Khoo Teck Puat Hospital
NHG Health

Yishun Community Hospital
NHG Health

Adding Years of Healthy Life

Department of
Rehabilitation Services - Physiotherapy

Geriatric Exercises: Supine

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

Static Quads (thigh tightening exercise)

Lie down with your knee straight.

Tighten your front thigh muscles and straighten your knee.

Hold ____secs, perform ____reps, ____x/day.







Heel Slides

Lie on your back.

Bend and straighten your leg.

Hold ____secs, perform ____reps, ____x/day.



Rolled Towel

Inner Range Quads (knee straightening exercise)

Lie on your back with a rolled towel under your knee.

Tighten your front thigh muscles and straighten your knee fully.

Hold ____secs, perform ____reps, ____x/day.





Hip Abduction Slide (leg sliding exercise)

Lie on your back, place both legs straight on the bed.

Keeping your knees straight, slide your legs outwards to the sides.

Hold ____secs, perform ____reps, ____x/day.



Straight Leg Raise
Lie on your back with one leg straight and other knee bent.

Tighten your front thigh muscles in the straight leg and lift your entire leg up approximately 15cm off the bed.

Keep your knee straight throughout the exercise.

Hold ____secs, perform ____reps, ____x/day.



Side-lying Hip Abduction (side-lying leg lift)
Lying on your side, ensure that legs are in line with body.

Lift top leg up, keeping leg straight and toes pointed forward.

Keep your trunk and pelvis stable by using your top arm to support yourself on the bed.

Hold ____secs, perform ____reps, ____x/day.





Bridging
Lie on your back with knees bent.

Squeeze your buttocks together and lift your hips off the bed.

Return to starting position.

Hold ____secs, perform ____reps, ____x/day.



Single Leg Bridging

Lie on your back with one knee bent and other knee straightened.

Squeeze your buttock muscles and lift your hips up.

Keep your hips level and knees aligned throughout exercise.

Hold ____secs, perform ____reps, ____x/day.

Log Rolling

1. Lie on your back with your arms above your head.
   Tighten your tummy muscles and turn to lie on your tummy.
2. Lie on your tummy.
   Tighten your back muscles and turn to lie on your back.

*Use your arms and legs as little as possible during the exercise.

Perform ____reps, ____x/day.



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