Khoo Teck Puat Hospital
NHG Health

Yishun Community Hospital
NHG Health

Adding Years of Healthy Life

Department of
Rehabilitation Services - Physiotherapy

Stairway to Health

Introduction

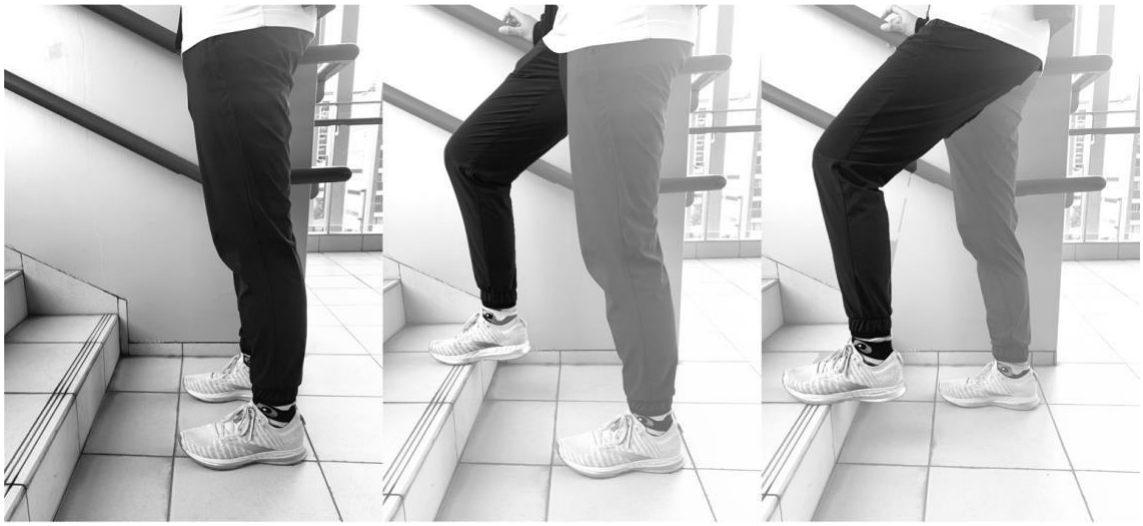
Climbing stairs is one of the easiest ways to improve your health and cardiovascular/aerobic fitness. Try the following stairs workout! It is normal to feel some aches and be panting slightly. However, if you experience any joint pain, chest pain or feel very breathless, consult a doctor or physiotherapist.

Warm up

Alternate foot taps

Starting at the bottom of the stairs, tap your right foot on the first step and return it to the starting position. Repeat with your left leg. Continue the exercise by tapping alternate feet. You may hold on to the handrails.

Perform _____repetitions / seconds / minute(s).

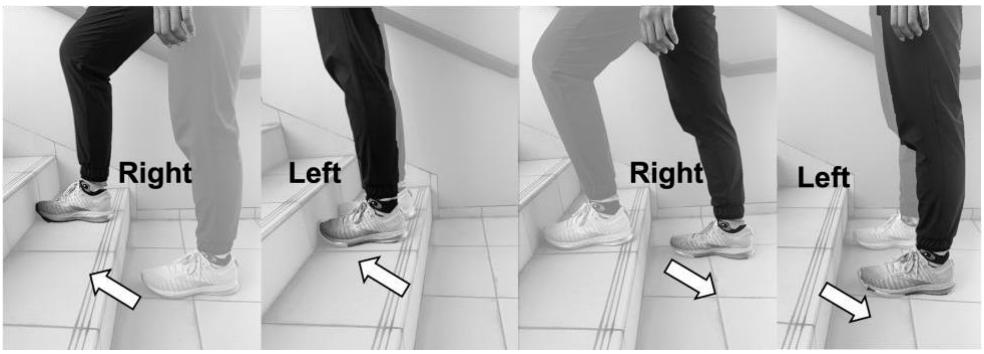


Main Exercise

Step ups

Starting from the bottom of the stairs, take a step up with one leg, followed by the other. Then, step down one leg at a time. You may hold on to the handrails.

Start with: RIGHT up, LEFT up…RIGHT down, LEFT down.



Perform _____ repetitions / seconds / minute(s).

Then, try: LEFT up, RIGHT up…LEFT down, RIGHT down.

Perform _____repetitions / seconds / minute(s).

Stair climbing

If you are able to climb the stairs, try the following for about ____ days each week

Week 1	Try climbing _____floors.
Week 2/3	Progress to climbing _____floors. If you can continue, rest for _____sec/minute then try climbing another _____floors.
Week 3/4	Aim to achieve climbing _____floors with minimal or no rest.

Cool down

For the following stretches, hold for ___sec, _____reps ____sets.
You should feel a tolerable pulling sensation.

Calf Stretch

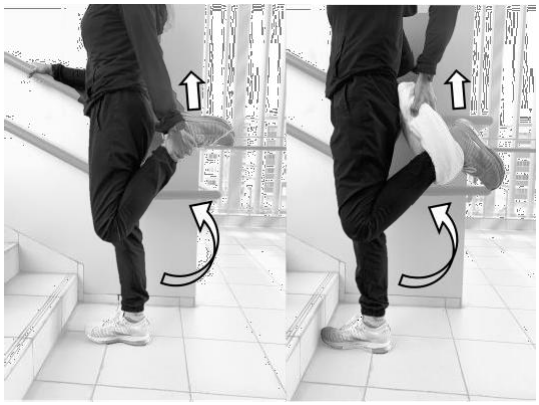
Stand with one foot behind the other as shown on the right. Keep the back knee extended and heels down on ground.



Alternatively, step at the edge of the step as shown and drop your heels towards the floor. Stop if you feel pain.

Quadriceps Stretch (front thigh)

Stand holding onto the handrails. Bend your knee and pull your ankle towards your buttock until you feel a stretch at the front of your thigh. Ensure your knees are aligned and do not arch your back. Use a towel if needed.



Hamstring Stretch (back of thigh)

In standing, rest your heel on a step. Lean forward, keeping your trunk and knee straight. You should feel a comfortable stretch at the back of your thigh.



Exercise Guideline

Stair climbing is a type of cardiovascular/aerobic exercise. Aim to achieve the following exercise guideline.

Frequency	**I**ntensity	**T**ime	**T**ype
most days of the week, about 5x each week	*moderate intensity (can talk, can't sing, panting slightly)*	*150-300 min each week*	*Alternatives to stair climbing: brisk walking, jogging, cycling etc.*

Exercise Diary

Track your progress below! Write down the number of floors you climbed and how you feel about your fitness progression.

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	How do you feel?
Example	*1 floor*			*1 floor*			*2 floors*	*Tiring but good!*
Wk 1								
Wk 2								

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