

## Patient Advice and Liaison Service (PALS)

Please contact us if you need general information or advice about Trust services. [www.bartshealth.nhs.uk/pals](http://www.bartshealth.nhs.uk/pals)

## Large print and other languages

For this leaflet in large print, please speak to your clinical team.  
For help interpreting this leaflet in other languages, please ring 020 8223 8934.

Te informacje mogą zostać na żądanie przedstawione w formatach alternatywnych, takich jak łatwy do czytania lub duża czcionka, i w różnych językach. Prosimy o kontakt pod numerem 02082238934.

Macluumaadkan waxaa lagu heli karaa qaabab kale, sida akhriska fudud ama daabacaadda wayn, oo waxaa lagu heli karaa luqaddo kale, marka la codsado. Fadlan la xidhiidh 02082238934.

এই তথ্য বিকল্প ফরম্যাটে, যেমন সহজে পড়া যায় অথবা ডি বিন্ট প্রিং আপনার অনুটরাটে বিকল্প ভাষায় পাওয়া যেতে পারে। অনুগ্রহপূর্বক যোগাযোগ করুন 02082238934।

Bu bilgiler, okuması kolay veya büyük baskılar gibi alternatif biçimlerde ve talep üzerine alternatif dillerde de sunulabilir. İrtibat için lütfen 02082238934 numaralı telefondan ulaşın.

اس معلومات کو متبادل شکل، جیسے، پڑھنے میں آسان یا بڑے حروف، میں دستیاب کرایا جاسکتا ہے، اور درخواست کرنے پر اسے متبادل زبان میں بھی دستیاب کرایا جاسکتا ہے۔ براہ مہربانی 02082238934 پر رابطہ کریں۔

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All our patient information leaflets are reviewed every three years.

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Switchboard: 020 3416 5000

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## Patient information

# Exercise Programme

## Level 2: Sitting

Name .....

Therapist .....

Date .....

This leaflet contains exercises your ward therapist recommends for you to practice while in hospital and/or at home.

The therapist will advise you how many repetitions to complete.

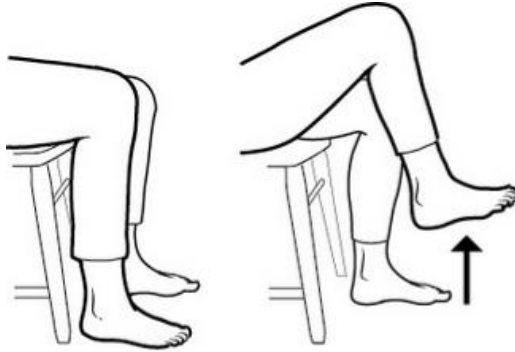
If any of the exercises cause you pain or discomfort please discontinue that exercise and inform your ward therapist.



### Exercise 1

Marching on the spot

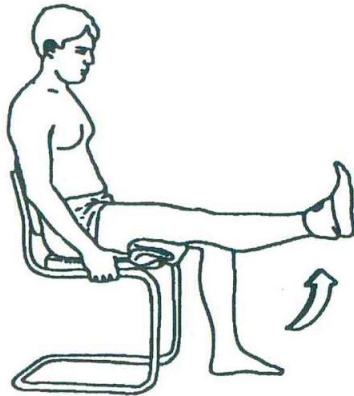
.....Repetitions .....Times per day



### Exercise 2

Straighten your knee and pull your toes towards you.  
Hold for ..... seconds

.....Repetitions .....Times per day

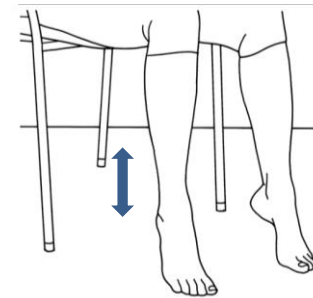


### Exercise 3

Heel Toe

Alternatively point your toes up to the ceiling and then lift your heels up from the ground.

..... Repetitions ..... Times per day



**Additional exercises:**