OTAGO EXERCISES LEAFLET
Level 1
Physiotherapy Department

We can provide interpreters for a variety of languages, information in larger print or other formats (e.g. audio) - please call us on 01932 723553.
To use the Text Relay service, prefix all numbers with 18001.

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Patient Information
Further Information
We endeavour to provide an excellent service at all times, but should you have any concerns please, in the first instance, raise these with the Matron, Senior Nurse or Manager on duty. If they cannot resolve your concern, please contact our Patient Advice and Liaison Service (PALS) on 01932 723553 or email pals@asph.nhs.uk. If you remain concerned, PALS can also advise upon how to make a formal complaint.
OTAGO LEVEL 1 EXERCISES

Introduction

Welcome to the programme! The exercise programme that you will undertake has been designed specifically for you.

The benefits of exercise are plentiful. By maintaining your programme, you can improve:

- Balance
- Muscle strength
- General fitness
- General well-being

You need to do the prescribed exercises at least three times per week. You can divide the exercises up, they do not all have to be done at the same time.

You may feel a bit stiff after you first start to exercise. This is quite normal. It is important that you keep on exercising. The stiffness will reduce as your body becomes more familiar with the exercises.
Safety

Never exercise holding on to an object which may move. Always use the side of something stable like a work surface or solid table.

Wear comfortable clothes and supportive footwear.

Contact your GP if you experience any dizziness, chest pain or shortness of breath (such that you are unable to speak because you are short of breath) while you are exercising.

If you experience pain in your joints or muscles, stop, check your position and try again. If the pain persists contact the person who issued you these exercises.

Walking

Walking is an excellent way to enhance your general fitness.

Try going for a walk on the days between your exercises.

Try to increase the distance you walk and the time you spend walking.

Always make sure you are wearing comfortable footwear and clothing.

Make sure you start with a warm-up (marching on the spot for two minutes).

Calf Stretch

- Sit tall away from the back of the chair
- Hold the sides of the chair
- Place your left foot flat on the floor then straighten your right leg out in front of you with your heel on the floor
- Pull the toes up towards the shin until you feel the stretch in the back of your calf
- Hold for 8 seconds
- Repeat on the other leg
COOL DOWN SESSION

Cool down exercises help you to relax and recover from exercise and maintain flexibility.

There are two cool-down stretches in this section. You would have done them in the warm up, so they will not be new.

If you are feeling a little short of breath, now is the time to sit in a comfortable chair, close your eyes and concentrate on your breathing and relaxing every part of your body.

BACK OF THIGH STRETCH

- Sit tall away from the back of the chair
- Place your left foot flat on the floor, then straighten your right leg out in front with your heel on the floor, foot relaxed
- Place both hands on your left thigh, then sit tall, and lean forwards and upwards until you feel the stretch in the back of the right thigh
- Hold for 8 seconds
- Repeat on the other leg

When you walk

- The shoulders are relaxed and the arms gently swing.
- Look ahead, not down.
- With each step the heel lands first then you push off on the toes.
- Finish with a warm-down (marching on the spot for two minutes).
- Enjoy yourself!
WARM UP EXERCISES

Always begin with a warm-up to prepare your body for the main exercises.

There are nine warm-up exercises in this section. Complete all of the following:

CHAIR MARCH

- Sit tall away from the back of the chair
- Hold the sides of the chair
- Alternately lift your feet and place them down with control
- Build up to a rhythm that is comfortable for you
- Continue for 30 seconds

SIT TO STAND

- Sit tall, move bottom to front of chair
- Place your feet slightly behind your knees, feet hip width apart
- Lean slightly forwards, look straight ahead
- Stand up, using your hands on the chair for support
- Sit back down
- Repeat 5 times
EXERCISES TO HELP IMPROVE YOUR BALANCE

KNEE BENDS
- Stand tall with both hands on the table, feet hip width apart
- Take bottom backwards and bend knees as if to sit down, make sure your heels don’t lift and your knees are above your toes
- Slowly push through both feet to stand up again
- Repeat 10 times

HEEL TOE STANDING
- Stand tall beside table or worktop
- Look straight ahead
- Place one foot directly in front of the other so that your feet are in a straight line
- Hold this position for 10 seconds
- Now bring the back foot directly in front of the other foot
- Hold this position for 10 seconds

ARM SWINGS
- Sit tall away from the back of the chair
- Place your feet flat on the floor below your knees
- Bend your elbows and swing your arms from the shoulder
- Build to a comfortable rhythm
- Continue for 30 seconds

HEAD MOVEMENTS
- Sit tall away from the back of the chair
- Turn your head slowly to the left
- Return to the start position and turn to the right
- Repeat 5 times
NECK MOVEMENTS
• Sit tall and place one hand on your chin
• Slowly guide chin straight back with your hand (not bending the neck back or forwards)
• Relax
• Repeat 5 times

BACK EXTENSION (MOBILISER)
• Sit tall away from the back of the chair
• Place hands on bottom just below small of back
• Lift chest and gently arch backwards
• Repeat 5 times

SIDE HIP STRENGTHENING
• Strap the weight round your ankle (again you can do this without)
• Stand tall beside the table or worktop, keeping one hand or both hands on the table for support
• Keep the exercising leg straight and the toes facing forward
• Slowly lift the leg out to the side
• Slowly lower the leg with control
• Place your body weight evenly over both feet to rest
• Repeat 10 times on each leg
BACK KNEE STRENGTHENING

- Strap the weight round your ankle if you were issued with one (you can do this without a weight).
- Stand tall with both hands on the table or kitchen worktop.
- Bend the knee, slowly bringing the foot towards your bottom, keeping the knee beside the other knee.
- Lower the leg with control.
- Place your weight evenly over both feet to rest.
- Repeat, up to 10 times and then change leg.

TRUNK MOVEMENTS

- Sit tall with your feet flat on the floor, hip width apart.
- Fold your arms across your chest.
- Check your posture then, with control, turn your upper body and head towards your left.
- Repeat to the opposite side.
- Repeat 5 times.

ANKLE MOVEMENTS

- Sit tall away from the back of the chair.
- Hold the sides of the chair.
- Place the heel of one foot on the floor.
- Lift your toes and then put them down in the same spot.
- Repeat 5 times on each leg.
**BACK OF THIGH STRETCH**
- Place your left foot flat on the floor, then straighten your right leg out in front with your heel on the floor, foot relaxed.
- Place both hands on your left thigh, then sit tall, and lean forwards and upwards until you feel the stretch in the back of the right thigh.
- Hold for 8 seconds
- Repeat on the other leg

**Calf Stretch**
- Sit tall away from the back of the chair.
- Hold the sides of the chair.
- Place your left foot flat on the floor then straighten your right leg out in front of you with your heel on the floor.
- Pull the toes up towards the shin until you feel the stretch in the back of your calf.
- Hold for 8 seconds
- Repeat on the other leg

**EXERCISES TO HELP IMPROVE BONE AND MUSCLE STRENGTH**

**FRONT KNEE STRENGTHENING**
- You can do this without a weight
- Strap the weight around your ankle (if you were issued with one)
- Sit tall with your back well supported
- Slowly straighten the leg out in front of you for the count of 2
- Lower the leg for the count of 4
- Rest and repeat 10 times
- Repeat on the other leg