

East Berkshire Specialist Wheelchair Service

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Berkshire Healthcare
NHS Foundation Trust

Seated wheelchair exercises

Notes



 berkshirehealthcare.nhs.uk

Information for patients

Build up to completing a full set of exercises at least twice a day

These gentle exercises can support general muscle strength and maintain your range of movement. However, they are not prescriptive for any one individual and are not a substitute for professional medical advice or treatment.

If you're not sure they're suitable for you, check with your GP or a health professional involved with your care.

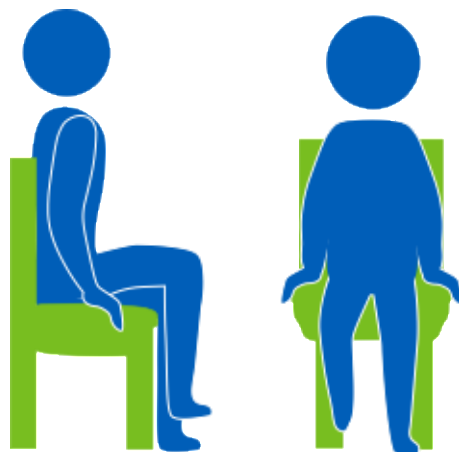
If you feel uncomfortable or unsafe at any time during the exercise, stop the activity immediately. Do not complete if feeling unwell or you have an injury.

You need to be able to sit unsupported to follow the instructions. You should wear loose, comfortable clothing.

Be sure you have applied the brakes on your wheelchair.

Leg marches

- Sit on a chair with your back well supported
- Feet are flat on the floor and knees bent to 90 degrees
- Slowly lift one leg up off the floor, hold up for 5 seconds
- Slowly lower the leg
- Repeat 10 times on the same leg and then repeat on the other leg



Sports and Activities

As a wheelchair user, getting active will bring you important health benefits and can help you manage daily life, too.

Find more information about why you should get active on: [Fitness advice for wheelchair users - NHS \(www.nhs.uk\)](https://www.nhs.uk)

Information about participating in different sports from your wheelchair; includes sailing, archery, boccia, rowing, shooting, swimming and many more.

WheelPower is the national charity for wheelchair sport. They are dedicated to providing opportunities for disabled people to enjoy sport and live healthy active lives. wheelpower.org.uk

LimbPower support amputees, individuals with limb difference and their families to bridge the gap between hospital rehabilitation and community and school engagement to rebuild lives and improve physical, social and mental well-being. This includes advocacy, in-person and online events and workshops video resources and paper resources. They also have programmes in and around the Limb Centres. limbpower.com

Cerebral Palsy Sport provides sport and activity opportunities for people with cerebral palsy, as well as a range of support services. They campaign to influence change for the benefit of disabled people. cpsport.org

West Berkshire Therapy Centre is a specialised therapy gym for people with disabilities. Not-for-profit. They have power assisted exercise machines.

westberkshiretherapycentre.org.uk

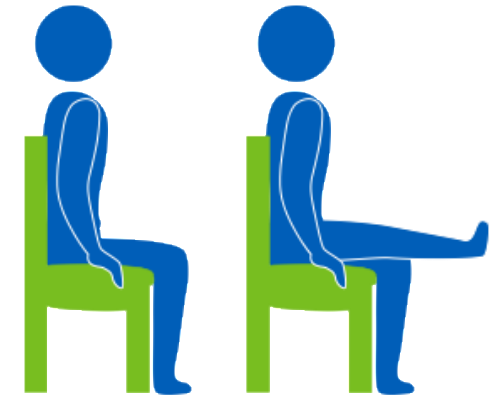
Ankle stretch

- This stretch will improve ankle flexibility and lower the risk of developing a blood clot.
- Sit upright, hold on to the side of the chair and straighten your left leg with your foot off the floor.
- With your leg straight and raised, point your toes away from you.
- Point your toes back towards you.
- Try 2 sets of 5 stretches with each foot.



