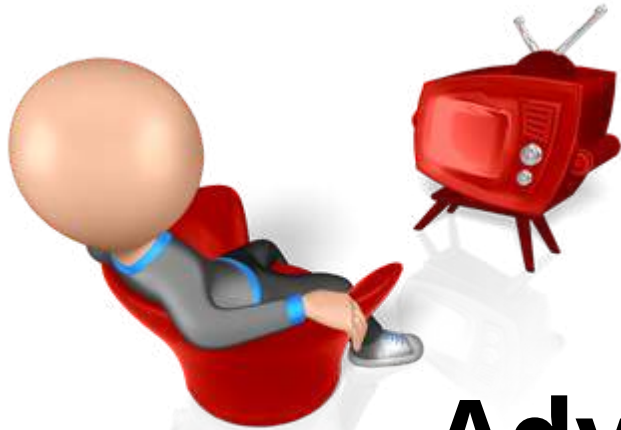


**Deconditioning
Programme**



Advert Break & Cuppa Exercise Suggestions



**Designed for Service Users, Families &
Staff**

**Lisa Boyd
Snr. Physiotherapist
& Deconditioning Project
Team**



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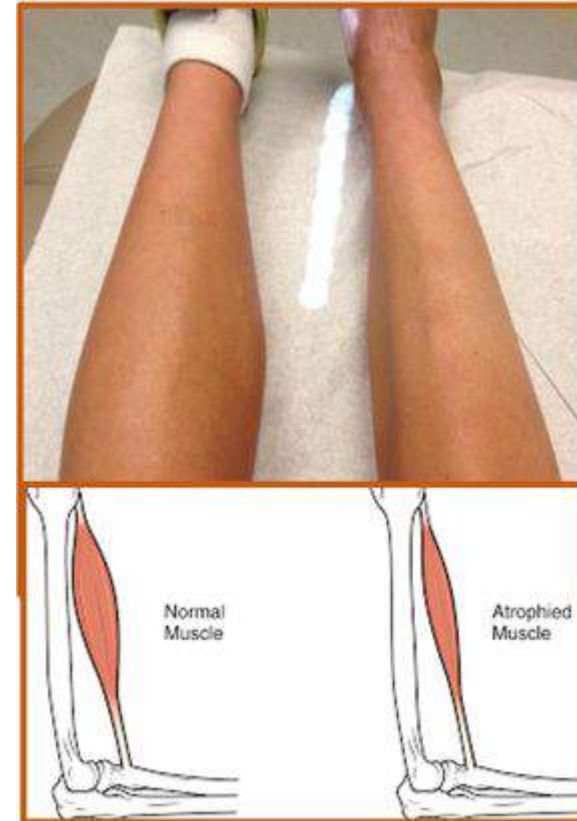


St Michael's House

What is Deconditioning?



Deconditioning is described as a complex process of physiological changes that affects multiple body systems and often results in **functional decline** following a **period of inactivity**.



Note the difference between the 2 sets of muscles. The right leg has just come out of a plaster cast and not been used.

Suggestions to Prevent Deconditioning

Please remember that these suggestions are generic. If you have a specific programme from your physiotherapist these are the most important for you to do.

1. Walk (4-5 times a week - the WHO recommends 30 minutes 5 times per week) This can be a short or a long walk. Each time you walk maybe try to either increase the distance or increase your pace, even slightly.

2. Zoom class. This may be through the Activity Hub, e.g. bowling, dancing, Zumba, relaxation.

3. YouTube videos available through Activity Hub e.g. Make movement your mission, Niamh's 3 minute videos. These are general exercise classes varying between standing up and sitting down. The links to these videos are included in this resource.

4. Ad Break & Cuppa Exercise Challenges - included within this booklet



About Advert Break Challenges



Advert Break Challenges (known as Ad Break).

These are done during the ad break in your TV programmes.

Ad breaks usually last 3-5 minutes so try a few exercises in that time.

Start with **1** Ad Break challenge a day and then you could increase to doing exercises in **3** Ad Breaks daily.

- a. Sit to Stand increasing in number but start with 5
- b. Marching on the Spot in either sitting or standing
- c. Strengthening Your Arms in sitting or standing
- d. In sitting, put hands on arms of chair, lift your bottom up off chair and try hold for a few seconds
- e. Knee Strengthening - kicking lower legs forward one at a time and hold them out there in sitting



About Cuppa Challenges



Cuppa Challenges - done while the kettle is boiling.

