



## Keeping active whilst in hospital

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When you come into hospital you may feel weaker than usual and may find that your usual everyday tasks feel very challenging and tiring.

If you are able to; moving more can help you to maintain your independence and reduce your risk of developing further medical problems.

The following pages include some exercises that can be carried out whilst you are in bed, sitting in the chair or supported standing during your hospital stay

You will need to tell the ward staff and/ or therapy team if you have any restrictions (anything which affects your ability to move around) or limitations that prevent you from doing the exercises so they can advise you further and they may refer to the physiotherapist for further advice as appropriate.

## Bed- Based Exercises

### General Advice

Avoid breath holding during activities.

Try to avoid rushing.

Complete exercises up to 10 repetitions at a time. Make it harder by increasing repetitions/ adding weights as you feel safe and comfortable.

### **How much should I do?**

Ideally try to practise these exercises every day. You don't have to do them all at once, you may prefer to practise in smaller 'bite-size' chunks through the day.

### **How do I know when to stop?**

It is normal to experience some muscle soreness after doing a new activity. It should settle as you get used to doing the exercises however signs to stop exercising and discuss with the ward and palliative care team are if your symptoms are; worsening, dizziness, sickness, blacking out, chest pain, excessive shortness of breath or excessive tiredness.



#### **Breathing exercises:**

In a position of comfort, with hand on stomach.

Take a slow, deep breath.

Repeat up to 5 times.

Lie on your back.

Bend and straighten your ankles.

Repeat 5-10 times.



Lie on your bed, with legs straight.

Bend your knee by sliding your heel towards your bottom and return to the starting position.

Repeat 5-10 times on each leg.



Lie on your bed, with one leg straight.

Pull your toes up towards you, tighten your thigh muscles and push the back of your knee into the bed

If you are able, then lift your heel slightly off the bed.

Repeat 5-10 times on each leg.



### Chair- Based exercises



Lift your heels and then lift your toes.

Repeat 5-10 times on each leg.





Bend your ankle and straighten your knee using your front thigh muscles.

In a controlled manner, return to the starting position.

Repeat 5-10 times each side.



Lift your leg up off the seat keeping the knee bent.

Return to starting position.

Repeat up 5-10 times each side.





Bend your elbow as far up as possible.

Slowly return to starting position.

Repeat 5-10 times on each side.

#### **Progressions**

If you are able you could add a small weight.

To progress further: lift your arm above your head.



Sit at the front of the chair with your feet on the floor.

Bring your chest forwards and stand up, using your arms if needed.

When sitting down, reach back for the arms of the chair and gently lower yourself to sitting.

Repeat 5-10 times.

## Standing Exercises

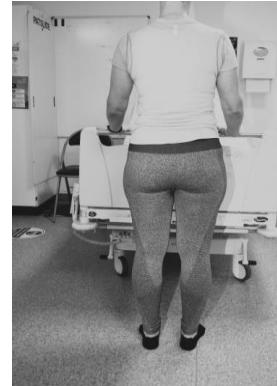


Standing tall with your hands resting on a stable surface.

Lift knee gently forwards and upwards (as if marching)

Return to resting position.

Repeat 5- 10 times each side.



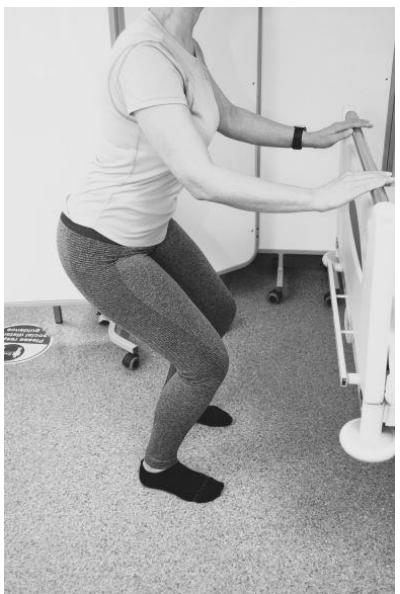
Standing tall with your hands resting on a stable surface.

Lift one leg out sideways a small distance.

Hold for a count of 5, then gently lower back down.

Repeat 5-10 times each side.

You can also repeat taking your leg backwards from starting position.



Standing tall with your hands resting on a stable surface.

Bend your knees in a controlled manner, as far as you feel comfortable.

Keep your body upright and heels on the floor.

Hold for 5 seconds and return to standing up tall.

Repeat 5-10 times.

**Further information:**