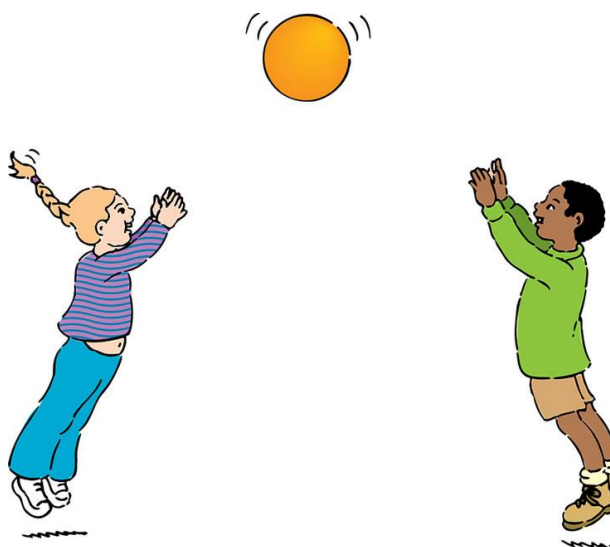


Home exercise ideas



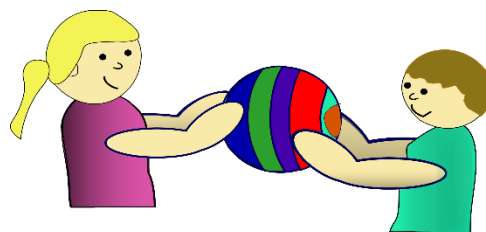
Throwing a ball with your carer / family member/ other resident. Try to catch a ball and throw it to the next person.



Take a small rubber ball in one hand and try to squeeze it as hard as possible. Relax and strengthen up your fingers. Repeat with other hand.



Take a ball in both of your hands and lift it slowly above your head.

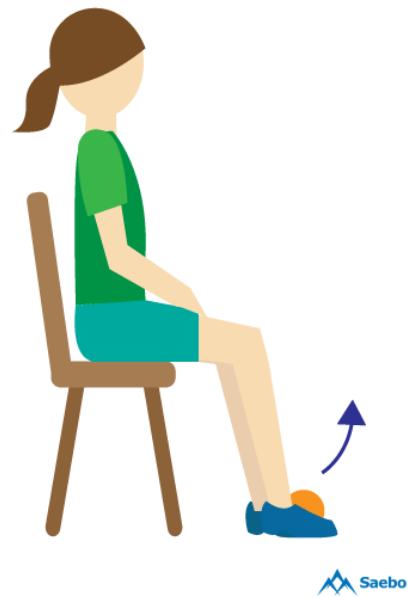


Sit next to your carer or family member. Take a ball in both hands, turn your

body towards the carer and pass a ball.



You can use balls, rings and collecting baskets to try to throw a ball/ring to target.



Sitting comfortably in a chair, lift your leg up, hold and count till 3 and slowly put it down to the floor. Repeat with alternative leg.



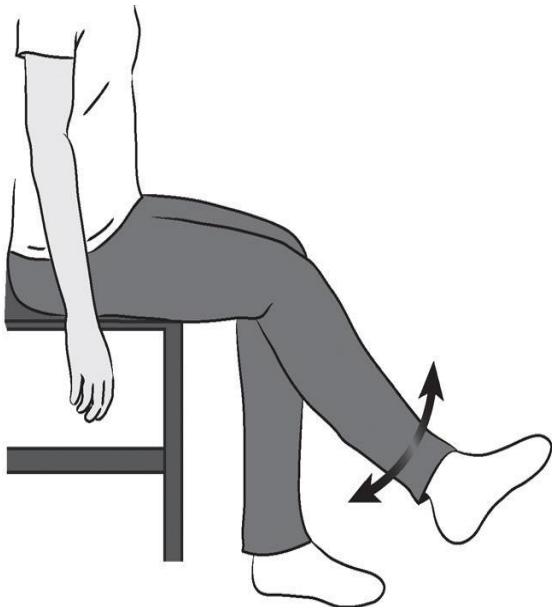
Kick a ball to person standing next to you. You can also try kicking while sitting down in the chair.



Sitting in your chair, straighten up your leg, hold and count till 3, put down on the floor. Repeat with alternative leg.



Straighten up one leg and make small circles with your foot in both directions. Repeat with other leg.



Move your foot up and down.



Stand in front of stairs or step. Lift one leg up and touch a step with foot. Don't step up! Put leg on the floor. Repeat with alternative leg.

All the exercises need to be adjusted to service user's level of mobility and their understanding of instructions. Please, contact Physiotherapist if you've got any concerns.