

Simple Exercises from your HSE Physiotherapist to keep you Strong and Steady



Follow the 8 daily exercises overleaf,
then tick the boxes below when each
session is completed. Please complete
all 8 exercises twice daily (AM and PM).

	WEEK 1		WEEK 2		WEEK 3		WEEK 4	
	AM	PM	AM	PM	AM	PM	AM	PM
MON	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
TUES	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
WED	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
THURS	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
FRI	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
SAT	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
SUN	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Exercises available online at: thewellbeingnetwork.ie/winterplan

Let's begin!

March your feet for 30 seconds in sitting to warm up. Don't forget to move your arms too!

1 Knee Strengthening

- Sit tall in a chair with your back well supported.
- Straighten your right leg fully and bring your toes up towards you.
- Hold for 5 seconds.
- Lower the leg slowly.
- Repeat up to 10 times, on each side - as you are able.

(If you have a 1kg weight at home you could strap this onto your ankle and you will get a greater benefit from this exercise)



2 Arm Strengthening

- Sitting tall.
- Hold a tin securely in each hand.
- Lift one arm over your head at a time.
- Replace onto your lap.
- Repeat up to 10 times - as you are able.



3 Sit to Stand

- Put your chair against the wall.
- Move your bottom forwards in your chair.
- Bring your feet behind your knees.
- Lean forwards bringing your head over your knees.
- Push off with both hands to stand up.
- Step back until you feel the chair against your legs.
- Bend in the middle, reaching back for the arm rests and slowly sit back down.
- Repeat up to 10 times - as you are able.

(When you get good at this exercise you can try to do it using just one hand or no hands to push yourself up)



4

Calf Raises

- Stand tall in front of your kitchen sink or the back of a sturdy chair.
- Hold on with both hands and look ahead.
- Place your feet hip width apart.
- Lift up onto your toes slowly.
- Lower your heels back onto the ground slowly.
- Repeat up to 10 times - as you are able.



5

Toe Raises

- Stand tall in front of your kitchen sink or the back of a sturdy chair.
- Hold on with both hands and look ahead.
- Keep your feet hip width apart.
- Place your weight onto the back of your foot
- Lift your toes and front of your feet off the ground.
- Keep your bottom tucked in.
- Lower your feet back to the ground slowly.
- Repeat up to 10 times - as you are able.



6

Hip Strengthening

- Stand tall in front of your kitchen sink or the back of a sturdy chair.
- Hold on with both hands.
- Keep the exercising leg straight and the foot facing straight forward.
- Lift the leg out to the side slowly.
- Return your leg to the starting position slowly.
- Repeat up to 10 times, on each side - as you are able.

(If you have a 1kg weight at home you could strap this onto your ankle and you will get a greater benefit from this exercise)



“If you feel unwell on any day, don’t push yourself to complete these exercises.”

7

Balance Heel Toe Standing

- Hold onto a sturdy chair or your kitchen sink with two hands and look ahead.
- Place right foot directly in front of the left foot.
- Hold this position for 10 seconds.
- Change feet and hold for 10 seconds.



8

Balance One Leg Stand

- Hold on to heavy chair or kitchen sink with 2 hands and look straight ahead.
- Stand on your right leg.
- Hold for 10 seconds.
- Repeat on the left leg.



Congratulations! You've completed the 8 exercises. Don't forget to go to the front cover and tick the box!

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Disclaimer

It is your responsibility to undertake these exercises safely. Cease performing these exercises if you experience pain or you feel unwell. The authors and advisors, who have created this brochure, accept no liability for injury caused as a result of participation in these exercises.