



Monday

LOWER LIMB STRENGTH

Try to complete these exercises at least twice throughout the day to assist in maintaining or improving lower limb strength

#1. SIT TO STANDS



Instructions: Try and find a chair with a firm seated surface and arm rests. If required, push-up from the arm rests. For an extra challenge, push with 1 hand or no hands. Place a walker or seat in front for safety.

Guide: 2 x 10 efforts (up and down) or continuously for 30-60 seconds

#2. HEEL RAISES



Instructions: Place a walker/chair in front and a chair behind. In standing, slowly raise your heels off of the floor so you're standing on your toes. Use the walker/chair for support. Hold for a few seconds on your toes and then repeat.

Guide: 2 x 10 efforts (up and down) or continuously for 30-60 seconds

#3. HIP/KNEE FLEXION (LIFTS)



Instructions: Place a walker/chair in front and a chair behind. In standing, slowly raise your knee up as high as you can. Use the walker/chair for support. Hold for a few seconds and then repeat.

Guide: 2 x 10 efforts (up and down) on each leg or continuously for 30-60 seconds

If you start to feel unwell, dizzy, short of breath, experience chest pain or other pain - STOP - and press your call button.

You can find the full instructional videos at:
guidehealthcare.com.au/get-up-guide



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| | Sit to Stands | Heel Raises | Hip/Knee Flexion (Lifts) |
|--------|----------------|----------------|--------------------------|
| Week 1 | Sets: Reps: | Sets: Reps: | Sets: Reps: |
| Week 2 | Sets: Reps: | Sets: Reps: | Sets: Reps: |
| Week 3 | Sets: Reps: | Sets: Reps: | Sets: Reps: |
| Week 4 | Sets: Reps: | Sets: Reps: | Sets: Reps: |
| Week 5 | Sets: Reps: | Sets: Reps: | Sets: Reps: |
| Week 6 | Sets: Reps: | Sets: Reps: | Sets: Reps: |
| Week 7 | Sets: Reps: | Sets: Reps: | Sets: Reps: |
| Week 8 | Sets: Reps: | Sets: Reps: | Sets: Reps: |

Don't forget to join us each Thursday at 11am for our live physiotherapist run exercise session on zoom.com. Simply download the zoom app on your phone, tablet or computer and use the

Meeting ID: 271-996-719