

Active Wait

Foundation Exercise Programme

Bed and Chair Exercises

Introduction

Active Wait has provided a tailor made, follow-along strength exercise programme to help you be strong and move well, so you are in the best position to have a successful recovery from surgery. For the best results you should aim to do the strength exercise routine at least 2 to 3 times a week. If you are not able to do this, then do as much as you can. It is important to do strength exercises now, do not wait until you have an operation date.

This foundation programme is for people who struggle to put weight through their legs or cannot weight-bear. These exercises are performed either on a bed or a chair to give you plenty of support.

The programme has 3 stages. Stage 1 runs between Weeks 1 to 4, Stage 2 runs between Weeks 5 to 8, and Stage 3 runs between Weeks 9 to 12. Each stage gets a little bit harder than before, which enables you to develop your strength more effectively.

What can I expect to feel when exercising?

You may hear clicking or crunching sounds in your joints when you begin to exercise but there is no damage being caused to the joint and it is safe to continue to move even if you do hear these noises.

When starting with the strength exercises, take it slow and listen to how your body feels. Be aware that it can take some time for your body to get used to the new exercises so if there is pain to start with, stop and try again another day. It is also normal to feel sore and stiff the day following on from exercising but this is a sign that the exercises are working efficiently.

If you get any of the following pain that is new sharp, stabbing or constant, causes a new limp, lasts more than 2 hours after exercise or gets worse at night, does not get better with rest or cold/hot pack, take some time to recover and start again with some easier exercises.

Guidance on performing the exercises

Below is recommended guidance of how you can perform your exercises. Although it is encouraged to follow the guidance, only exercise to what your symptoms will allow.

- Aim to complete a strength session 2 to 3 times a week to get the best results.
- Aim to complete each exercise within the session twice.
- Try to perform many repetitions of each exercise where you can feel the muscles working and tiring.
- Take as much time as you need in between each exercise for rest so you can perform the next exercise well.

When following your programme take notes of how many times you perform each exercise with the number of repetitions and see if you can do more the next time. Even one more repetition from the time before is a good achievement and progression.

Stage 1- Weeks 1 to 4

Bottom Squeeze



1. Start by lying flat on your back.
2. Squeeze your buttocks together firmly.
3. Hold for 6 seconds and rest.
4. Repeat.

	Number of times performed exercise	Number of repetitions
Week 1		
Week 2		
Week 3		
Week 4		

Supported Leg Extension



1. Sit up or lay down in bed.
2. Have your knee at a slight bend by placing a rolled-up towel under the knee.
3. Straighten the leg but keep the back of the knee on the towel.
4. Hold for 5 seconds, rest and repeat.

	Number of times performed exercise	Number of repetitions
Week 1		
Week 2		
Week 3		
Week 4		

Leg Raise



1. Start by lying flat on your back.
2. Aim to straighten the leg by tensing your thigh muscle.
3. Lift your leg in the air while trying to keep your leg straight.
4. Slowly lower back down.
5. Rest and repeat.

	Number of times performed exercise	Number of repetitions
Week 1		
Week 2		
Week 3		
Week 4		

Sideways Leg Slides



1. Lie on your back with legs together and straight.
2. Slide the leg away from the other leg towards the edge of the bed, as far as your hip will allow.
3. Return slowly to starting position, rest and repeat.

	Number of times performed exercise	Number of repetitions
Week 1		
Week 2		
Week 3		
Week 4		

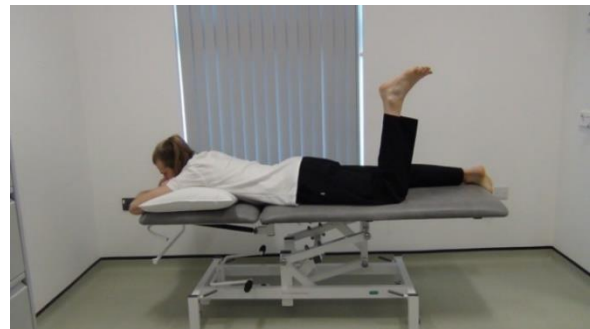
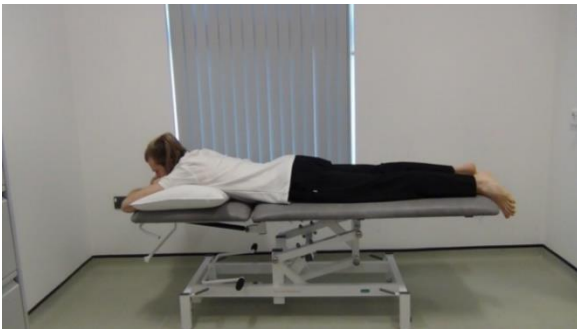
Backwards Leg Lift



1. Start by lying on your front with your leg bent at the knee.
2. Squeeze your buttocks together and try to lift your leg.
3. Hold for a few seconds before lowering back down.
4. Rest and repeat.

	Number of times performed exercise	Number of repetitions
Week 1		
Week 2		
Week 3		
Week 4		

Leg Curl



1. Start by lying on your front.
2. Tense your buttock and bend your knee bringing your leg up to 90 degrees.
3. Hold for a few seconds before lowering back down.
4. Rest and repeat.

