Everyday strength

Three movements to discuss with Richard. Use only the exercises and amount agreed for you.

Before you start: Ask your physiotherapist which movements are suitable, particularly after surgery or injury, with a diagnosed condition, or if you are worried about falling. Keep the space clear and use stable support where needed. Stop for new pain, worsening symptoms or feeling unwell; seek advice before continuing.

01 Sit to stand

Sit towards the front of a firm, non-wheeled chair. Place your feet apart, lean forwards and rise slowly. Return to sitting with control.

Agree the amount of hand support you need. Do not attempt unsupported standing if it is unsafe.

02 Supported mini-squat

Hold the back of a stable chair. With feet apart, bend your knees a little, keeping them facing forwards. Straighten slowly.

Use a comfortable range. Keep the support in place throughout.

03 Supported heel raise

Hold a stable chair. Slowly lift both heels, then lower them with control. Keep the movement comfortable.

Do not remove support unless your physiotherapist has agreed it is safe.

My agreed amount: Repetitions _____ Hold _____ Sessions _____

Source: NHS: strength exercises (accessed 10 November 2026).

Source: NHS inform: strength and balance (accessed 10 November 2026).

Clinical review by Richard is required before this practice-branded sheet is issued as patient advice. The linked NHS source contains the full instructions. This is not a personalised rehabilitation plan.

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