- a.** Calf & Heel raises while holding onto counter top
- b.** Squats while holding onto counter top
- c.** Try Balance on 1 Leg while holding onto counter top with 2 hands
- d.** Hip Strengthening / Step Sideways along counter top and back
- e.** Balanced Heel Toe Standing. Start with 2 hands holding onto countertop and one foot directly in front of the other.

**There is also
Dancing!**



**Put on a song (usually
about 3 minutes) and
dance. Throw a few
shapes.
Have a Laugh!**

Suggestions to Prevent Deconditioning



We should always be challenging ourselves. If you or a service user finds an exercise easy to do, could you add a weight e.g. hold a tin of beans in each hand when punching with arms?

Do the exercise for slightly longer e.g. 10 sit to stands instead of 5, or walk a further distance.

Don't try to do the exercise too fast, slower is usually harder.

It is very important that we do exercise safely so **never take risks STOP** doing an exercise if it makes you feel dizzy or your balance is affected.

It is also important that we do something daily and sometimes marking this on a chart or in our diary helps to encourage us to keep going.

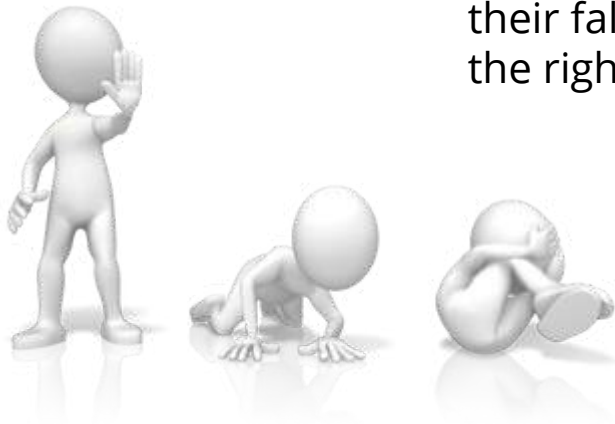
Suggestions for the Ad Break and Cuppa Challenge are shown in the following pages.



Before starting on your challenge, pause to consider the following:

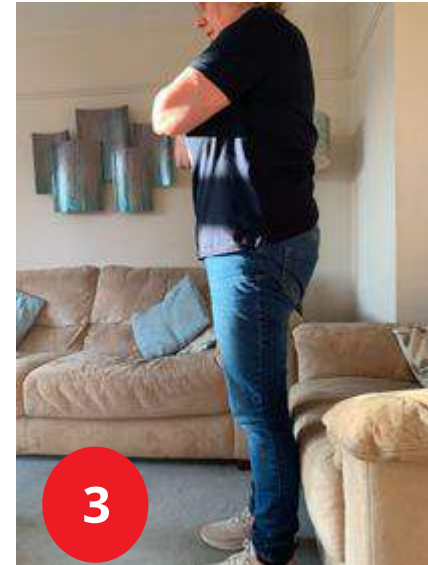
How long has it been since the person has done exercises that are part of the challenges. It so important to start slow and focus on doing the exercise correctly, no matter how small/easy the exercise seems to be, we need to give our muscles time to adapt.

If the person has had a recent fall, surgery, Covid 19 etc it might be good to check with the Health care Professional who has been supporting the person after their fall, surgery etc. This is to ensure you are picking the right time to start the challenges.



Ad
Break
1

Sit to Stand



Instructions

1. Move your bottom forwards in your chair
2. Bring your feet behind your knees
3. Lean forwards bringing your head over your knees
4. Push off with both hands on chair to stand up straight
5. Then step back until you feel the chair against your legs
6. Bend in the middle, reach back for the arm rests and slowly sit back down

Do this 5-10 times

PROGRESSION

1. If you can, stop using your hands to push up and place them across your chest as you do it.
2. Increase number of times you do it.

