

The following are a few exercises which you can do sitting in your armchair.

You will have worked through them all with the physiotherapist.

How to start:

- Sit well in your chair, bottom back in the seat and your feet flat on the floor.
- Make sure you are comfortable.
- You might like to listen to some music or watch the television.

How to start:

- Build up the number of times you repeat the exercise over the next few weeks.
- Try and do the exercises daily, or more often if you have been advised.

If you require this document in an alternative format, please contact the Marketing and Communications Team at marcomms@ashgatehospicecare.org.uk or speak to a member of the team.

Contact...

Ashgate Hospicecare, Ashgate Road, Old Brampton,
Chesterfield, Derbyshire S42 7JD

T: 01246 565026

E: info@ashgatehospicecare.org.uk

www.ashgatehospicecare.org.uk



Armchair exercises



Exercise can help to:

- Improve your circulation.
- Keep your joints moving- easing stiffness and joint pain.
- Keep your muscles strong and help your balance.
- Increase your stamina.
- Elevate your mood and improve your concentration.
- Reduce your stress levels.

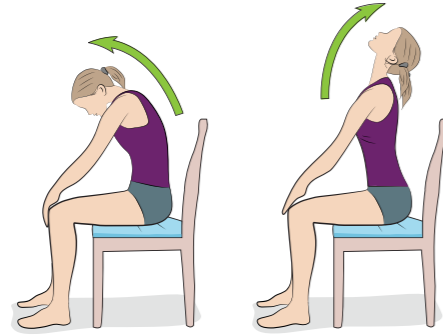
Always remember you are in control.

If anything causes pain, or makes you dizzy or breathless, Stop.

01

Slowly lift your head and look up to the ceiling - then lower chin down on to chest.

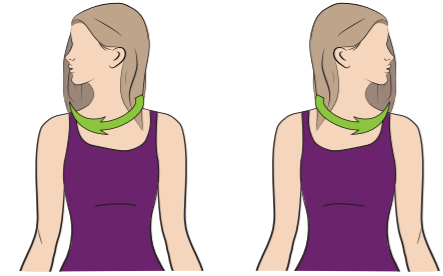
Repeat five times



02

Keeping shoulders level, turn your head slowly to look over right shoulder and then slowly look over your left shoulder.

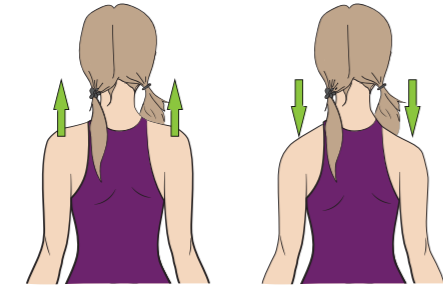
Repeat five times



03

Shrug (lift) your shoulders up towards your ears and let go.

Repeat five times



Try not to sit for too long at any one time. Have fun. You are in control. If you have any concerns, please discuss with the physiotherapist.

03

04

Roll your shoulders round in a large, loose circle.

Repeat five times



05

Place your hands on your shoulders. Slowly stretch one hand up in the air and then lower. Then do the same with the other hand.

Repeat five times

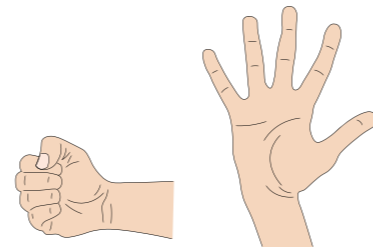


You might like a rest now or take a few deep breaths. (See no. 14)

06

Make a tight fist then stretch your fingers.

Repeat five times



04

07

Put your hands on your shoulders and stretch your arms in front of you one at a time, making sure the elbows are straight and your hands are stretched forward to.

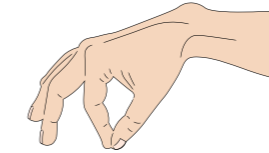
Repeat five times



08

Make your thumb and first finger ends touch. Work through each finger in turn and back again.

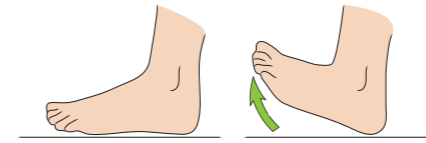
Repeat five times



09

Put your feet flat on the floor and then lift toes.

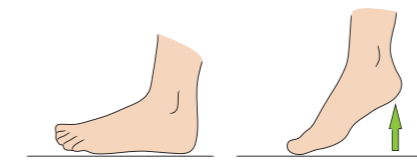
Repeat five times



10

Put your feet flat on the floor then lift heels.

Repeat five times

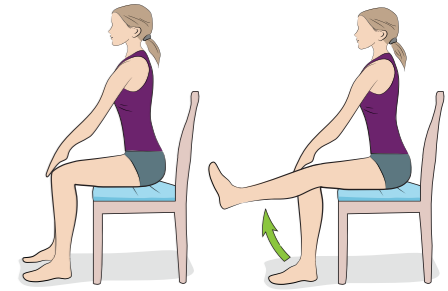


05

11

Lift one foot off the floor until your knee is straight - hold for the count of five and lower your foot slowly to the floor.

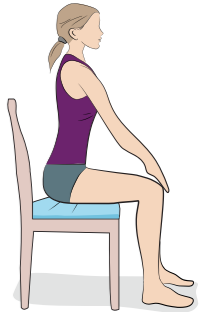
Build up to doing 3-5 times on each leg a couple of times a day.



12

Squeeze your bottom muscles together, then release.

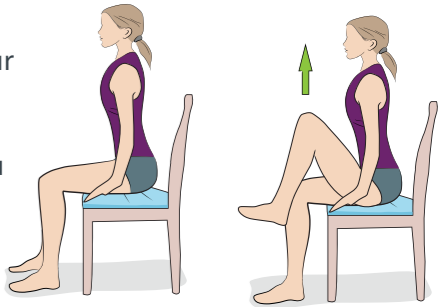
Repeat five times



13

Lift one knee up in the air then lower your foot to the ground. Continue to repeat so you are marching while sitting in the chair. Make the movements as big as you can without causing any discomfort.

Repeat five times



14

Place your hands on lower ribs and take three slow deep breaths.

06