

# EXERCISE TO IMPROVE FITNESS/STAMINA

## For everyday life

There are 6 exercises in total  
These exercises are designed to increase your heart and breathing rate

Some work on your balance as well

You should feel a little out of breath when doing these

Shuttle Walking

Wall Press

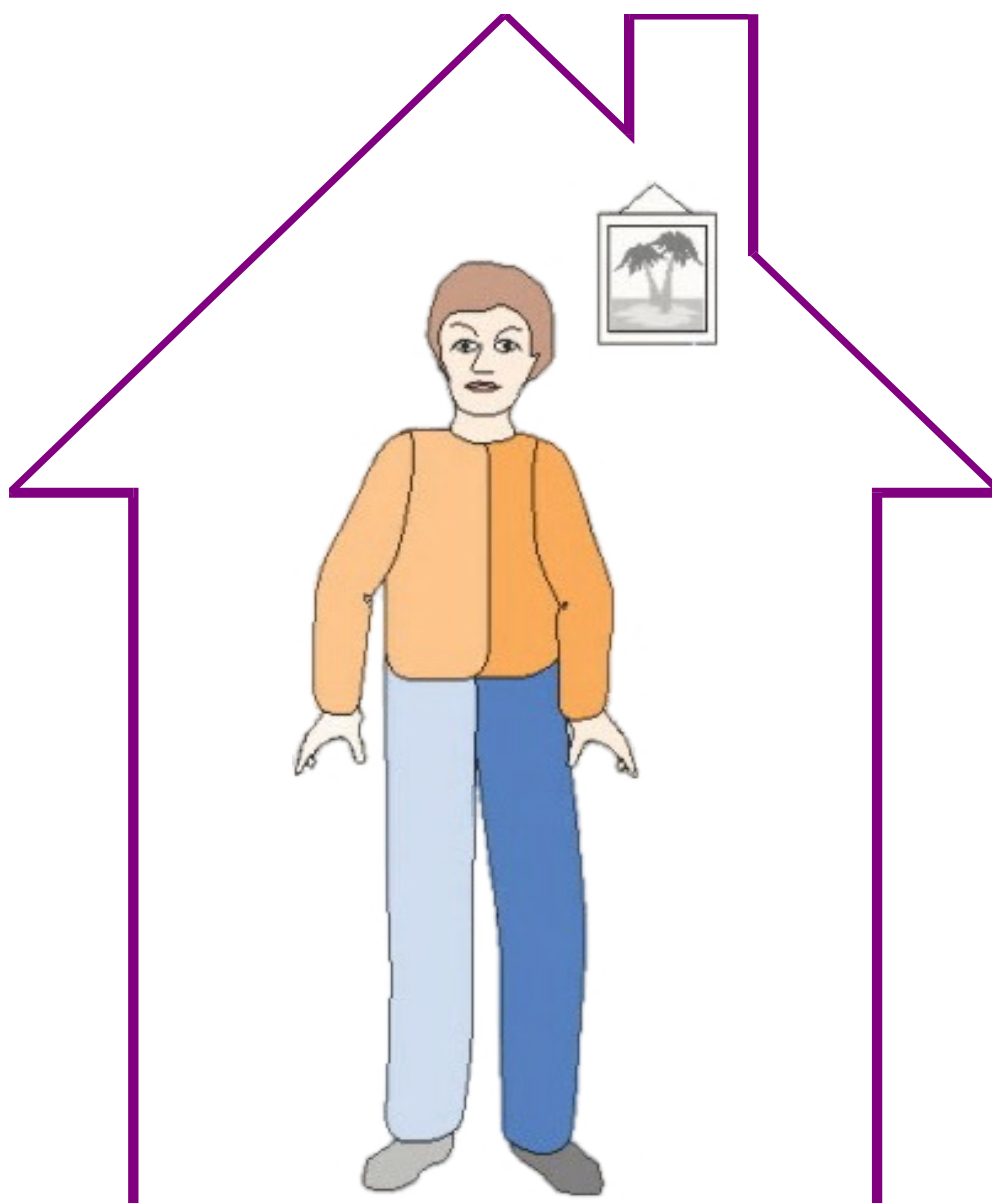
Hand to Knee

Ball Raise

Step Ups

Sit to stand

You may not have all 6 exercises in your programme

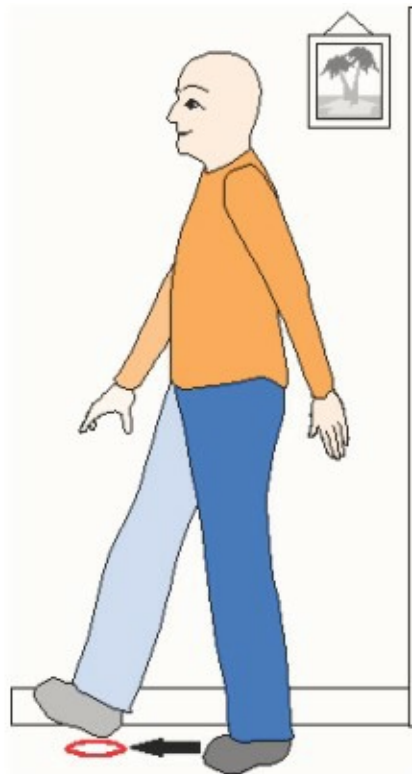


## Shuttle Walking

### To Improve Fitness/Stamina and Walking

You can practice walking indoors or outdoors. Use an area free of obstacles where you can walk up and down practicing your walking/striding

- Stand upright
- Try to lift your knees as you walk, to have a longer stride
- Lift your feet and place the heel down first as you walk
- Try to stride evenly
- Try to lengthen your stride and walk evenly
