

Exercises for when staying at home

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Are you **over 70**, or living with a condition that has meant you are **advised to remain at home** for an extended period during these uncertain times?

For those who are having to stay at home this is likely to result in being less active than usual. Being less active may mean you lose some **fitness** and **strength**, not to mention the affect being inactive can have on your **mental health**.

If you are not able to be as active as usual then these simple exercises may help to keep your muscles strong and awake. This is particularly important if you have some difficulty with strength and mobility already.

Please take a look and see if some of them may help you. Remember that these are just a few ideas and may not be suitable for everyone. Try and do them at least once a day, along with walking and keeping as active as you can during this difficult period.

If you have any questions please get in touch and we will do our best to offer some support.



Stand with support.

Slowly bend your knees as though going to sit down.

Repeat 10 times.



Stand with support nearby if needed.

March on the spot bringing knees up as far as comfortable.

Repeat for 30 seconds.



Lay on your bed with your knees bent.

Tighten your tummy muscles and lift your hips slowly.

Repeat 10 times.



Stand with a chair or table for support.

Lift leg out to the side 10 times.

Repeat with other leg.



Hold a tin in each hand.

Reach upwards and then slowly bring arms back down.

Repeat 10 times.