

STRENGTH EXERCISES

To improve strength and power

These exercises help improve muscle condition and you may 'feel' the muscles the next day

They also help improve balance

There are 4 exercises in total

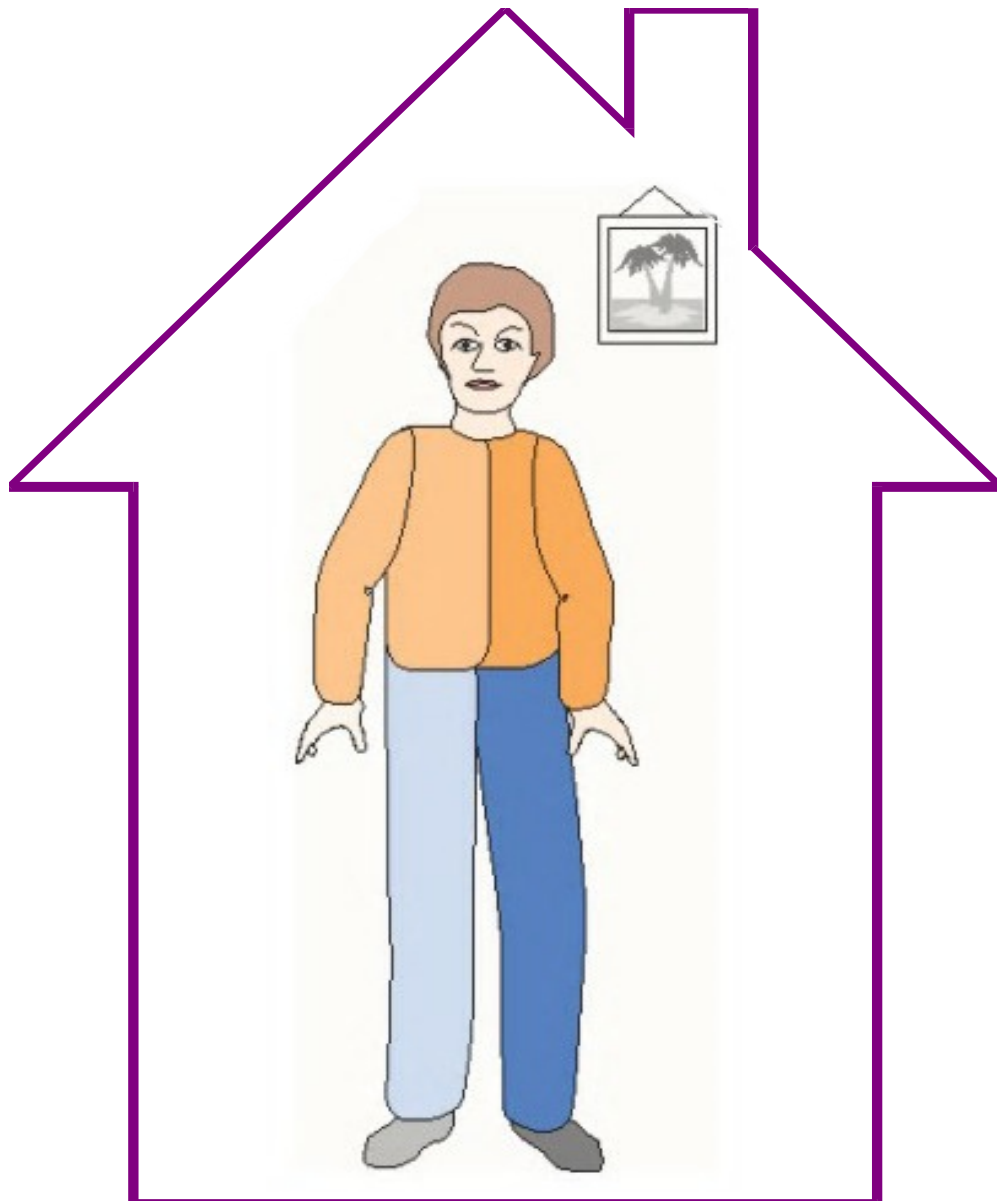
Pole Lift

Sit to Stand

Back Arm Strength

Upper Back Strength

You may not have all 4 exercises in your programme



Pole Lift

To Improve Coordination, Balance and Strength

These exercises may need adapting by your specialist EfS instructor

- Hold the pole with both hands if possible, your EfS instructor will adapt the grasp to suit you
- Stand in front of a chair (use it as a target)
- Bend your knees and reach the pole towards the chair
- Return to upright standing, and now reach the pole forwards and upwards to shoulder height
- Try to keep weight equal across both feet, and body symmetrical
- Breathe normally
- Start with 2 - 3 times, progressing to 8
- If you wear a splint, step this foot forwards, keep the heel down



Specific Notes For _____ Written by _____

Sit to Stand

To Improve Leg Strength, Power and Balance

- Sit in the centre of the chair
- Place your feet slightly back, heels down
- Stand up with power
- Step back until your legs touch the chair then slowly lower your bottom back onto the chair with control
- Equal weight across both feet when standing
- Start with 2 -3 times, progressing to 8



