

Appendix 2 - Exercise example

Lower Limb Exercise Sheet

Exercise B

SIT TO STAND

Physio: _____

Phone No: _____

This exercise works on: _____

And helps you improve your: _____



	Visit No:	Phone Call:	Phone Call:
How long:			
How many:			
How often:			
How fast:			
How much support:			

Comments: _____

Try to work at a moderate level of exertion without getting short of breath or fatigued.

IMPORTANT:

- Ensure the area around you is clear of unwanted objects
- Always have bare feet or shoes that fit firmly

STOP if you are in pain!