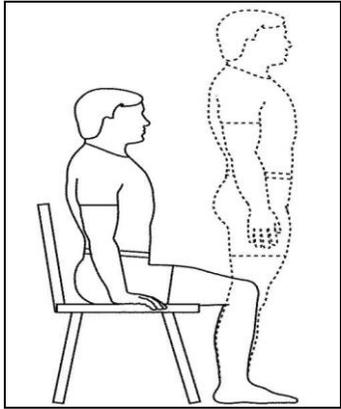


Sit to Stand



Using your hands for support, stand up from your chair.

Hold your standing position then sit back down.

Repeat this movement, ensuring it is slow and controlled.

Reps: 10-20 Sets: 2

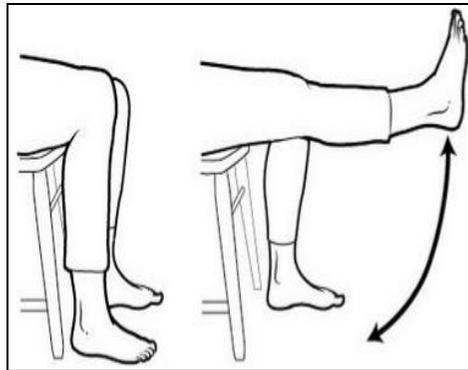
With your feet placed on the floor.

Straighten one of your legs and hold for 3 seconds.

Place your foot back on the floor. Repeat on both legs.

Reps: 10 Sets: 2

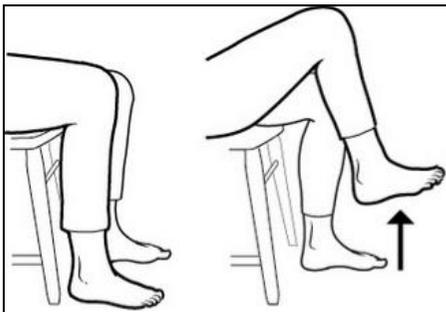
Knee extensions



In sitting, with your feet on the floor - lift alternate feet off the floor as if you were marching.

Time: 3 minutes Sets: 3

Chair marching



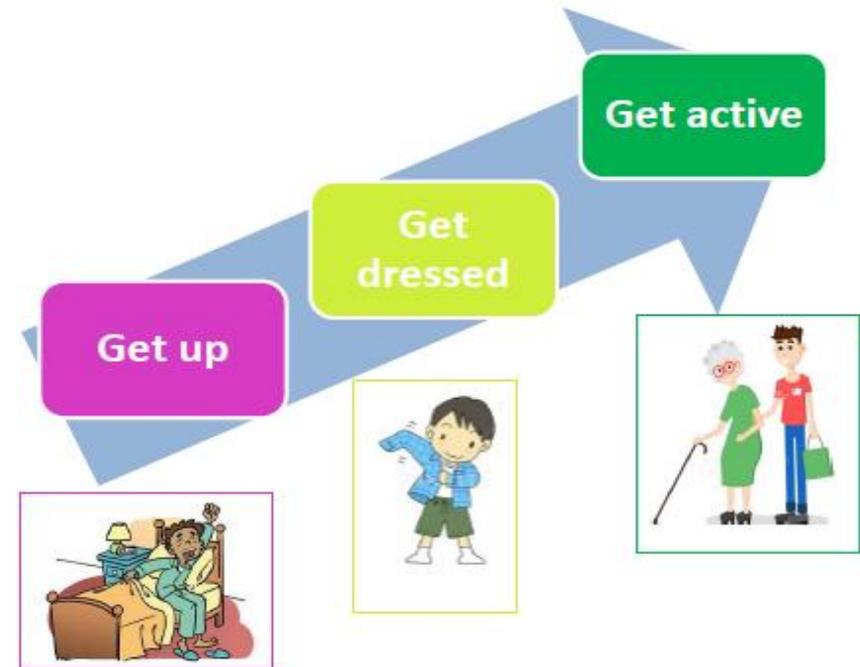
Physiotherapy
Department

ST. JAMES'S
HOSPITAL

James's, St. Dublin 8, Ireland.



Exercise advice while cocooning



Being active helps you recover quicker.

Any questions? Contact SJH physiotherapy on 01 416 2503 or 2504

Let's get Moving!

- Whilst cocooning at home, it is encouraged that you to get out of bed, get dressed and get active, as able.
- Being active within the home can help to maintain your strength and fitness.

What can I do?

Get up

Get up - Try to get out of bed at your usual time each morning.

Get dressed

Get dressed – Try to make sure you get out of pyjamas and dressed each morning.

Get active

Get Moving - Start with your chair exercises and walking around your house and/or garden.

How much?

- It is important to monitor your breathlessness when you exercise. You should exercise at a level whereby you are slightly out of breath but still able to talk.
- Do the exercises in the booklet twice or three times per day. You can add in more reps to make them harder or less to make them easier.
- If you have access to the internet, Siel-Bleu provide daily exercise classes on their Youtube channel.
- Walking is one of the best forms of exercise. Follow government announcements to see when you can start to exercise outside your home safely in accordance with government restrictions.

What exercises can I do at home?

Bicep Curls



With your arms by your side and a weight in your hand e.g. a bottle of water, bend your elbow, bringing your hand to your shoulder.

Slowly straighten your arm back down. Repeat on the other side.

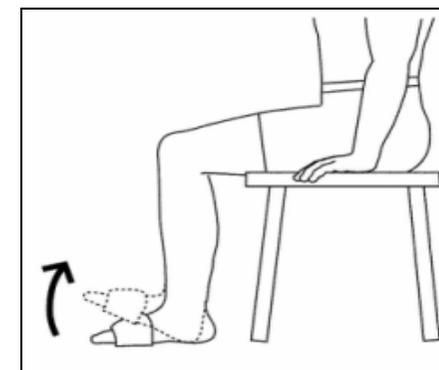
Reps: 10 Sets: 2

With your feet placed on the floor. Lift up 1 foot keeping your heel on the floor. Hold then place your foot back on the floor.

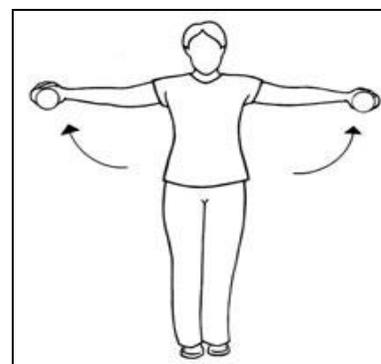
Repeat with the other side.

Reps: 10 Sets: 2

Toe Taps



Lifting arms to sides



With your arms down by your side holding a weight or bottle of water, lift your arms up to the side to shoulder height.

Hold, then slowly lower them back by your side.

Reps: 10 Sets: 2