- Look at your foot placement if this helps



Specific Notes For \_\_\_\_\_ Written by \_\_\_\_\_

## Wall Press

### To Improve Arm Movement and Posture

This exercise may need some adaptation from your EfS specialist exercise instructor

- Place feet hip width apart
- Aim to have both hands flat on the wall
- Hands are shoulder height and shoulder width
- Breathe normally
- If you wear a splint, step forward this foot so heel is down
- Bend the elbows as if doing press ups on the wall
- Start with 10 seconds progressing to 1 minute, rest when you



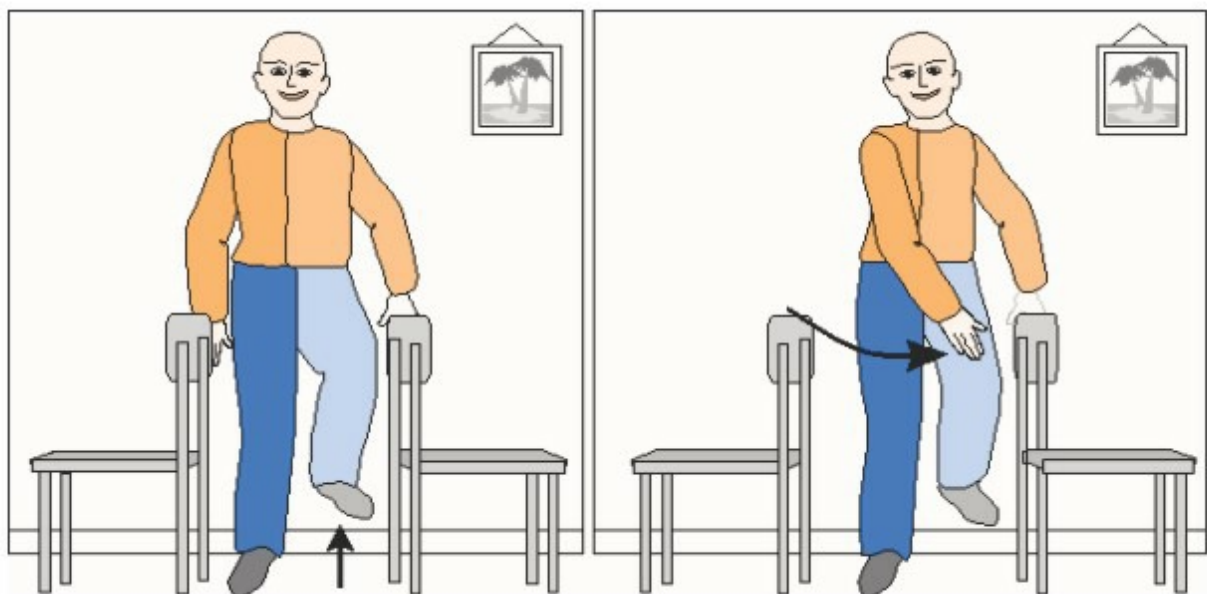
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## Hand to Knee

### To Improve Coordination, Balance and Fitness

Perform this exercise standing with your back close to a wall. This exercise may challenge your balance so use reliable support if needed

