min _____ sec.



©Glasgow Caledonian University

Feet: Heel tap with each foot. Repeat.

Upper Body: Elbows bent - open and close arms

Repeat _____ times.

or

Time _____ min _____ sec.



©Glasgow Caledonian University

Feet: Feet on the floor

Upper Body: Lift straight arm out to side to shoulder height. Alternate arms.

Repeat _____ times.

or

Time _____ min _____ sec.



©Glasgow Caledonian University

Feet: Heel tap with each foot. Repeat.

Upper Body: Breast stroke - swimming stroke

Repeat _____ times.

or

Time _____ min _____ sec.



©Glasgow Caledonian University

Feet: Feet on the floor

Upper Body: Punch both arms upward

Repeat _____ times.

or

Time _____ min _____ sec.



©Glasgow Caledonian University

Feet: Feet on the floor

Upper Body: Breast stroke - swimming stroke

Repeat _____ times.

or

Time _____ min _____ sec.



©Glasgow Caledonian University

Feet: Feet on the floor

Upper Body: Crawl - swimming stroke

Repeat _____ times.

or

Time _____ min _____ sec.



©Glasgow Caledonian University

Feet: Lift each knee. Repeat.

Upper Body: Double elbow bends

Repeat _____ times.

or

Time _____ min _____ sec.



©Glasgow Caledonian University

Feet: Heel tap with each foot. Repeat.

Upper Body: Pull arms upward in a rowing motion

Repeat _____ times.

or

Time _____ min _____ sec.



©Glasgow Caledonian University

Feet: Lift each knee. Repeat.

Upper Body: Lift arm out to side with elbow bent. Alternate arms.

Repeat _____ times.

or

Time _____ min _____ sec.



©Glasgow Caledonian University

Feet: Lift each knee. Repeat.

Upper Body: Punch both arms upward

Repeat _____ times.

or

Time _____ min _____ sec.