

Assisted Exercises

If you are unable to complete exercises without assistance, your family member or carer may have been taught how to support you to complete some exercises. We have provided some exercises you can try and advised how your family member/carer should support you. It is important the person supporting with the movement does this slowly to allow time for your muscles to help/support with the movement.

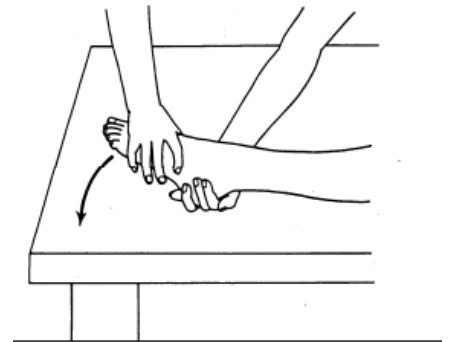
Bending Foot Up and Down

The helper should support under the heel and on top of the foot. Encourage the person to move their foot up as you gradually move it upwards. Then encourage the person to point their foot down as you bring their foot down.

If you notice the movement feels tight and restricted, you may need to help with stretching their ankle first.

Do this by supporting as outlined above. Bring their foot up to the point where there is some tightness. They may feel some discomfort, but it should not be painful. If it is painful, try to reduce the range you are moving their foot to. Hold this position for 15-20 secs. Repeat this 3 times and then complete in the opposite direction.

Once their ankle has been stretched, encourage them to support with the movement.



Moving the foot Out and In

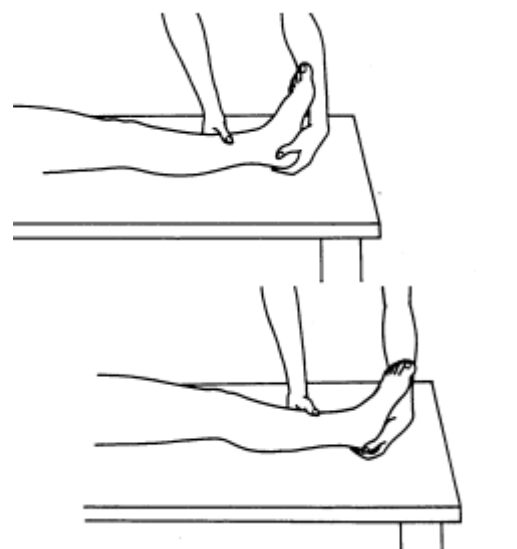
The helper should stabilise the lower leg with one hand. With the other hand, support the foot under the heel and with your forearm gently against the bottom of their foot.

Turn the foot outwards, encouraging them to join in with the movement.

Then turn the foot inwards. Again, encourage them to join in with the movement.

If you notice the movement feels tight and restricted, you may need to help with stretching their ankle first.

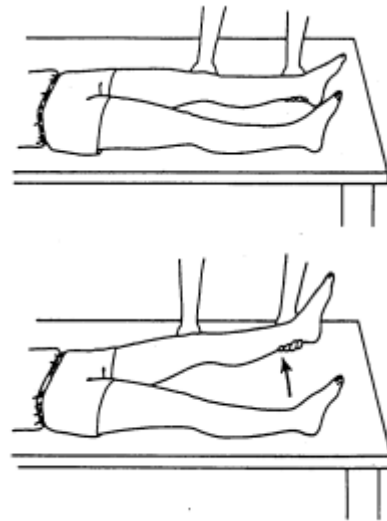
Do this by supporting as outlined above. Bring their foot outwards to the point where there is some tightness. They may feel some discomfort, but it should not be



painful. If it is painful, try to reduce the amount you are moving their foot. Hold this position for 15-20 secs. Repeat this 3 times and then complete in the opposite direction.

Moving your leg out to the side

The helper should place one hand under the inside of the knee and the other under the ankle. Gently bring the leg out to the side, encouraging the person to join in with the movement. Gently return to the starting position.



Hip Bending

The helper should place one hand lightly under the inside of the knee and the other under the heel of the same leg. Facing the person, they should then gently bend you hip and knee up towards your chest. During this movement they should encourage you to join in with the movement. The helper should then gradually lower the leg back down to the bed. Repeat this movement.