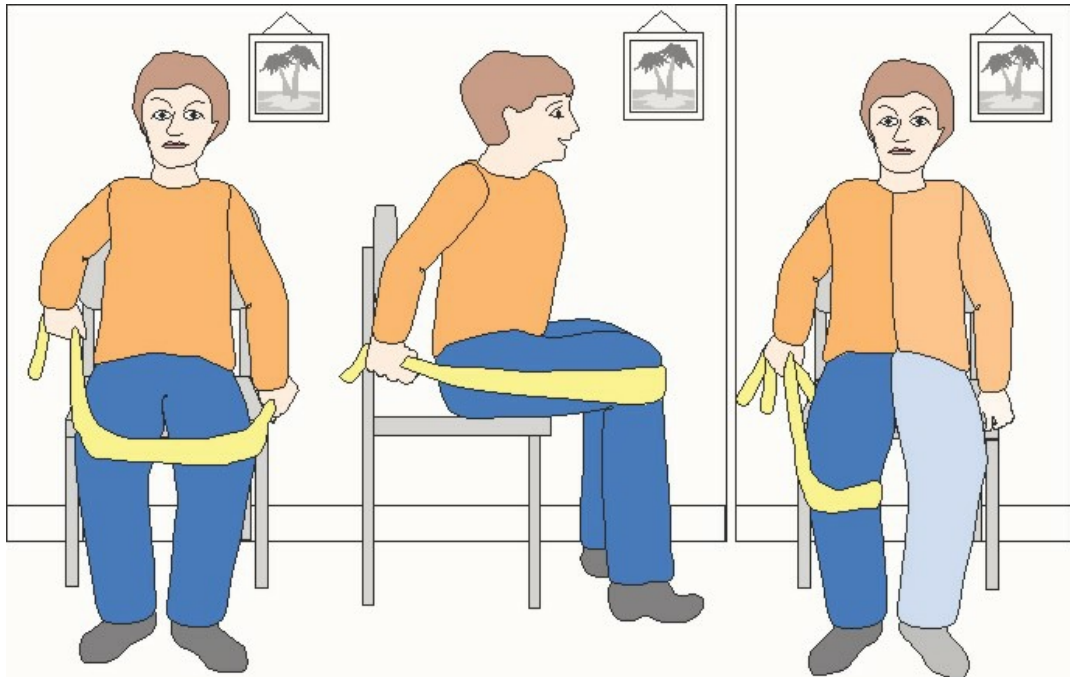
Specific Notes For _____ Written by _____

Back Arm Strength

To Improve Arm Strength, Power and Balance

This exercise may need adapting by your specialist EfS instructor

- Sit upright in the chair, with good posture
- Hold the band, pull backwards with control
- Take a 2 -3- second rest after each repetition
- Start with 2 - 3 and progress to 8 times
- Rest 2 - 3 seconds in between each repetition
- Breathe normally

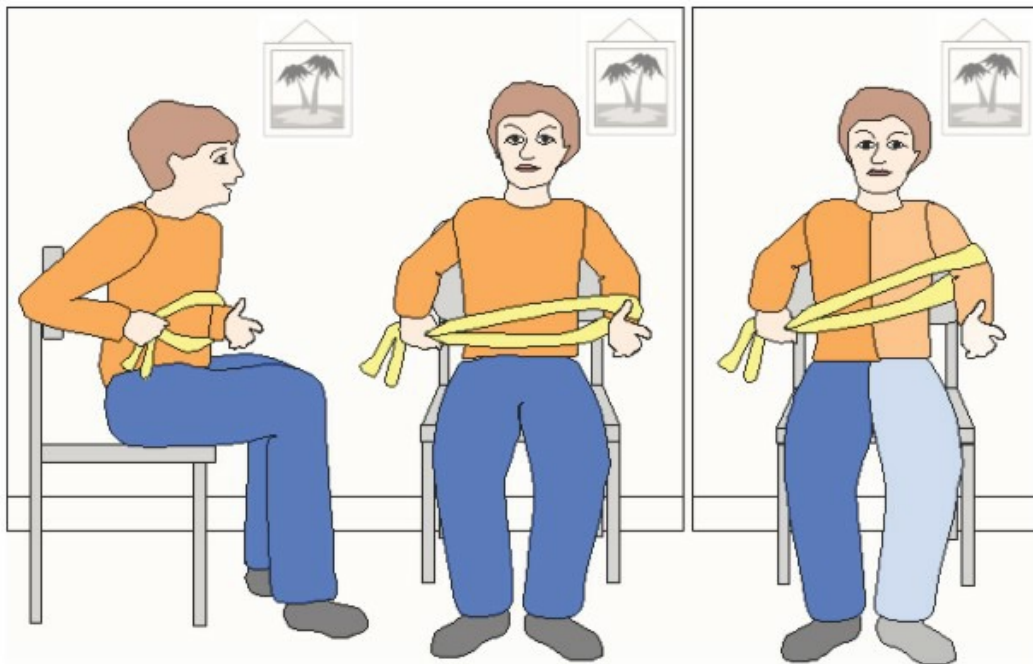


Specific Notes For _____ Written by _____

Upper Back Strengthenener

To Improve Strength Around Shoulders and Upper Back

- Hold the band - your EfS instructor will show you how
- Pull the band outwards and back, bringing the band towards your tummy
- Open the chest and bring shoulder blades together
- Breathe normally
- Rest 2 - 3 seconds after each repetition
- Start with 2 - 3, progress to 8



Specific Notes For _____ Written by _____