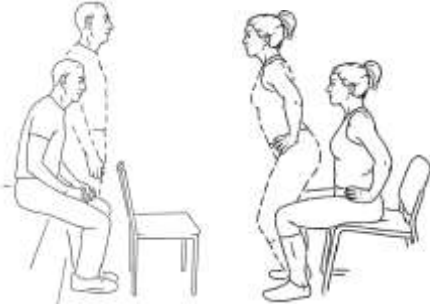




SGH Physiotherapy Department



**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.



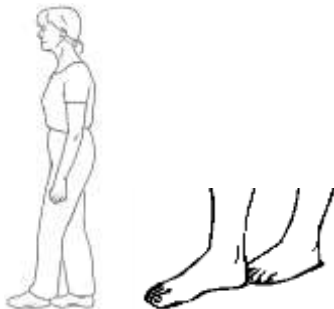
**Hamstrings**

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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