

Chair Exercise 2

Hip strengthening Marching in the chair

Difficulty level: moderate

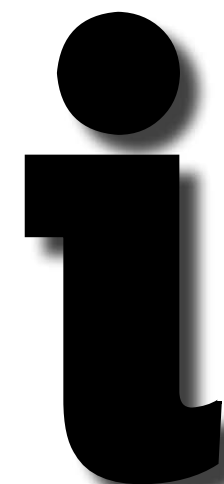
Benefits for example:

- improves strength of muscles and control of movement around your hip
- improves your fitness and stamina
- improved strength of these muscles enables you to:
 - * stand up from sitting
 - * stand and take a step forward
 - * get your legs into bed
 - * go up and down a step or stairs.

Instructions

While sitting on a chair, lift your feet off the floor one at a time and place them back on the floor in a marching action.

Repeat _____ times, _____ times a day



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The evidence used in the preparation of this leaflet is available on request. Please email: patient.information@salisbury.nhs.uk if you would like a reference list.

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