



**ACT**  
Government  
Health



CANBERRA HOSPITAL  
AND HEALTH SERVICES

# BACK CLASS EXERCISE SUMMARY HANDOUT

NAME:

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## BALANCE

1. Lightly tap your foot on the step.
2. Alternate between your left and right foot.

### Tips

- Practice doing slow and controlled movements
- Remember to stand tall
- Try to avoid swaying your body from side to side
- If you are having difficulty keeping your balance, use a wall for support



## BRIDGING (Lifting your bottom)

1. Lie on the floor or your bed.
2. Bend your knees and keep your heels close to your bottom.
3. Position a tennis ball between your knees.
4. Keep your feet and your knees in line with your hips.
5. Push through your heels to lift your bottom.
6. Slowly lower your bottom to the floor or your bed.



## WALKING OR CYCLING

1. Go for a walk or cycle (a stationary bike can also be used).



## ACKNOWLEDGMENT OF COUNTRY

ACT Health acknowledges the Traditional Custodians of the land, the Ngunnawal people. ACT Health respects their continuing culture and connections to the land and the unique contributions they make to the life of this area. ACT Health also acknowledges and welcomes Aboriginal and Torres Strait Islander peoples who are part of the community we serve.

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## LEG EXERCISES

### KNEE LIFTS

1. Sit tall on the edge of your dining chair, bed or exercise ball.
2. Keep your shoulders relaxed.
3. Slowly lift and lower one leg at a time.
4. Try to avoid swaying your body.



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### SIT TO STAND

1. Stand in front of your dining chair or your bed (make sure your dining chair is against a wall).
2. Fold your arms in front of you if you are able to.
3. Slowly sit down.
4. Stand up as slowly as you can.



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### HEEL RAISES

1. Use a wall for support.
2. Lift and lower your heels.



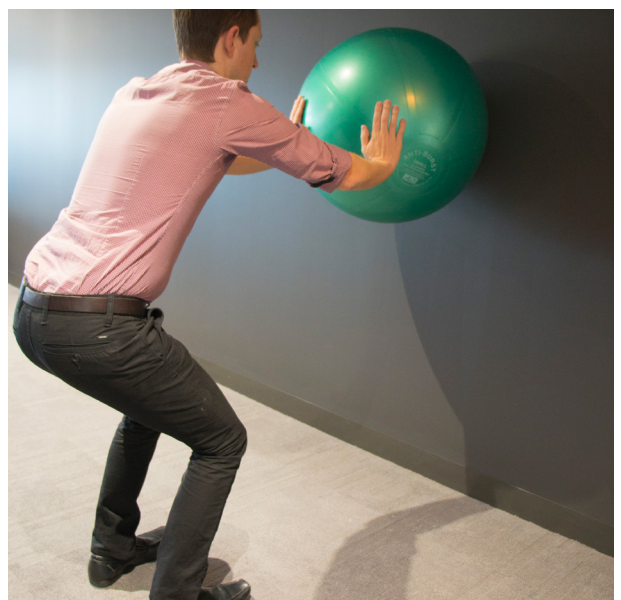
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### SQUATS

1. Stand behind your dining chair or use a ball as shown.
2. Make sure your feet and knees are in line with your hips.
3. Slowly bend your knees.
4. Push through your heels to stand up.

#### Tip

- Remember to squeeze the muscles in your bottom



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## ARM EXERCISES

- Sit on the edge of your dining chair, bed or exercise ball
- Hold a light weight
- Examples of a light weight are a can of vegetables, or a partially or fully filled drink bottle
- Remember to keep your hips still and sit tall

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## OVERHEAD SHOULDER PRESS

1. Hold your light weights at shoulder level.
2. Push your arms above your head.
3. Slowly lower to your shoulders.



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## BICEP CURLS

1. Slowly bend and straighten your elbows one at a time.



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## PELVIC ROCKS

1. Sit tall on the edge of your dining chair, bed or exercise ball.
2. Slowly roll from the front to the back of your pelvis.
3. You should feel movement at the bottom of your back.

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### Tip

- Remember to keep your back tall and ribs and shoulders relaxed

### REMEMBER:

- Make sure you make a clear space to do your exercises
- It is good to do some exercises every day
- Complete as many of the exercises as you are comfortable doing
- These are the same exercises from the classes you have attended
- It is important to follow your physiotherapist's advice
- If you require further advice contact Community Health Intake on 6207 9977