- Place feet hip width
- Raise the knee (bending from the hip)
- Avoid 'hitching the hip'
- Replace the foot and get your balance
- Lift the other leg
- Aim for even height knee raises
- Progress to add hand touching opposite knee
- Aim for even movement to the left and right



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## Ball Raise (or similar object)

### To Improve Reaching and Holding Objects

This exercise may need some adaptation from your specialist EfS instructor. Perform this with your back close to a wall

- Even weight across both feet at shoulder width
- Bend knees slightly
- Reach for the object and stand upright
- With arms straight, raise the object to just under shoulder height
- Reach away, and then upwards
- Repeat this movement, reaching outwards and upwards, returning to waist height each time
- Start with 10 seconds, progressing to 1 minute



Specific Notes For \_\_\_\_\_ Written by \_\_\_\_\_

## Step Ups

### To Improve Leg Strength and Power

- Use a wide step or stair
- Use support for balance
- Step up with your strongest leg
- Bring the other leg to join it
- Stand with equal weight across both feet on top of the step
- Step back to the floor with your 'weaker' leg, with control
- Start with 10 seconds progressing to 2 minutes

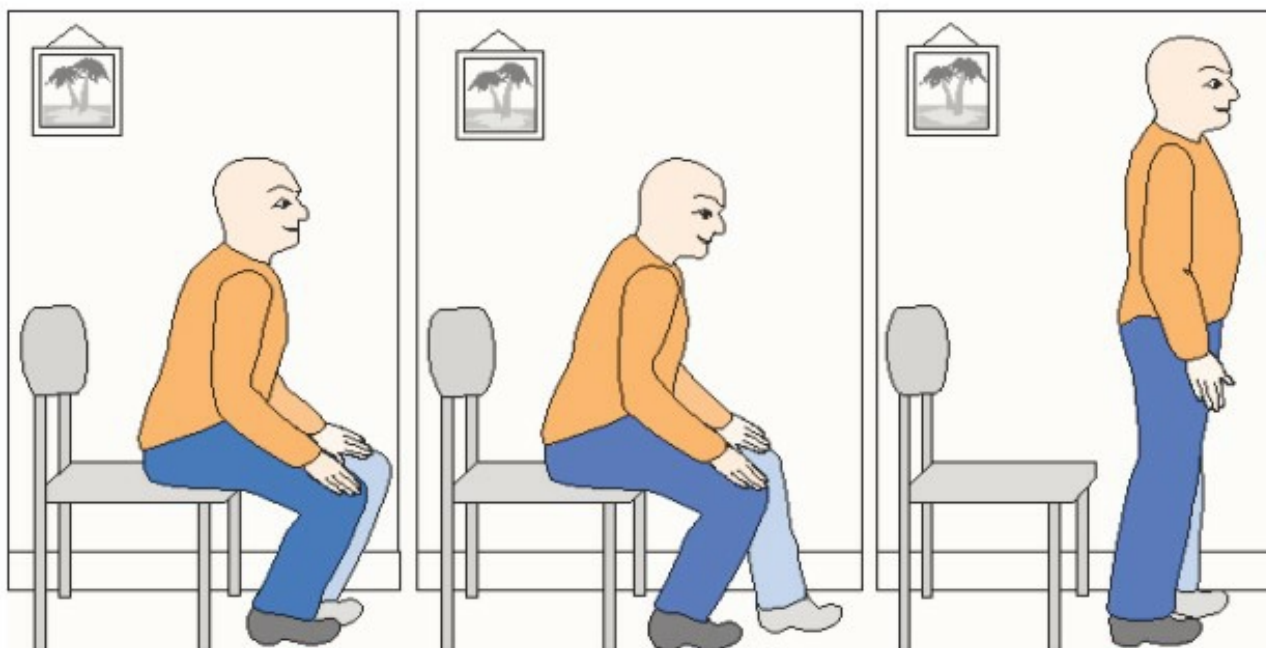


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## Sit to Stand

To Improve leg strength, power and balance

- Use a chair of correct height up against a wall
- Hip walk forwards so your backside is centre of the chair
- Position the feet back a little, heels down
- Power up to stand
- To sit stick out your backside and lower with control and repeat
- Try to have equal weight across both feet on standing
- If you wear a splint, keep this foot forwards and heel down
- Start with 10 seconds progressing to 2 minutes



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