Khoo Teck Puat Hospital
NHG Health

Yishun Community Hospital
NHG Health

Adding Years of Healthy Life

Department of
Rehabilitation Services - Physiotherapy

Geriatric Exercises: Standing

Stop immediately if you feel pain, dizziness or discomfort.
Consult your physiotherapist if symptoms persist.



Wall Push Up
Stand facing a wall with your arms straight and hands on the wall.

Perform a push up by bending then straightening your elbows.

Keep your body in a straight line throughout the exercise.

Perform ____reps, ____sets, ____x/day.



Standing Hip Abduction (side leg lift)
Stand straight holding on to a support.

Squeeze your buttock muscles and lift your leg sideways as shown.
Then bring it back.

Keep your body and knees straight, toes pointed forward throughout the exercise.

Perform ____reps, ____sets, ____x/day.



Standing Hip Extension (back leg lift)
Stand straight holding on to a support in front of you.

Squeeze your buttock muscles and bring one leg backwards as shown.

Keep your knees straight at all times and do not lean your body forward.

Perform ____reps, ____sets, ____x/day.



Heel Raises
Lift your heel off the floor and go up onto your tiptoes.

Ensure that your knees are straight and maintain your balance.

Note: You may hold onto a support to keep your balance, however, use your arms to assist as little as possible.

Perform ____reps, ____sets, ____x/day.



Toe Raises
Transfer your weight from your toes to your heels.

Then lift your toes off the floor, maintaining your balance at all times.

Note: For safety, you may perform the exercise with your back near a wall for support if you lose your balance.

Perform ____reps, ____sets, ____x/day.

Half Squats
Stand behind a chair and support yourself with both hands.



Slowly bend your hips and knees, as though trying to sit down on an imaginary chair.

Squat down half way, then stand up fully.

Do not let your knees turn in or out during the movement.

Perform ____reps, ____sets, ____x/day.



Step Ups

Step up onto a step with your left/right leg, followed by the other leg.

Step back down with your left/right leg first, followed by the other leg.

Note: Face forward and keep your hips level as much as possible throughout the exercise.

Perform ____reps, ____sets, ____x/day.



Marching

March in place for ____counts / _____minutes.

Lift your knees to the same level as your:

1)Mid thigh

2)Hip



Stair Climbing

Walk up and down stairs.

Note: For safety, you may hold the handrail when climbing stairs.

Stop if you feel dizzy or short of breath.

Perform ____flights, ____x/day.

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