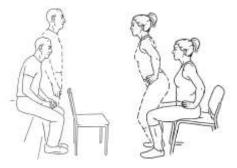


# SGH Physiotherapy Department



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Reg No 198703907Z

# Sit to Stand

- 1. Sit on a normal height chair.
- 2. Place your feet behind the knees.
- 3. Lean forwards over your knees.
- 4. Push off to stand up with the help of **one** or **both** hands
- 5. Repeat 5 to 10 times.



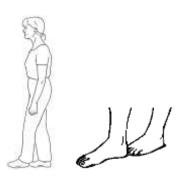
# Hamstrings

- 1. Stand up tall. Hold onto a table for support.
- 2. Bend your knee, bringing your foot towards your bottom.
- 3. Return to the starting position.
- 4. Repeat 8 to 15 times each side.



## **Hip Abductors**

- 1. Stand up tall. Hold onto a table for support.
- 2. Keep your exercising leg straight and the foot pointing straight forward.
- 3. Lift the leg to the side and back to the centre.
- 4. Repeat 8 to 15 times for each side.



## **Heel Toe Walking**

- 1. Stand up tall beside a table. Hold on to the table.
- 2. Place one foot directly in front of the other so they form a straight line.
- 3. Place the foot behind directly in front.
- 4. Repeat for 10 steps.
- 5. Turn around.
- 6. Repeat 5 to 8 times.

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