

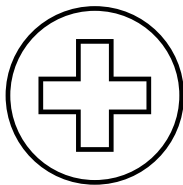
Let's Get Moving!

Why is moving important when in hospital?

- Moving **everyday** keeps you **healthy**
- It can make you **stronger**
- It can improve your **mood**
- It can lower your risk of having a **fall**



During your hospital stay



- Try to get moving **as much as possible**
- Aim for **900 steps every day** to maintain your fitness and keep your legs strong
- You can do exercises in **bed**, in the **chair** or **standing up**
- Get your **family and/or friends** to move with you!



When to stop exercising

You have been given this booklet because movement & exercise is safe for you. However, it is important to let staff know if you feel the following:

- Faint/lightheaded, dizzy
- Chest tightness or pain
- Increasing pain in muscles, joints or abdomen
- If you have diabetes, stop if you experience shakiness, tingling lips or palpitations

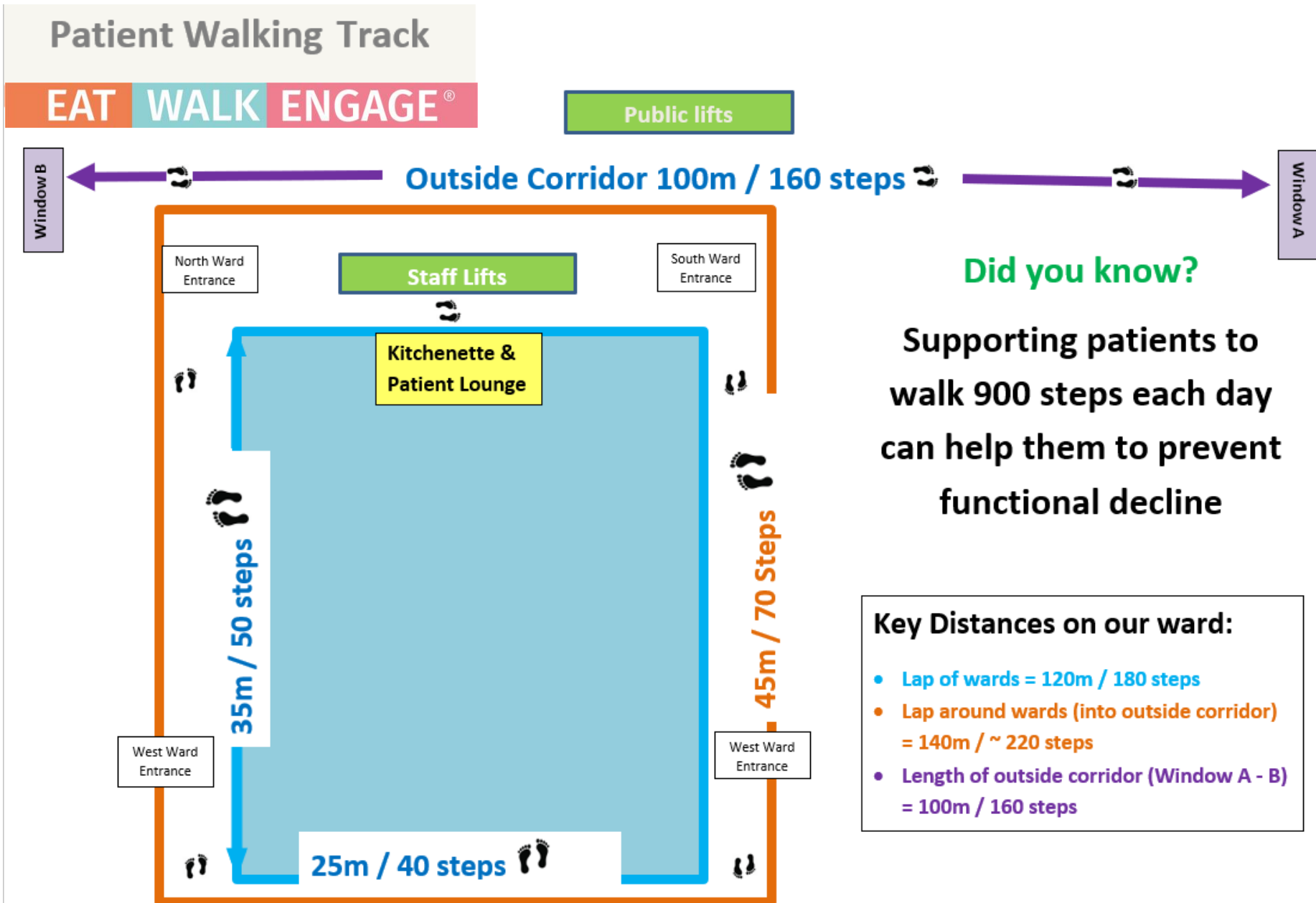


It's important to listen to your body and go at your own pace.

To access this online, scan the QR code and visit our website



When you feel well & have been cleared by your physiotherapist in hospital, aim to walk ~900 steps every day to maintain your fitness and keep your legs strong. Here is a map of the ward to follow developed by the EWE team:



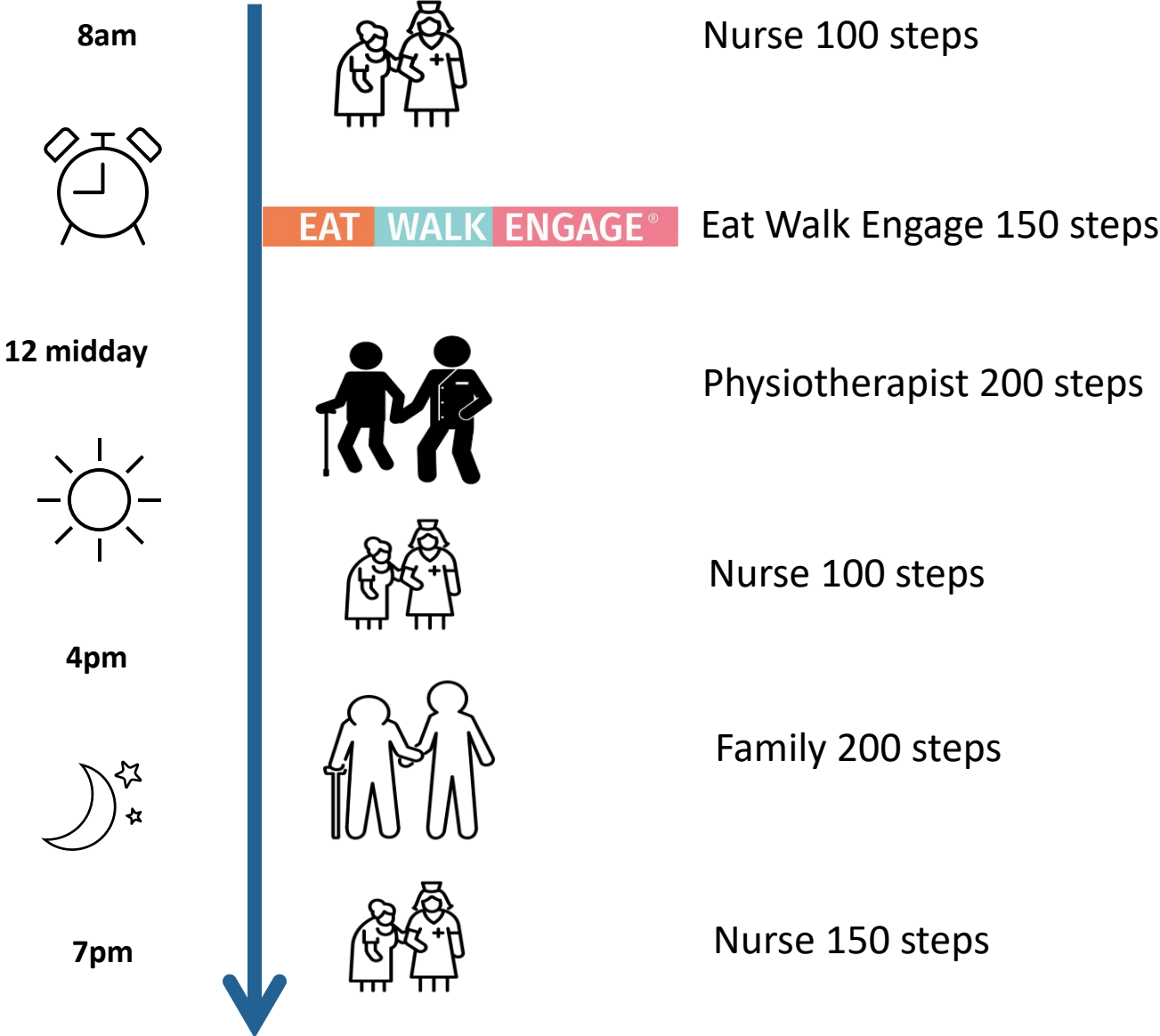
Did you know?