Ad
Break
2

Marching on the Spot



Instructions

1. Walk on the spot
 2. Lift knees up as high as possible while maintaining balance (if unsteady, do this exercise within reach of countertop)
 3. Use your arms in swinging motion
- Do this for 20-30 seconds**

PROGRESSION

1. Lift knees slightly higher when walking on the spot
2. Do this for longer each day

Ad
Break
3

Arm Strengthening



Instructions

Sitting tall in chair

1. Punch arm forward or lift arm up over your head
2. Replace onto lap and repeat with the other arm

Do this 5-10 times



PROGRESSION

1. Increase the number of times you do it
2. Add a weight eg a tin of beans

Ad
Break
4

Lift Bottom Up



Instructions

Sitting tall in chair

1. Move to edge of chair
2. Hold onto arms of chair/couch
3. Lift bottom up off chair a few centimetres by straightening arms
4. Lower down

Do this 2-3 times



PROGRESSION

Try to hold yourself up off the chair for several seconds

Ad
Break
5

Knee Strengthening



Instructions

1. Sit tall in your chair/ couch with back supported
 2. Straighten your leg fully and bring your toes upwards
 3. Hold for 5 seconds
 4. Lower leg slowly
 5. Repeat on the other side
- Do this 5-10 times**

PROGRESSION

1. Increase the amount of times
2. Sit forwards in chair so your back is not supported, but keep sitting tall



Cuppa 1

Heel & Toe Raises



Instructions

1. Stand tall at counter top. Hold on with both hands and look ahead
2. Place your feet hip width apart
3. Lift up onto your toes slowly, making sure not to lean forwards
4. Lower your heels back onto ground slowly

Do this 5-10 times

PROGRESSION

1. Place weight onto your heels and lift up your toes and the front of your feet keeping your bottom tucked in. Try not to lean backwards
2. Lower your toes to the floor



Cuppa 2

Squats



Instructions

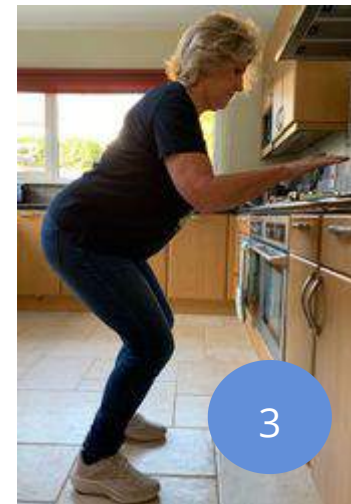
1. Stand tall holding onto countertop/table with 2 hands, looking ahead
2. Bend your knees and hips into a squat position
3. Push up through your heels into standing again

Repeat 5-10 times

PROGRESSION

Photo 2. Try holding on with one hand

Photo 3. Try no hand support by hovering your hands close to countertop to provide support if needed.



Cuppa
3

Balance on 1 Leg



Instructions

1. Hold onto kitchen counter/table with 2 hands and look straight ahead
2. Stand on one leg and hold for 10 seconds

Repeat using the other leg and hold for 10 seconds

PROGRESSION

Photo 2. Try holding on with one hand

Photo 3. Try no hand support by hovering your hands close to countertop to provide support if needed.



Hip Strengthening / Side Step



Instructions

1. Stand tall holding onto countertop/table with 2 hands, looking ahead
 2. Stand on left leg
 3. While keeping right leg straight and pointing forwards, lift leg slowly out to the side (don't bend body to left)
- Return to starting position and repeat using other leg**
Repeat this 5-10 times for both legs

PROGRESSION

1. Try holding on with one hand
2. Side stepping. Holding onto countertop, step sideways the length of the counter top and back again 3 times



Cuppa 5

Balance Heel Toe Standing



Instructions

Please note the aim of this exercise is one foot in front of the other but you may need to start with feet slightly apart width wise and also length wise.

1. Stand tall holding onto countertop/table with 2 hands, looking ahead -**You may need to move your feet back a little**
2. Place left foot in front of right foot with your heel of right foot touching toe of left foot. Hold this position for 10 seconds
3. Swap feet position and hold again for 10 seconds

PROGRESSION

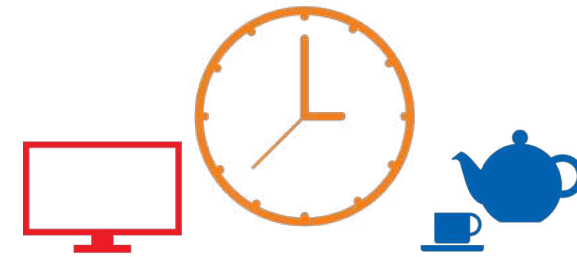
Photo 2. Turn sideways and use one hand for support. Hold position for 10 seconds

Photo 3. Try no hand support by hovering your hands close to countertop to provide support if needed (**this is very tricky so be careful**)



Anytime

Dancing



Instructions

Put on a favourite piece of music and dance for as long as you can.