Front knee strengthening

- Sit on a chair with your back well supported
- Feet are flat on the floor and knees bent to 90 degrees
- Slowly lift one leg up off the floor, hold up for 5 seconds
- Slowly lower the leg
- Repeat 10 times on the same leg and then repeat on the other leg



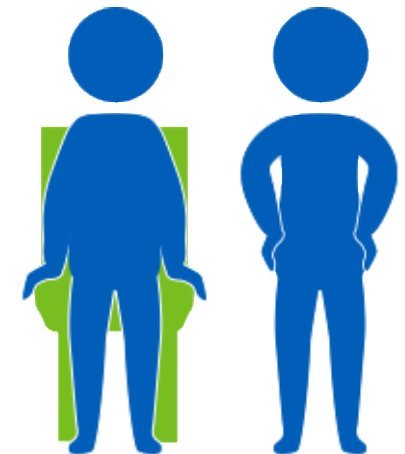
Neck rotation

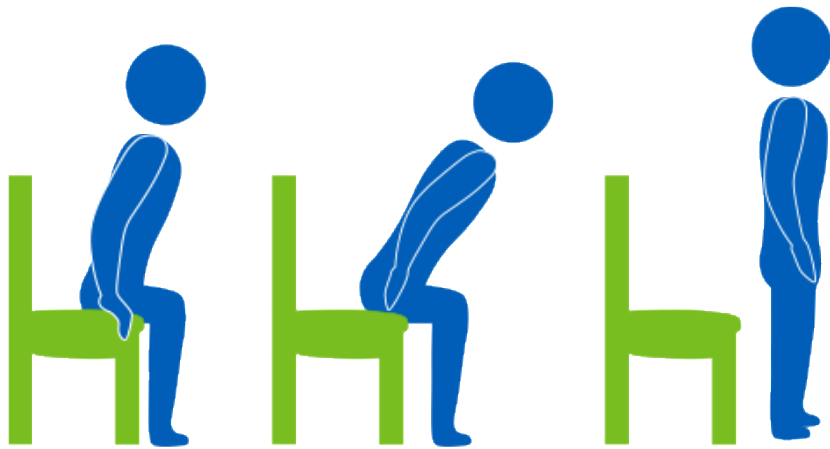
- This stretch is good for improving neck mobility and flexibility.
- Sit upright with your shoulders down. Look straight ahead.
- Slowly turn your head towards your left shoulder as far as is comfortable. Hold for 5 seconds and return to the starting position.
- Repeat on the right. Do 3 rotations on each side.



Glut squeezes

- This exercise can be done in lying, sitting or standing.
- Using your bottom (gluteal) muscles, squeeze your bottom cheeks together tensing your bottom muscles.
- Hold this for up to 10 seconds
- Repeat 10 times.





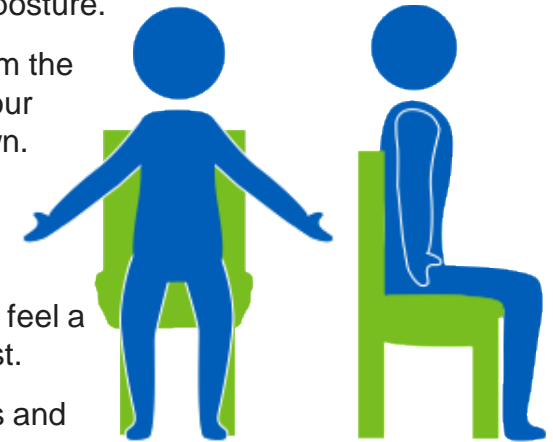
Sit to stand – two hands – if you can stand unsupported

Progress to one hand, then no hands if you feel safe

- Sit on a solid chair ideally with arms
- Place your feet behind your knees
- Lean forwards over your knees
- Push off with both hands to stand up slowly, stand tall and draw your shoulders back, stretching your chest. Stand for 10 seconds.
- Slowly sit back down again (using arms if required)
- Repeat this exercise 5 times

Chest Stretch

- This stretch is good for posture.
- Sit upright and away from the back of the chair. Pull your shoulders back and down. Extend your arms out to the side.
- Gently push your chest forward and up until you feel a stretch across your chest.
- Hold for 5 to 10 seconds and repeat 5 times.



Upper-body twist

- This stretch will develop and maintain flexibility in the upper back.
- Sit upright with your feet flat on the floor, cross your arms and reach for your shoulders.
- Without moving your hips, turn your upper body to the left as far as is comfortable. Hold for 5 seconds.
- Repeat on the right side.
- Do 5 times on each side.

