

Standing and Balance

Useful tips if you're recovering from COVID-19

Rehabilitation exercises for standing and balance

When exercising at home, it is important that you warm up prior to exercising, and cool down after exercising, to allow your heart rate and blood pressure to gradually adjust to activity or rest. Whenever you exercise, try to use the scale shown below in order to gain the most benefit from the activities.

Modified Borg Breathlessness Scale

The scale below should be used to help measure how your breathing feels during an activity.

Scale	Severity
0	No breathlessness at all
0.5	Very very slight (just noticeable)
1	Very slight
2	Slight breathlessness
3	Moderate
4	Fairly breathless
5	Somewhat hard
6	Hard
7	Severe breathlessness
8	Very severe
9	Very very severe (almost max)
10	Maximum

When exercising you should aim to be **moderately to fairly breathless** (level 3-4) and should be able to still speak whilst exercising. Being short of breath is not dangerous but you should not feel unwell due to exercise.

Stop immediately if you have any **pain** or feel **unwell** during your exercises. If your symptoms persist, contact your GP. If symptoms do stop, please contact your physiotherapist before re-starting the exercises.

Hydration

Make sure you have a glass of water to drink during and after exercise.

Progression

As you get stronger you can progress your exercises by either increasing the number of repetitions or adding resistance. This will be guided by the physiotherapy team.

Resistance can be applied using an elastic theraband. Your physiotherapy team can advise you on this.

Record

Complete the exercise diary record to monitor your progress.

Lets get started!

Warm up and cool down

It is worth-while spending up to five minutes on a simple warm up, to prepare your body for exercise and to reduce the risk of injury. It is advisable to wear loose fitting and comfortable clothing and flat supportive footwear.



Try doing it to music but at a pace which is comfortable to you.

- ✓ Ensure the temperature of the room is comfortable.
- ✓ Ensure you have adequate space all around you to exercise.
- ✓ Allow adequate uninterrupted time to complete your exercises.

Start

Repeat each warm up exercise five to ten times

- Look over your shoulder – left and right
- Circle your shoulders one way and then the other
- Rotate your ankles and wiggle your toes

If sitting:

- March on the spot
- Slouch and stretch your back in the chair

Finish

After exercising, your body needs to slow down gradually. It is worth-while spending five minutes on some gentle cool down exercises to help this process.

Repeat each cool down exercise five to ten times

- Look over your shoulder – left and right
- Circle your shoulders one way and then the other
- Rotate your ankles and wiggle your toes

If sitting:

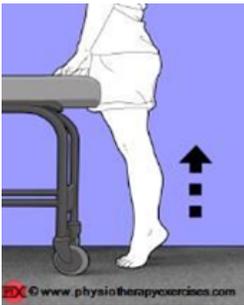
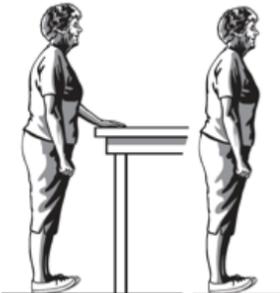
- Stretch your chest out by trying to clasp your hands behind your back
- Stretch the back of each leg by pushing it out straight and leaning forwards over the knee

Standing and Balance exercises

Find a firm surface at about hip height to support you. Use the lightest grip you can manage whilst still feeling safe (finger touch only if possible). Try and keep your body upright at all times.

Number	Exercise	Description	Sets/ Reps/ Frequency	Weights/ resistance
		March on the spot lifting your knees as high as you can.		
		Lift leg out to the side with toes pointing forwards. Hold for 3-5 seconds before slowly lowering.		
		Lift leg backwards whilst standing straight upright. Hold for 3-5 seconds before lowering.		
		Slowly bend your knees as if going to sit down and then quickly rise up again.		

Standing and Balance exercises

Number	Exercise	Description	Sets/ Reps/ Frequency	Weights/ resistance
		Raise your heels off the ground and slowly lower.		
		Raise your toes off the ground and slowly lower whilst keeping your balance.		
		Stand up from the chair with minimal use of your arms. Sit back down slowly.		
		Stand on one leg for up to 10 seconds.		

Standing and Balance exercises

Number	Exercise	Description	Sets/ Reps/ Frequency	Weights/ resistance
		<p>Stand with your feet touching heel to toe.</p> <p>Hold for up to 10 seconds with minimal arm support.</p>		
		<p>Heel to toe walking along a line.</p> <p>Run your hand along a work surface for balance, if needed.</p>		

Other aerobic activity

Aerobic activity is aimed at improving your stamina and cardiovascular fitness. The best thing you can do for this is walking!

Try to incorporate a warm up and cool down within your activity (using the BORG scale). For example, if you are going out for a five minute walk, spend one minute warming up and walking at a level 1-2 on the BORG scale; then increase the intensity and spend three minutes working at a level 3-4; and then cool down by walking for another minute at a level 1-2.

Aim for an initial walking target of five minutes, three times per week.

Please use your walking aid if you need one and ask someone to accompany you if you are unsure.

You may need to include rest periods initially until you can manage your target time continuously.

Add your walking time or distance to the daily exercise record below and aim to increase it every session.

Alternative aerobic activities include cycling, static pedals and dancing.



Daily exercise record

Exercise number	Mon (reps/freq)	Tues (reps/freq)	Weds (reps/freq)	Thurs (reps/freq)	Fri (reps/freq)	Sat (reps/freq)	Sun (reps/freq)
1							
2							
3							
4							
5							
6							
7							
8							
9							
10							
11							
12							
13							
14							
15							
16							
Other Activity							

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