

Exercises to support your recovery after discharge from hospital

Occupational Therapy

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After being in hospital it is common that you may feel like you have lost some physical ability and confidence. You may feel like you struggle with day to day tasks like washing, dressing and moving around.

This leaflet aims to help your recovery when you go home by giving you some exercises to do. This leaflet has exercises that it is felt are right to help you improve and get to a fitness level that is the best for you.

Staff will assess you during your stay for any ongoing support you need to assist with your discharge. This will have been discussed with you and put in place (for example a care package). This leaflet will give you details of who to contact if you feel you need more support once you return home.

Below you will find some exercises which will help to keep strength and movement. Please only do the exercises you have been assessed as being able to do safely by a member of the hospital team. They will have ticked which exercises are right for you.

Keeping moving helps to:

maintain muscle strength, healthy skin, your breathing.

It can also maintain good eating and drinking habits and makes sure your bladder and bowels work well.

Keeping moving helps to prevent:

loss of independence, falls, skin damage, problems with your bladder or bowels, feeling confused and blood clots.

**Health information and support is available at www.nhs.uk
or call 111 for non-emergency medical advice**

Visit www.leicestershospitals.nhs.uk for maps and information about visiting Leicester's Hospitals
To give feedback about this information sheet, contact InformationForPatients@uhl-tr.nhs.uk

Chair based exercises

Leg raises



Leg raises

- Sit on a chair with the soles of your feet on the floor.
- One after another lift your feet off the floor.

Complete 5 to 10 lifts on each leg during the day



Heel raises



Heel raises

- Sit on a chair with the soles of your feet on the floor.
- Bend and straighten ankles by lifting heels off the floor and placing back down.

Complete 5 to 10 times on each foot during the day



Elbow bends



Elbow bends

- Sit on a chair with your arms straight by your side and palms facing up.
- Bend your elbows and bring your palms towards your shoulder. Straighten back to the starting position.

Complete 5 to 10 times on each arm during the day.



Elbow raises



Elbow raises

- Sit on a chair with your arms straight by your side and palms facing up.
- Lift your arms and elbows to bring your fingers behind your shoulders.

Complete 5 to 10 times each arm during the day.



Bed based exercises



Hip and knee bends

- Lie on the bed
- Lift your leg off the bed and bring it towards your chest as far as possible. If you can, use your hands to help. If you cannot, do not worry as we will help you to build up to this.
- You may choose to lay flat or sat up on the bed

Repeat this 3 to 5 times on each leg during the day



Straight leg raise

- Lie on the bed
- Keeping your leg straight, lift it off the bed and hold it in the air for 2 to 4 seconds.
- You only need to lift your leg as high as you can
- You may choose to lay flat or sat up on the bed

Repeat this 3 to 5 times on each leg during the day





Feet pointing up and down

- Lie on the bed
- Point your feet up and down
- You may choose to lay flat or sat up on bed

Repeat this 3 to 5 times on each foot during the day



Knee extension

- Lie on the bed
- Keep your knee straight, try to push your knee down into the bed and hold this for 2 to 4 seconds.
- If you can, try to lift your heels off the bed, if not do not worry.
- You may choose to lay flat or sat up on the bed

Repeat 3 to 5 times per leg during the day.



Standing exercises

Standing calf raise



Standing calf raise

- Stand tall, with feet hip-width apart, weight evenly on both feet. Toes and knees pointing forwards.
- Rise onto your toes slowly and then return to the starting position.

Repeat this exercise 3 to 5 times as able during the day.



Mini Squat



Mini-squat

- Stand tall with your feet hip-width apart
- Bend your knees and hips as if you were sitting down and push back to the starting position

Repeat this exercise 3 to 5 times as able during the day.



Useful contact numbers

Leicester City Adult Social Care – 0116 305 1004 – If you live in Leicester City and need carers to support you with daily tasks.

Leicestershire County Adult Social Care – 0116 305 0004 – If you live in Leicestershire County and need carers to support you with daily tasks.

Rutland Adult Social Care – 01572 758 341 – If you live in Rutland and need carers to support you with daily tasks.

Single Point of Access (SPA) – 0300 300 1000 – support from Nurses, or Physiotherapists and/or Occupational Therapists.

Age UK – 0116 299 2233 – 'warm and wise' support, support with claiming benefits, general information and advice relating to over 50s, home care and domestic support.

Royal Voluntary Service (RVS) – 0116 266 7706 – support to access social activities and get out and about, Dementia support, practical and emotional support when returning home from hospital.

ICare Meals on Wheels – 0845 604 1125 – hot meal delivery service.

Wiltshire Farm Foods – 0800 077 3100 – frozen ready meal delivery service.

Oakhouse Foods - 0333 370 6700 – frozen ready meal delivery service.

Care Navigators/Social Prescribers – support with social inclusion, community groups, befriending etc. If you feel these services would be useful, they can be accessed via your GP – please call your surgery for more information.

اگر آپ کو یہ معلومات کسی اور زبان میں درکار ہیں، تو براہ کرم مندرجہ ذیل نمبر پر ٹیلی فون کریں۔
على هذه المعلومات بلغة أخرى، الرجاء الاتصال على رقم الهاتف الذي يظهر في الأسفل
જો તમને અન્ય ભાષામાં આ માહિતી જોઈતી હોય, તો નીચે આપેલ નંબર પર કૃપા કરી ટેલિફોન કરો

જે કુર્મીં ઇંચ જાદવારી કિમે રેર ડામ્મા દિચ ચાહુંદે રે, ડાં વિરખા વરકે રેઠાં દિંડે ગદે નંબર 'ડે ટેલીફોન વરે।
Aby uzyskać informacje w innym języku, proszę zadzwonić pod podany niżej numer telefonu

Previous reference:

If you would like this information in another language or format such as EasyRead or Braille, please telephone 0116 250 2959 or email equality@uhl-tr.nhs.uk