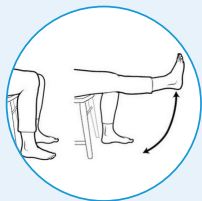


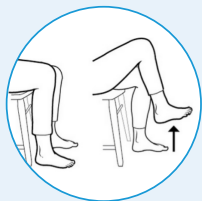
What exercises can I do in Hospital? Cont.



Knee Extension

- With your feet placed on the floor.
- Straighten one of your legs and hold for 3 seconds.
- Place your foot back on the floor.
- Repeat on the other side.

Reps: 10 Sets: 2



Chair Marching

- In sitting, with your feet on the floor - lift alternate feet off the floor as if you were marching.

Reps: 10 Sets: 2

If you feel as though your symptoms are worsening or that you need further treatment, please contact your GP.



Irish Society of
Chartered
Physiotherapists
The Voice of Physiotherapy in Ireland

Physiotherapy
exercise advice
for patients in isolation
with COVID-19

Being active helps you
recover quicker

The Irish Society of Chartered Physiotherapists acknowledges and thanks its Interest Group in Respiratory Care (CPRC) for developing this leaflet and also thanks its Interest Group in Neurology and Gerontology (CPNG) for endorsing the leaflet.

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What can I do?

GET UP

Sit Out of Bed Each Day

- Move around the room/bed space if safe to do so independently
- Ring call bell for assistance with toileting if required

GET DRESSED

Get Dressed

- Footwear, trousers, jumper
- Continue to engage in daily activities (washing/dressing) to the best of your ability

GET MOVING

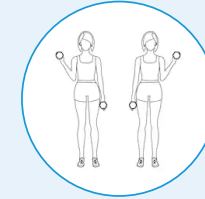
Get Moving

- Do small amounts of movement / exercises throughout the day
- Avoid long spells of bed rest during the day to avoid muscle wasting

How much?

- Talk to your physiotherapist about starting exercise
- It is important to monitor your breathing when you exercise. Your breathing should feel “fairly light” when you exercise. You may feel slightly out of breath but you should still be able to speak
- Do the exercises in the booklet twice per day, the arm exercises may be more difficult than the leg ones, don't worry about this
- If you have access to the internet, **Siel Bleu** provide daily chair exercise classes on their **YouTube** channel

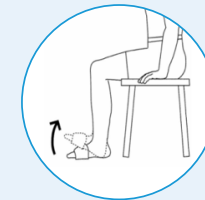
What exercises can I do in Hospital?



Bicep Curls

- With your arms by your side and a weight in your hand e.g. bottle of water, bend your elbow, bringing your hand to your shoulder.
- Slowly straighten your arm back down.
- Repeat on the other side.

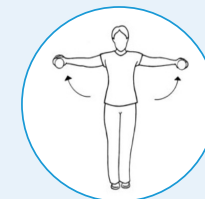
Reps: 10 Sets: 2



Toe Taps

- With your feet placed on the floor. Lift up one foot, keeping your heels on the floor.
- Hold, then place your foot back on the floor.
- Repeat on the other side.

Reps: 10 Sets: 2



Lifting Arms to Sides

- With your arms down by your side. Lift them up and out to the side to shoulder height.
- Hold, then slowly lower them back by your side.
- You can choose to do one arm at a time if together is too difficult.

Reps: 10 Sets: 2

