

Let's begin!

1 Knee Strengthening

- Sit tall in a chair with your back well supported.
- Straighten your right leg fully and bring your toes up towards you.
- Hold for 5 seconds.
- Lower the leg slowly.
- Repeat up to 10 times - as you are able.

(If you have a 1kg weight at home you could strap this onto your ankle and you will get a greater benefit from this exercise)



2 Arm Strengthening

- Sitting tall.
- Hold a tin securely in each hand.
- Lift one arm over your head at a time.
- Replace onto your lap.
- Repeat up to 10 times - as you are able.



3 Sit to Stand

- Put your chair against the wall.
- Move your bottom forwards in your chair.
- Bring your feet behind your knees.
- Lean forwards bringing your head over your knees.
- Push off with both hands to stand up.
- Step back until you feel the chair against your legs.
- Bend in the middle, reaching back for the arm rests and slowly sit back down.
- Repeat up to 10 times - as you are able.

(When you get good at this exercise you can try to do it using just one hand or no hands to push yourself up)



4

Calf Raises

- Stand tall in front of your kitchen sink or the back of a sturdy chair.
- Hold on with both hands and look ahead.
- Place your feet hip width apart.
- Lift up onto your toes slowly.
- Lower your heels back onto the ground slowly.
- Repeat up to 10 times - as you are able.



5

Toe Raises

- Stand tall in front of your kitchen sink or the back of a sturdy chair.
- Hold on with both hands and look ahead.
- Keep your feet hip width apart.
- Place your weight onto the back of your foot
- Lift your toes and front of your feet off the ground.
- Keep your bottom tucked in.
- Lower your feet back to the ground slowly.
- Repeat up to 10 times - as you are able.



6

Hip Strengthening

- Stand tall in front of your kitchen sink or the back of a sturdy chair.
- Hold on with both hands.
- Keep the exercising leg straight and the foot facing straight forward.
- Lift the leg out to the side slowly.
- Return your leg to the starting position slowly.
- Repeat up to 10 times - as you are able.

(If you have a 1kg weight at home you could strap this onto your ankle and you will get a greater benefit from this exercise)



“ If you feel unwell on any day, don’t push yourself to complete these exercises.”

7

Balance Heel Toe Standing

- Hold onto a sturdy chair or your kitchen sink with two hands and look ahead.
- Place right foot directly in front of the left foot.
- Hold this position for 10 seconds.
- Change feet and hold for 10 seconds.



8

Balance One Leg Stand

- Hold on to heavy chair or kitchen sink with 2 hands and look straight ahead.
- Stand on your right leg.
- Hold for 10 seconds.
- Repeat on the left leg.



Congratulations! You've completed the 8 exercises. Don't forget to go to the front cover and tick the box!

This brochure is brought to you by
HSE PCC Physiotherapy Services Cork
in partnership with

