

Active Wait

Intermediate Exercise Programme

Chair and Standing 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 intermediate programme is for people who struggle to put weight through their legs but can partially weight-bear. These exercises are performed either on a chair or standing with the support of 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

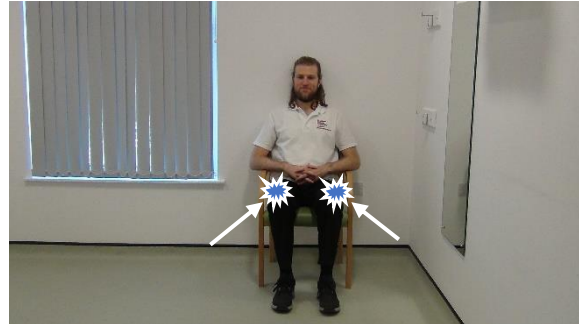
Below is recommended guidance of how you can perform your exercises. Although it is encouraged to follow the guidance, only exercise to what your symptoms will allow.

- 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. Sit on a chair with good posture.
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		

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 1		
Week 2		
Week 3		
Week 4		

Sideways 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 1		
Week 2		
Week 3		
Week 4		

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 1		
Week 2		
Week 3		
Week 4		

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 1		
Week 2		
Week 3		
Week 4		

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.

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

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 1		
Week 2		
Week 3		
Week 4		

Stage 2- Weeks 5 to 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		

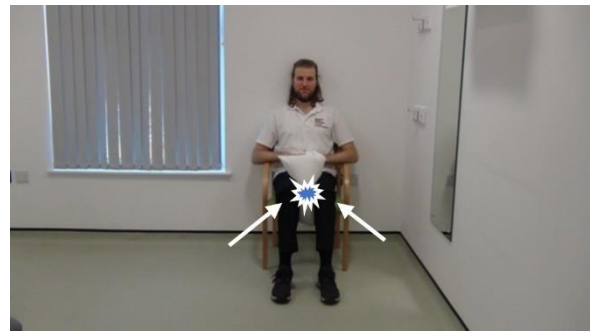
Leg Extension



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 5		
Week 6		
Week 7		
Week 8		

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 5		
Week 6		
Week 7		
Week 8		

Leg Curl



1. Stand straight holding to a chair for support.
2. Tone the muscles in the back of your thigh and slowly bend your knee bringing your heel towards your buttocks.
3. Slowly bring your foot back to the ground.
4. Rest and repeat.

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

Sideward Leg Lift



1. Stand straight holding to a chair for support.
2. Keeping your knees straight, toes pointed, back straight and looking forward, slowly bring your leg out to the side of your body.
3. 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		

Heel Raises



1. Stand straight holding to a chair for support.
2. Tense your calves and slowly raise your heels to stand up onto your toes.
3. Slowly lower back down with control.
4. Rest and repeat.

	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

Knee Raise



1. Stand straight holding to a chair for support.
2. Slowly raise one knee off the ground, maintaining balance.
3. Hold for 3 seconds and then lower the leg to return to starting position.
4. Rest and repeat.

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

Backwards Leg Lift



1. Stand with legs shoulder width apart and hold to a chair for support.
2. Keeping your knees straight and toes pointed, slowly bring your leg backwards, whilst maintaining a straight back and looking forward.
3. Rest and repeat.

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

Sideward Leg Lift



1. Stand straight holding to a chair for support.
2. Keeping your knees straight, toes pointed, back straight and looking forward, slowly bring your leg out to the side of your body.
3. Slowly return to the starting position.
4. Rest and repeat.

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

Sit to Stand



1. Start by sitting on a chair with your arms crossed and your hands across your chest.
2. Stand up out of the chair with your hands still crossed using only your legs to get up.
3. Slowly lower yourself back down.
4. Rest and repeat.

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

Leg Curl



1. Stand straight holding to a chair for support.
2. Tone the muscles in the back of your thigh and slowly bend your knee bringing your heel towards your buttocks.
3. Slowly bring your foot back to the ground.
4. Rest and repeat.

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

Heel Raises



1. Stand straight holding to a chair for support.
2. Tense your calves and slowly raise your heels to stand up onto your toes.
3. Slowly lower back down with control.
4. Rest and repeat.

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

Hamstring Stretch



1. Stand up with something near you to support your balance.
2. Bring one of your legs out straight in front of you.
3. Bend your back knee and lower your hips, keeping your front leg straight you should feel a stretch in the back of your straight leg.
4. Hold for 10 to 20 seconds before returning to starting position.

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