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!

The ACTIV Trial