

Physiotherapist **Richard Game** from local clinic Physio on the River, has worked with the **FiSH** team to put together these chair-based exercises to help you stay active at home.

## 1. SIT TO STAND



Sit on a chair placed against a wall to prevent it from moving.

Fold your arms across your chest.

With your feet slightly apart, lean forward so your shoulders are over your feet and stand up fully.

Slowly return to sitting.

## 2. ACTIVE TRUNK ROTATION



Sit up straight.

Cross your arms on your chest.

Slowly twist your trunk to one side.

Slowly return to the neutral position and repeat on the other side.

## 3. BRUGGER EXERCISE



Sit on a chair with your arms relaxed on your sides.

Rotate your arms in order to point your thumbs backward and to open the chest.

Squeeze your shoulder blades together, keep your chin tucked and hold this position for 30-40 seconds then relax.

## 4. KNEE EXTENSION



Sit on a chair with your back straight.

Fully extend one leg then lower it down and repeat with other leg.

## 5. SEATED HIP FLEXION



Start by sitting upright in a chair without leaning on the backrest.

Contract your transverse abdominis muscle. Slowly raise your right leg up, then return to the start position.

Raise the left leg up, and return. Continue alternating 4-5 times.

## 6. SEATED HIP FLEX./ABD.



Sit on a chair with your back straight.

Stretch left knee out in front. Keeping the leg straight and pelvis stable, move the leg out then flex the knee to lower the foot on the floor.

Reverse the movement to bring the foot back to the centre and repeat.

## 7. KNEE FLEXION/ EXTENSION



Sit up straight in a chair with your feet comfortably apart, and a towel under one foot.

Using your foot, slide the towel under the chair by bending your knee as far as you can.

Then, push the towel forward as far as you can by straightening your knee. Repeat.

## 8. SHOULDER FLEXION



Sit in a chair with your palms facing each other and lift your arms up to reach overhead while taking a deep breath in.

Lower your arms as you exhale.

If space is insufficient, bend your elbows.