

Personal exercise program



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Stand straight.

Lift your leg with your knee straight. Keep your balance.

Hold 10 sec.

Repeat 3 times.

Progressions:

Try to hold for as long as you brush your teeth

Try to bend your knee and keep your balance

Try to shut your eyes (making sure there is nothing around you)



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Stand leaning with your back against a wall and your feet as far away from the wall as possible.

Slowly slide down the wall until your hips and knees are at right angles. Return to starting position.

Repeat 10 times.

Progressions:

Try to hold for 5 seconds at the bottom of the squat

Try to complete away from the wall (don't let your knees go over your toes)

Try to jump up when you reach the top of the squat



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Stand.

March in place for 30 secs.

Progressions:

Try to march around your whole garden

Try to march around your whole house



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Stretching High

Stand tall and make big circles with your arms feeling a stretch

Make 5 circles forwards.

Make 5 circles backwards

Progression

Try to complete one arm going forward and one arm going backward and swap



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Bridge

Lie on your back, with your legs bent.

Activate your trunk and buttocks. Straighten your hips and hold for 5 seconds.

Repeat 10 times

Progression:

Straighten one leg and hold (as shown). Lower your leg back onto the floor and return to the starting position in a controlled manner.
