



**University
Hospitals Sussex**
NHS Foundation Trust

Standing exercises

Physiotherapy

Patient information

What is this information about?

This information is to guide you on how to do exercises to help increase and maintain your movement and strength.

Why have I been given this information?

Your physiotherapist has provided you these exercises to help your symptoms and prevent deconditioning. If you have any questions, you can ask the physiotherapist on your ward for advice.

1. Marching on the spot

1. Stand holding onto a **stable surface (a surface that is strong and will not wobble or slide)**.
2. March on the spot, lift one leg up as far as is comfortable.
3. Repeat slowly with your other leg and continue to march slowly.



Marching on the spot

2. Move your leg out to the side

1. Stand holding onto a stable surface. Look straight ahead.
2. Raise one leg sideways and try to keep your back straight.
3. Then slowly return your foot to the ground.
4. Then repeat this sequence with your other leg.



Moving your leg side to side

3. Move your leg backwards behind you

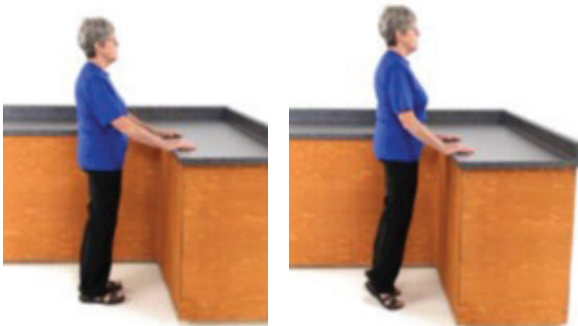
1. Stand holding onto a stable surface.
2. Lift your leg up behind you keeping it straight.
3. Try not to lean forwards. Look straight ahead.
4. Then repeat this sequence with your other leg.



Moving your leg backwards

4. Heel raises

1. Stand holding onto a stable surface.
2. Lift your heels up so you are standing on your toes.
3. Slowly lower down so that your feet are flat on the floor.
Then repeat.



Heel raises

5. Mini squat

1. Stand holding onto a stable surface.
2. Bend your knees as if you are going to sit down onto a chair.
3. Go as low as is comfortable.
4. Stand back up.



Mini squat

6. Sit to stand

1. Sitting in a chair, lean forwards and stand up tall.
2. Use your hands to push up if you need to.
3. Then sit back down at a controlled speed.



Sit to stand exercise

Who can I ask if I need any further information about doing these exercises?

Please ask a member of the ward therapy team.

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This leaflet is intended for patients receiving care in Worthing.

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