Supporting patients to walk 900 steps each day can help them to prevent functional decline

Key Distances on our ward:

- Lap of wards = 120m / 180 steps
- Lap around wards (into outside corridor) = 140m / ~ 220 steps
- Length of outside corridor (Window A - B) = 100m / 160 steps

How you might get to 900 steps in a day



Bed Exercises

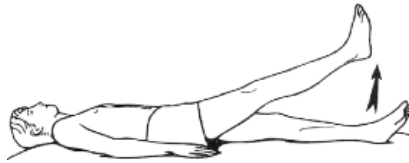
Ankle Pump



Lying on your back, pump your ankles up and down.

Reps: _____ Sets: _____

Straight Leg Raise



J.Roe (n.d) [Online image] <https://drjohnroe.com.au/knee-rehabilitation-exercises>

Keeping your knee straight, lift one leg up off the bed, then slowly lower it back down to start position.

Reps: _____ Sets: _____

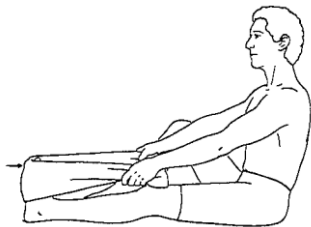
Heel Slide



Lying on your back with legs extended, gently slide one heel up towards your buttocks, then return to start position.

Reps: _____ Sets: _____

Calf Stretch

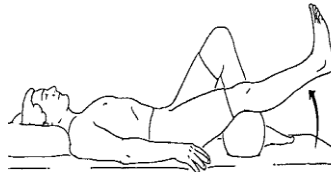


Sitting with one leg out straight, loop a towel under your foot. Gently pull towel toward you until a gentle stretch is felt.

Hold 15 secs.

Repeat on the other side.

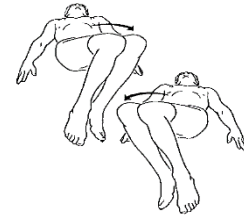
Inner Range Quads



Place rolled towel under one knee, then straighten knee by tightening muscles at front of thigh. Hold for 5 seconds, then gently lower heel back to the bed.

Reps: _____ Sets: _____

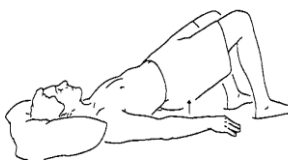
Knee Rolls



With knees bent and feet flat on the bed, slowly rock knees from side to side in a small, pain-free range of motion. You should feel your lower back rotate slightly.

Complete for 30sec, repeat as required.

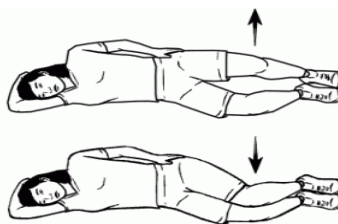
Bridging



Lie on your back with knees bent, feet resting on the bed. Slowly raise buttocks from bed, keeping stomach tight. Hold for 5 seconds then gently lower buttocks to resting position.

Reps: _____ Sets: _____

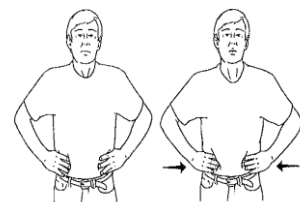
Hip Abduction – Side Lying



“Clams”

Lie on your side with knees bent and ankles together. Lift top knee slowly off the bottom knee and hold for 5 seconds. Remember to keep your ankles together, & do not allow your trunk or hips to roll backwards.

