

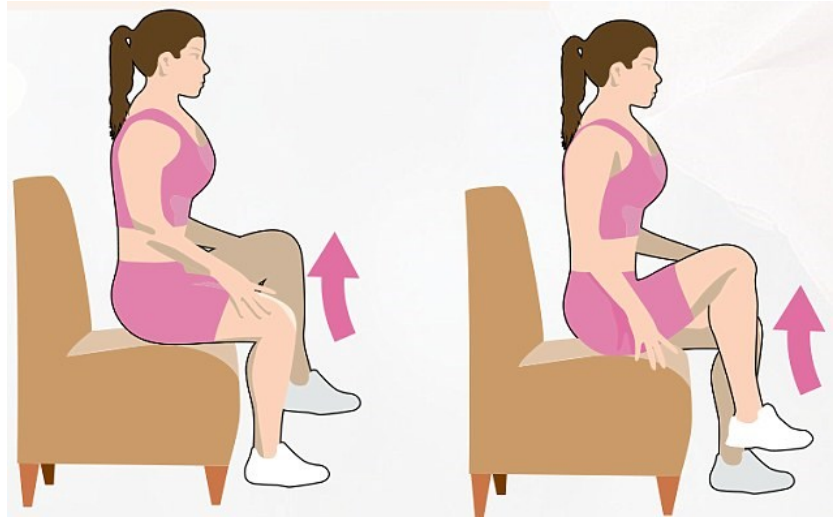
Seated Lower limb Exercises

Seated Marching

Sit forward in the chair, not leaning against chair rest.

Start marching feet up and down for 3 mins.

Can make harder by changing pace.



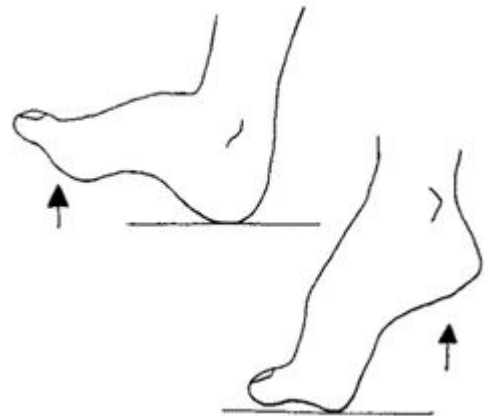
Heel Toe Tapping

Place both feet on the floor

Lift toes up and roll onto the heel

Then roll onto the tip toes (bringing heels off floor)

Repeat 10 times



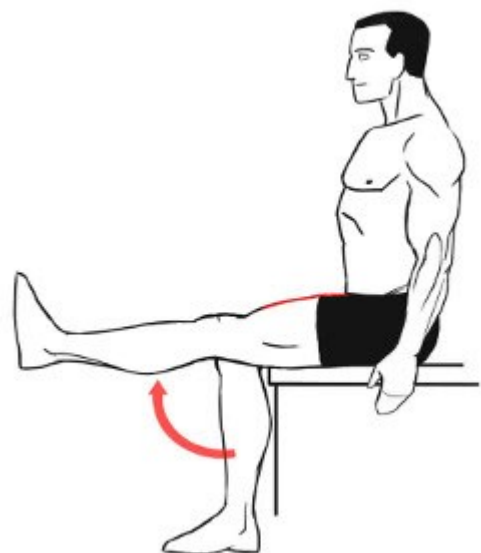
Straight Leg Raise (SLR)

Lift Left Leg in front of you,

Keep the knee straight,

Draw the toes towards you and push the knee down hard

Hold for ten seconds. Repeat ten times.



Seated Lower limb Exercises

Reaching up Marching

Both arms above head

Swing arm downwards (punching ceiling)

Repeat 20 times

(Make harder by marching opposite leg at same time.)



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Reach to floor

Reach to floor between legs

Slow return to normal seated position (check pt not dizzy)

Repeat to reach left and right side of floor.

Check patient not feeling dizzy/faint)

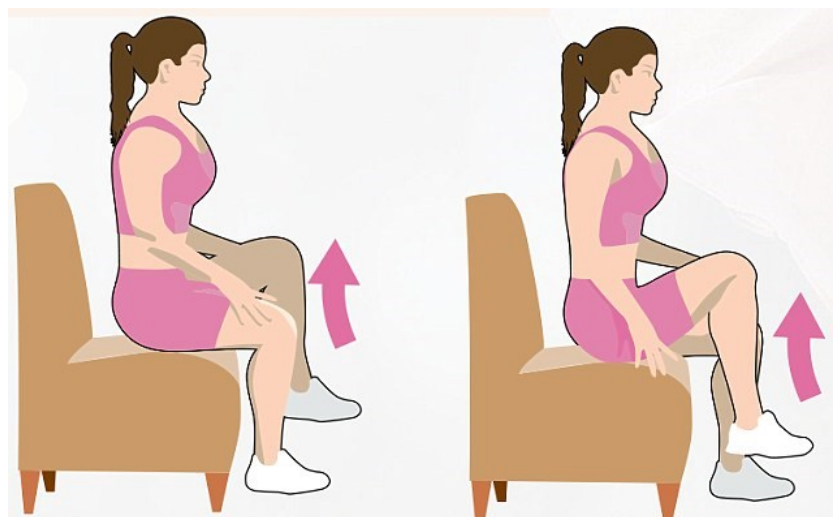


Seated Marching

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Start marching feet up and down for 3 mins.

Can make harder by changing pace.



Seated Lower limb Exercises

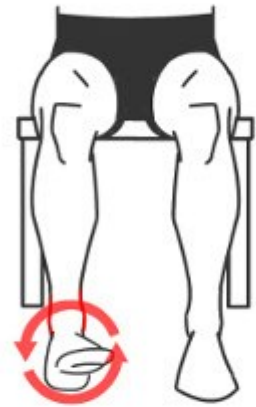
Ankle Rotations

Lift left leg in front of you

(rest it on the other leg if it is easier)

Make a circle with the foot for 1 min

Repeat on right leg.



Lower back stretch

Sitting comfortably

Arch hunch back forward and feel stretch

Hold few seconds then arch back into extension

Repeat 5 times



Stretching upwards

Reach both arms above head and stretch towards ceiling

Breath out and relax arms back to side

Repeat stretch 20 times.