	Number of times performed exercise	Number of repetitions
Week 1		
Week 2		
Week 3		
Week 4		

Knee Bends



1. Start by laying on your back.
2. Slide your heel towards your bottom, bending your knee as much as you can.
3. Slowly straighten your leg again.
4. Rest and then repeat.

	Number of times performed exercise	Number of repetitions
Week 1		
Week 2		
Week 3		
Week 4		

Stage 2- Weeks 5 to 8

Sideways Leg Lift



1. Lie on your side with one leg on top of the other.
2. Push your bum forward by squeezing your buttocks.
3. Raise your top leg upwards.
4. Hold for a few seconds before lowering your leg back down.
5. Rest and repeat.

	Number of times performed exercise	Number of repetitions
Week 5		
Week 6		
Week 7		
Week 8		

Bent Leg Lift



1. Start by laying on your back with one leg straight and the other with the knee bent at a right angle.
2. Lift the knee to the chest maintaining your knees right angle position as far as you can.
3. Hold for a few seconds and slowly return to the starting position.
4. Rest and repeat.

	Number of times performed exercise	Number of repetitions
Week 5		
Week 6		
Week 7		
Week 8		

Backwards Leg Lift



1. Start by lying on your front with your leg bent at the knee.
2. Squeeze your buttocks together and try to lift your leg.
3. Hold for a few seconds before lowering back down.
4. Rest and repeat.

	Number of times performed exercise	Number of repetitions
Week 5		
Week 6		
Week 7		
Week 8		

Knee Raise



1. Sit upright on a chair with good posture.
2. Lift knees up and down as if marching up the stairs.
3. Rest and repeat.

	Number of times performed exercise	Number of repetitions
Week 5		
Week 6		
Week 7		
Week 8		

Leg Push and Pull



1. Sit upright on a chair with good posture.
2. Cross one foot over the other.
3. Push and pull your feet together so you feel your leg muscles working.
4. Hold for a few seconds.
5. Rest and repeat.

	Number of times performed exercise	Number of repetitions
Week 5		
Week 6		
Week 7		
Week 8		

Heel Raises



1. Sit upright on a chair with good posture.
2. Begin by lifting your toes with your heels grounded.
3. Roll your feet so your heels are lifted, and your toes are grounded.
4. Hold for a few seconds before lowering your heels and lifting your toes again.

	Number of times performed exercise	Number of repetitions
Week 5		
Week 6		
Week 7		
Week 8		

Leg Stretch



1. Sit upright on a chair with another stool/chair out in front of you.
2. Place your foot on the edge of the stool/chair with your knee as straight as you can.
3. Hold that position to feel a stretch.

	Number of times performed exercise	Number of repetitions
Week 5		
Week 6		
Week 7		
Week 8		

Stage 3- Weeks 9 to 12

Sideward Leg Lift



1. Sit upright on a chair with good posture.
2. Have your feet out in front of you with your legs as straight as you can.
3. Lift one leg slightly off the floor and bring it out to the side.
4. Hold for a brief second and return your foot back to the start position.

	Number of times performed exercise	Number of repetitions
Week 9		
Week 10		
Week 11		
Week 12		

Leg Extension



1. Sit upright on a chair with good posture.
2. Lift and straighten your leg by tensing your thigh muscles.
3. Hold for a few seconds before flexing the knee back to the start position.

	Number of times performed exercise	Number of repetitions
Week 9		
Week 10		
Week 11		
Week 12		

Heel Raises



1. Sit upright on a chair with good posture.
2. Begin by lifting your toes with your heels grounded.
3. Roll your feet so your heels are lifted, and your toes are grounded.
4. Hold for a few seconds before lowering your heels and lifting your toes again.

	Number of times performed exercise	Number of repetitions
Week 9		
Week 10		
Week 11		
Week 12		

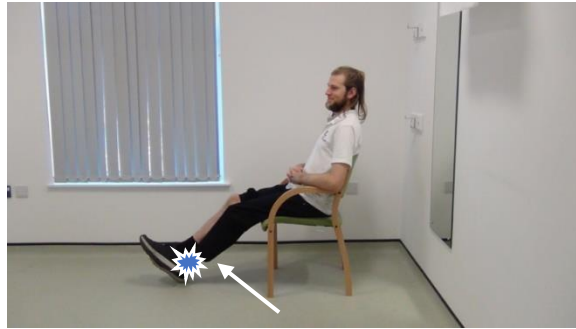
Knee Squeeze



1. Sit upright on a chair with good posture.
2. Place a pillow/cushion between your knees.
3. Squeeze your knees together against the pillow and hold for 3 seconds.
4. Rest and repeat.

	Number of times performed exercise	Number of repetitions
Week 9		
Week 10		
Week 11		
Week 12		

Leg Push and Pull



1. Sit upright on a chair with good posture.
2. Cross one foot over the other.
3. Push and pull your feet together so you feel your leg muscles working.
4. Hold for a few seconds.
5. Rest and repeat.

	Number of times performed exercise	Number of repetitions
Week 9		
Week 10		
Week 11		
Week 12		

Leg Stretch



1. Sit upright on a chair with another stool/chair out in front of you.
2. Place your foot on the edge of the stool/chair with your knee as straight as you can.
3. Hold that position to feel a stretch.

	Number of times performed exercise	Number of repetitions
Week 9		
Week 10		
Week 11		
Week 12		