

Active Wait

Advanced Exercise Programme

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 advanced programme is for people who are able to put weight through their legs and have good balance.

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

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 1		
Week 2		
Week 3		
Week 4		

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 1		
Week 2		
Week 3		
Week 4		

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 1		
Week 2		
Week 3		
Week 4		

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 1		
Week 2		
Week 3		
Week 4		

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 1		
Week 2		
Week 3		
Week 4		

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 1		
Week 2		
Week 3		
Week 4		

Thigh Stretch



1. Stand up with something near you to support your balance.
2. Bend one your knees to bring your heel up to your buttocks.
3. Hold onto your foot to feel the stretch in your thigh muscles.
4. If you cannot reach your foot, hold onto the back of your trouser cuff, or use a band around your ankle to hold onto.
5. Rest and repeat for the opposite leg.

	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. 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 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		

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 5		
Week 6		
Week 7		
Week 8		

Single Leg Balance



1. Stand up straight with something near you to support your balance if you need to.
2. Lift your leg to put all your weight through one leg.
3. Balance on one leg for 15 to 30 seconds.
4. Rest and repeat.

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

Lunge



1. Stand up straight with something near you to support your balance if you need to.
2. Take a large step forward.
3. Bend your knees, lowering your hips down while keeping your chest up.
4. Push back on the forward leg to return to a standing position.
5. 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		

Thigh Stretch



1. Stand up with something near you to support your balance.
2. Bend one your knees to bring your heel up to your buttocks.
3. Hold onto your foot to feel the stretch in your thigh muscles.
4. If you cannot reach your foot, hold onto the back of your trouser cuff, or use a band around your ankle to hold onto.
5. Rest and repeat for the opposite leg.

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

Stage 3- Weeks 9 to 12

Squats



1. Stand with your legs shoulder width.
2. Drop down into a squat position, keeping your chest up.
3. Control the movement and push back up to the start position.
4. 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		

Single Leg Balance



1. Stand up straight with something near you to support your balance if you need to.
2. Lift your leg to put all your weight through one leg.
3. Balance on one leg for 15 to 30 seconds.
4. Rest and repeat.

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

Lunge



1. Stand up straight with something near you to support your balance if you need to.
2. Take a large step forward.
3. Bend your knees, lowering your hips down while keeping your chest up.
4. Push back on the forward leg to return to a standing position.
5. Rest and repeat.

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

Step Ups



1. Stand in front of a step.
2. Step onto and push up on the step with both feet.
3. Step back off the step and lower down back to the start position.

	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		