Khoo Teck Puat Hospital
NHG Health

Yishun Community Hospital
NHG Health

Adding Years of Healthy Life

Department of
**Rehabilitation Services - Physiotherapy**

# Geriatric Exercises: Sitting

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

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**Fist Pumps (hand strengthening exercise)**

Straighten your wrist and fingers.

Make a fist.

Hold ____secs, perform ____reps, ____x/day.



**Bicep Curls (arm bending exercise)**

Sit/ stand with your arm straight.

Hold a ____kg weight.

Bend elbow as shown to bring the weight toward the shoulder.

Slowly lower the weight back down.

Perform ____reps, ____x/day.

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**Chair Dips (arm pushing exercise)**

Sit in chair with arms as shown.

Push yourself up from the chair, using the arms as much as you can.
It is ok to use the legs to help.

Slowly lower yourself back into the chair.

Hold ____secs, perform ____reps, ____x/day.

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**Arm Raises**

Raise your arms up overhead as far as you can.

Hold ____secs, perform ____reps,

____x/day.



**Ankle Pumps**

Bend ankle up toward your body as far as possible.

Now point toe away from your body as far as possible.

Perform _____reps, _____x/day.

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**Seated Knee Extension**

Sit on a chair.

Tighten your front thigh muscles and straighten your left/right knee fully.

Hold _____secs, perform _____reps, _____x/day.

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**Seated March**

Sit on a chair.

Lift your thigh off the seat, keeping the knee bent.

Alternate legs.

Perform _____reps / _____minutes.



**Sit to Stand**

Sit on edge of chair, feet flat on floor.

Lean forward and stand upright.

Sit back down slowly by bending at your hips and knees.

Perform ____reps, ____x/day.

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## Getting In and Out of Bed

1) From lying, roll onto your side.

   Swing your legs to the floor and push with your arms to sit up.

2) From sitting, lie on your side, supporting with your arms.

   Swing your legs up.

   Roll onto your back.

   Perform ____reps / ____minutes.



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