

Physiotherapy Department

Patientline exercise programme

The following exercises are one of a series of four programs recommended during your stay at Addenbrooke's Hospital. It complements the exercises available to view on your Patientline monitor. You are advised to consult your ward physiotherapist before starting these exercises.

4. Seated exercises

a) Static quadriceps

In sitting, ensure you are well positioned in the chair, with a straight back and your body facing forwards. Extend one leg, straightening the knee and allowing the foot to rise off the ground, aiming for it to become horizontal with your knee. Hold this position for three seconds then relax it down. If lifting the foot off the ground is too difficult, extend the knee and pull your foot up towards you. In both variations you can place your hand on your thigh to feel your thigh muscle tighten and see your knee cap move upwards, with tension at the thigh muscle.

b) Resisted abduction/adduction

Check your posture as above. With your knees at right angles, place your hands between your knees; squeeze your knees together into your hands. If it's not possible to use your hands, a pillow or rolled up towel or blanket would also work. Hold for three seconds then relax. Replace your hands on the outside of your knees and this time try to push your knees apart, resisting the movement with your hands. Hold for three seconds then relax.

c) Ankle dorsiflexion/plantarflexion

Ensure you are sitting with a good posture, then extend your knee out as comfortable. With the heel resting on or above the floor, pull your toes up towards you then point them away. Alternatively you can draw circles with your feet.

d) Marking time

In a good sitting posture, with your legs relaxed, tap your toes on the ground. Having done this, repeat this time with your heels.

e) Marching on the spot

Continue sitting with a good posture. Lift alternate feet from the floor 'marching' in your chair. Ensure that you are sitting upright, not leaning backwards, and that your arms are relaxed.

f) Trunk rotation

In sitting as above, cross your arms over your chest then turn your upper body to one side. Ensure you keep your head inline with your body and your hips facing forward. Return to the middle then repeat to the opposite side.

g) Sit to stand

If you are able to place weight through your feet, practising sit to stand is a good exercise. Bring your back away from the chair, move yourself forwards in the chair, ensure feet are appropriately positioned then, pushing through your hands if you need to, rise to a stand. Ensure you have gained your balance before returning to sitting in a controlled manner. Before sitting, check your chair is behind you, reach back with one or both hands and sit down.

This project was developed by Caroline Stoneham, Senior Physiotherapist, from an original idea conceived by Duncan Forsyth, Consultant Geriatrician, and has been supported by a grant from Addenbrooke's Charitable Trust (ACT).



Addenbrooke's is smoke-free. You cannot smoke on site. For advice on quitting, contact your GP or the NHS smoking helpline free, 0800 169 0 169

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Cantonese

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Bengali

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Contact number	01223 245151
Published	December 2008
Review date	December 2010
File name	Patientline_seated_exercises.doc
Version number	1
Ref	PIN1820