

# New Hall Hospital

## Personal Exercise Program - Prehab Main Set

### Side Bend

Standing upright, feet hip width apart. Place the resistance band under both feet and hold ends in each hand. In a slow and controlled manner, lean sideways. You will feel resistance from the band as you lean, only move as far as you can control the movement. Return to upright and repeat with the opposite side.

NB: avoid leaning forwards during the movement, keep your chest upright.

Repeat for 45 seconds.

### High Knees

Standing upright, feet hip width apart. Lift one knee towards the ceiling, as far as comfortable/able to do. Return the foot to the ground and repeat with the opposite leg.

Repeat for 45 seconds.

### Lateral Raises

Standing upright, feet hip width apart. Place the resistance band under both feet and holding in both hands.

Raise one arm sideways, as high as comfortable. You will feel the resistance band wanting to pull your arm downwards, ensure the movement is slow and controlled to prevent this. Return arm to your side and complete with the opposite hand.

NB: start with the resistance band looser to make the exercise easier.

Repeat for 45 seconds.

### Heel Raises

Standing upright, with feet hip width apart. Transfer your weight onto your toes and lift your heels off the ground. Return to starting position.

NB: please use a chair or wall for support if required.

Repeat for 45 seconds.

### Hip Abduction

Standing upright, feet hip width apart. Maintaining a good posture, whilst taking one leg out to the side. You can do this by either lifting your leg or keeping your foot on the ground and sliding it outwards. Return to starting position.

Repeat for 45 seconds.

### Leg Press

Sitting on the edge of a chair, with upright posture. Place the resistance band under one foot. In a slow and controlled manner, straighten your knee. You will feel the resistance of the band wanting to bend your knee, loosen the band if you struggle to work against the band.

NB: This exercise is more challenging if you lift your leg off the ground to complete it. If you struggle with this, keep your foot in contact with the floor and slide it forwards.

Return to starting position, repeat for 20 seconds. Then place the band on the opposite leg and complete the same movement for 20 seconds.



## Sit to Stand

Starting sitting on the edge of a chair, keep your posture upright. Lean forwards, and slowly stand upright. In a slow and controlled manner, lower yourself to sit back down in the chair.

NB: Please use your hands to provide extra support during the exercise, if required.

Repeat for 45 seconds.

## Upright Row

Standing upright, feet hip width apart. Place the resistance band under both feet and hold the ends in each hand. In a slow and controlled manner, bend your elbows, out to the side, and pull the resistance band up towards your chest. You will feel the resistance pulling your hands downwards, only move your arms within a range that is comfortable.

NB: try to keep your hands close to your chest.

Return to starting position. Repeat for 45 seconds.

## Wall Press

Stand facing a wall, place hands on the wall in front of you, at shoulder height. Lower yourself towards the wall, in an action similar to a press up action. Keep your chest inline with your elbows, stop your chest sinking forwards. Straighten your arms and push yourself away from the wall.

NB: step your feet further away from the wall to make it more challenging.

Repeat for 45 seconds

## Squats

Standing upright, with feet hip width apart. Bend your knees and lower yourself down, as if sitting back into a chair. Only lower yourself as far as comfortable. Return to upright.

NB: ensure your weight is in your heels during the movement.

Repeat for 45 seconds.

## Half Jacks

Standing upright, with feet hip width apart. Step one leg out sideways, at the same time raise the same arm sideways. Return to starting position.

NB: only step your leg OR raise your arm to a position that is comfortable.

Repeat for 45 seconds.

## Bicep Curl

Standing upright with feet hip width apart. Place resistance band underneath both feet and holding band in both hands. In a slow and controlled manner, bend your elbow and raise hand towards your shoulder. You will feel the resistance in the band during this movement, do not let it pull your hand back towards the ground.

Repeat for 45 seconds, alternating hands.