Physiotherapists say these simple exercises can help improve strength and movement. Try them daily or at least twice a week.

For every exercise sit up straight in a chair. If possible, sit away from the back of the chair and have your feet flat on the floor.

1. **Heel Raises**
   Lift your heels off the floor and lower them. Repeat 10 times.

2. **Ankle Circles**
   Circle your ankles 10 times. Repeat in the opposite direction.
   Repeat with other leg.

3. **Straighten Knee**
   Straighten your knee and pull your toes up towards you. Hold for 5 seconds.
   Slowly relax to starting position and repeat 5 times.
   Repeat with other leg.

4. **Seated Marching**
   Lift your feet off the floor one at a time. Count to 20.

5. **Arm Reaching**
   Place hands on your shoulders, reach up to the ceiling.
   Repeat 10 times.

6. **Seated Rowing**
   Start with your arms straight out in front. Pull your arms back in a rowing motion.
   Repeat 10 times.

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Developed by NHSGGC Mental Health Physiotherapists

- Make sure the chair you use is sturdy
- Wear supportive shoes
- If you experience chest pain, dizziness or shortness of breath, stop and call your GP or call 111
- A slight soreness the day after exercise is quite normal