

Seated Exercises

If you are able, do these exercises 3 times each day while sitting in a chair or on the side of your bed:

- Straighten your leg and tighten (flex) the muscle on the front of your thigh.
- Keep the back of your leg on the chair.
- Hold for 5 seconds.
- Then slowly lower your foot to the floor.
- Repeat 10 times with each leg, if you can.

Leg raises



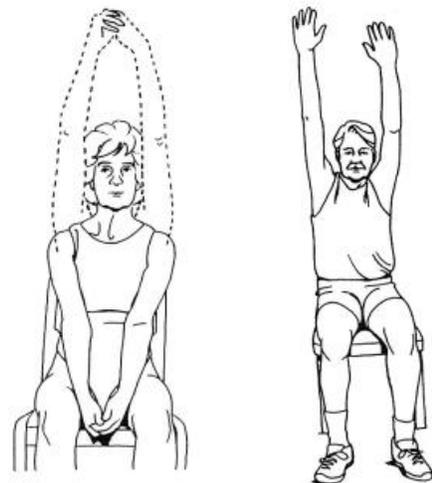
- Lift, then lower your knee.
- Repeat 10 times with each leg, if able.

Knee raises



- Reach both arms up in the air as far as you can.
- Try to keep your shoulders down.
- Then lower your arms.
- Repeat 10 times, if you can.

Arm raises



Prepared by: Physiotherapy

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To be reviewed April 2028 or sooner, if needed.

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