Deep Breathing

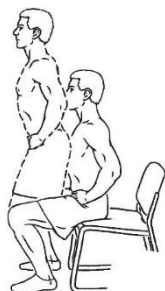


Place hands on lower sides of rib cage. Breathe in, making chest wall expand on each side (hands and elbows move out). Slowly breathe out

Repeat x10 every hour.

Chair Exercises

Sit to stand



Sit on edge of chair, feet flat on floor. Stand upright, extending knees fully.

Reps: _____ Sets: _____

Leg Extension



Sitting up tall, feet flat on the floor. Gently extend one knee, lifting the heel from the ground and hold for 5 seconds.

Reps: _____ Sets: _____

Seated Marching



Sitting up tall, feet flat on the floor. Gently lift one leg, keeping knee bent.

Reps: _____ Sets: _____

Seated Heel Lifts



Patrice.K.(n.d) [Online image] <https://www.skimble.com/exercises/29645-seated-heel-raise-how-to-do-exercise>

Sit with both feet flat on the floor. Lift your heels up off the floor as high as you can, onto your tip toes. Slowly lower back down.

Reps: _____ Sets: _____

Seated Hip Abduction



A. Haleem (2021) [Online image] <https://www.lowerlimbsurgery.com/snapping-hip-syndrome>

Sit on a chair. Place rubber band around your thighs just above your knees. Spread your legs wide against tension of band. Hold this position for 5 seconds. Slowly return to the starting position.

Reps: _____ Sets: _____

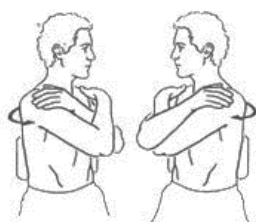
Squats – With Support



Stand with feet shoulder width apart, holding onto a rail or support surface. Gently bend knees slightly, then return to standing.

Reps: _____ Sets: _____

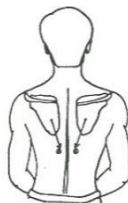
Upper Back Twists



Willows (n.d) [Online image] <https://willowhealth.com.au/stretching-exercises>

Sit with your arms crossed over your chest. Slowly twist your shoulders as far as you can to face one side of the room. Hold for 1 breath. Then twist to the other side. Reps: _____ Sets: _____

Posture



Sitting up tall, gently draw your shoulder blades down and in.

Hold for 10 seconds.

Reps: _____ Sets: _____

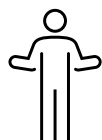
Seated Pedals



S.Vazharov (2022) [Online image] <https://www.bestproducts.com/fitness/equipment/g35526360/best-under-desk-bikes/>

From a seated position, place feet onto pedals and into the foot straps. Commence pedalling (adjust resistance as required).

Time: _____ Sets: _____



Standing Exercises

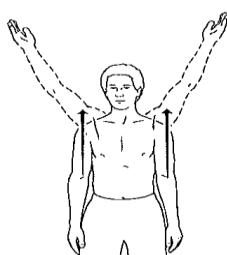
Wall Push-ups



With arms shoulder width apart, hands on the wall, gently bend elbows and lean body toward wall, then straighten elbows while pushing away from the wall.

Reps: _____ Sets: _____

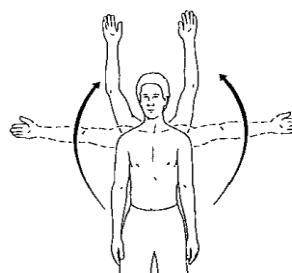
Arm Flexion



With arms straight out in front, thumbs pointing up, raise arms above your head within a pain-free range. You may clasp your hands together if you have weakness on one side

Reps: _____ Sets: _____

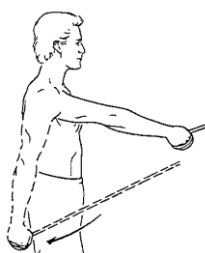
Arm Abduction



With arms straight at sides, thumbs pointing up, raise arms around above your head within a pain-free range of motion. You may complete this exercise lying down if more comfortable.