See can you last the whole piece of music , usually about 2-3 minutes.



Other Exercise Ideas from One of Our Senior Physiotherapists - Niamh Quinn

Niamh is another one of our physiotherapists in St Michael's House and she has created 5 x 3 minute movement videos to encourage us all to move, get the blood flowing and feel better! You can view them in the next few pages.



**3 Minute
Movement
Video 1**

[Link to Video 1](#)





Exercise Ideas from One of Our Senior Physiotherapists - Niamh Quinn



**3 Minute
Movement
Video 2**

[Link to Video 2](#)





Exercise Ideas from One of Our Senior Physiotherapists - Niamh Quinn




**3 Minute
Movement
Video 3**

[Link to Video 3](#)





Exercise Ideas from One of Our Senior Physiotherapists - Niamh Quinn



**3 Minute
Movement
Video 4**



[Link to Video 4](#)

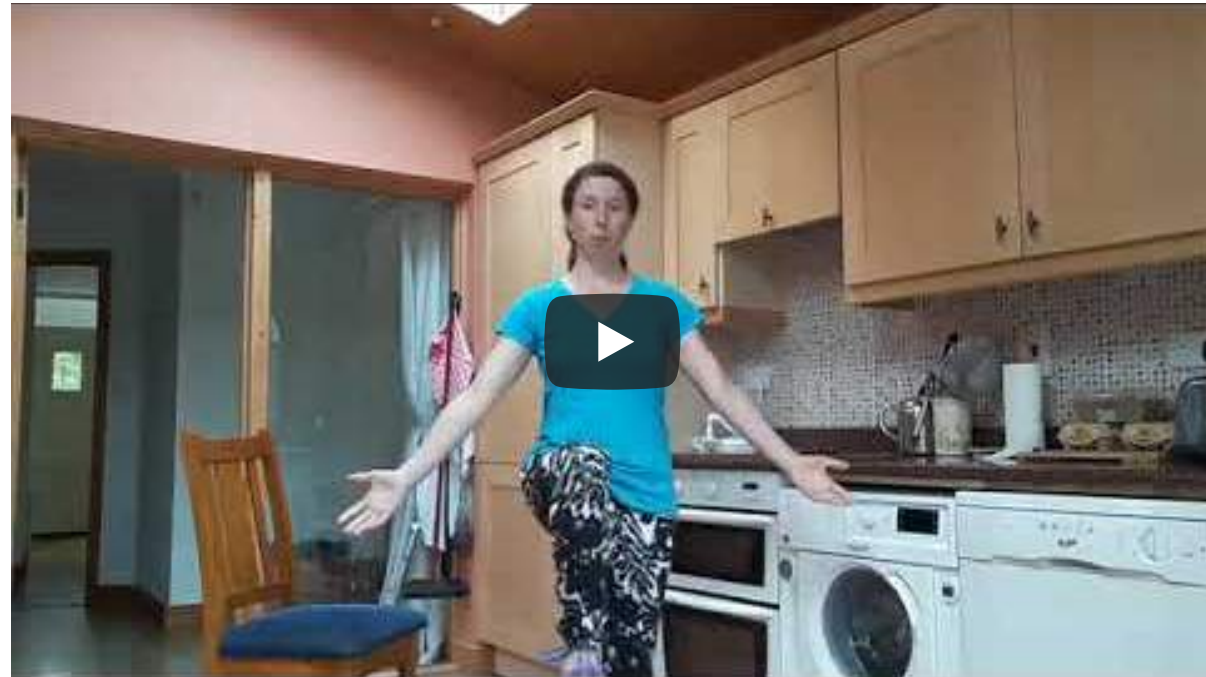


Exercise Ideas from One of Our Senior Physiotherapists - Niamh Quinn



**3 Minute
Movement
Video 5**

[Link to Video 5](#)





This e-Booklet was designed and created by Anne Spencer from the Nursing Department in St Michael's House.

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