Reps: _____ Sets: _____

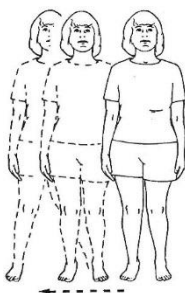
Pull Back + Resistance Band



Standing tall, with thera-band fixed to a rail, pull arm back while keeping elbow straight.

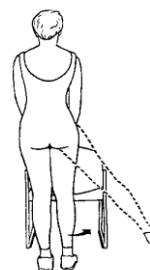
Reps: _____ Sets: _____

Sideways walking



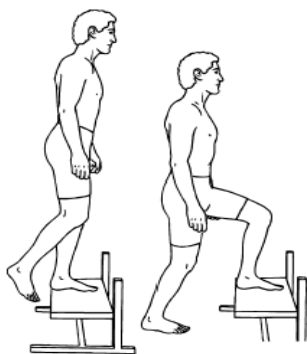
Side stepping with eyes open. Walk evenly, leading with same foot. Make sure each foot lifts off the floor. Then change direction.

Hip Abduction – With Support



Stand tall, hold onto support, keep leg straight as you lift it out to your side. Keep leg in line with body, & do not let your trunk lean. Return to start. Reps: _____ Sets: _____

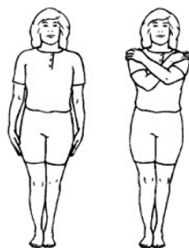
Step-Down / Step-Up



Step up onto stair then slowly step down. Ensure you are safe.

Reps: _____ Sets: _____

Balance: Eyes Closed

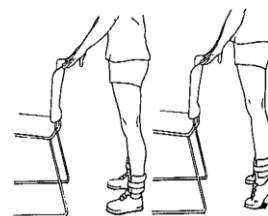


SingHealth (Nov 22) [Online image] <https://www.sgh.com.sg/patient-care/specialties-services/accelerated-spine-surgery-rehabilitation>

Stand with your feet together. Ensure there is a chair or bed behind you and something sturdy next to you. Close your eyes & hold your balance for 30seconds.

Reps: _____

Standing Heel Lifts – with support



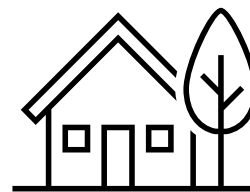
Stand with weight evenly distributed, holding onto a rail or support surface. Gently lift heels up as far as you can to push up onto toes.

Hold for 3- 5 seconds.

Reps: _____ Sets: _____

Movement when you go home

- Continue to move **as much as you can** at your own pace. Aim to increase your steps per day to 900 and more.
- You should do movements that make you **breathe a bit deeper** and **sweat a little**
- Start with little amounts, **2 lots of 10 minutes most days of the week**
- Over time, build up to **30 minutes 5 days a week**



Home is different from hospital, so go at your own pace when returning to your usual activities

Examples of movement are:

- Walking on your own, with a friend, dog or family member
- Doing housework or gardening
- Swimming/aqua aerobics in the pool or riding a bike



Additional information

Accessing physiotherapy in the community:

- Ask a staff member about options for physiotherapy when you go home.
- My Aged Care package: If you meet the needs & age requirements and have been assessed for an ACAT, contact your provider to add physiotherapy to your home services package. <https://www.myagedcare.gov.au/manage-my-services> or call 1800 200 422.
- Private physiotherapy practices: You can call your local practice and book an appointment. If you have a chronic health condition, you may be eligible for 5 Medicare subsidised physiotherapy appointments per year through your GP.

Helpful links at home:

- **GOLD: Healthy activities for seniors.** Get active with active and healthy classes and workshops ideal for seniors <https://www.brisbane.qld.gov.au/whats-on-and-events/search?type=2796&age=350>
- **Free Yoga & Pilates classes.** Brisbane City Council <https://www.brisbane.qld.gov.au/whats-on-and-events/search?type=2796&activity=3086>
- **The Heart Foundation Community Walking Network.** <https://walking.heartfoundation.org.au/>
- **Fitness for Free** <https://www.healthier.qld.gov.au/guide/fitness-for-free/>

