
Renal department

Physiotherapy and frailty



Introduction

Physiotherapy helps to restore movement and function when someone is affected by injury, illness or disability. It can also help to reduce your risk of injury and illness in the future.

Physiotherapists help people affected by injury, illness or disability through movement, exercise, education and advice.

They help patients to manage pain and promote strength and independence.

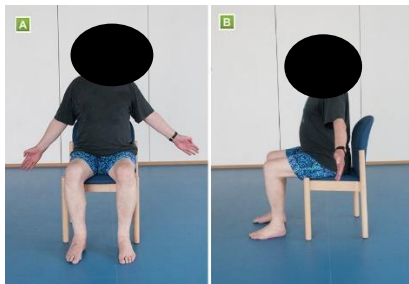
What exercises can I do to maintain my strength?

Seated exercise classes are some of our most accessible. Gentle chair-based exercises are great for improving your posture, balance and are suitable for people with reduced mobility.

Regular short walks or following an exercise regime provided by a physio or occupational therapist are good. If you are unsure, then ask your nurse, therapist or doctor about ways to keep active that are right for you.

Seated exercises:

1. Chest stretch:



This stretch is good for posture.

A. Sit upright and away from the back of the chair. Pull your shoulders back and down. Extend your arms out to the side.

B. Gently push your chest forward and up until you feel a stretch across your chest.

Hold for 5 to 10 seconds and repeat 5 times.

2. Upper body twist:



This stretch will develop and maintain flexibility in the upper back.

A. Sit upright with your feet flat on the floor, cross your arms and reach for your shoulders.

B. Without moving your hips, turn your upper body to the left as far as is comfortable. Hold for 5 seconds.

C. Repeat on the right side.

Do 5 times on each side.

3. Hip marching



This exercise will strengthen hips and thighs, and improve flexibility.

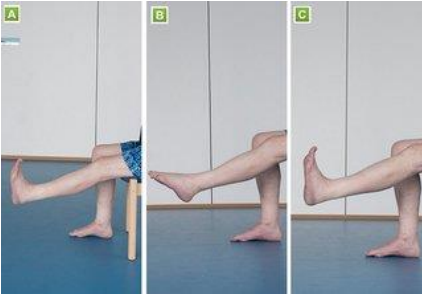
A. Sit upright and do not lean on the back of the chair. Hold on to the sides of the chair.

B. Lift your left leg with your knee bent as far as is comfortable. Place your foot down with control.

C. Repeat with the opposite leg.

Do 5 lifts with each leg.

4. Ankle stretch



This stretch will improve ankle flexibility and lower the risk of developing a blood clot.

A. Sit upright, hold on to the side of the chair and straighten your left leg with your foot off the floor.

B. With your leg straight and raised, point your toes away from you.

C. Point your toes back towards you.

Try 2 sets of 5 stretches with each foot

5. Arm raises:



This exercise helps to build shoulder strength.

- A. Sit upright with your arms by your sides.
- B. With palms forwards, raise both arms out and to the side, and up as far as is comfortable.
- C. Return to the starting position.

Keep your shoulders down and arms straight throughout. Breathe out as you raise your arms and breathe in as you lower them. Repeat 5 times.

[Sitting exercises - NHS \(www.nhs.uk\)](http://www.nhs.uk)

How can I stay active?

If you can, take regular short walks and continue with your daily activities. There are also several community group exercise programmes that will be useful to do.

You can visit the [Age UK website](#) or call their advice line for more information.

Age UK Advice Line 0800 678 1602 / 0800 169 6565, open 08.00 to 19.00 365 days a year.

How much exercise should I do?

Build up exercises gradually and start gently, listening to your body.

How can I reduce the risk of falling?

Regular exercise and being more active can help reduce your risk of falling as well as improve confidence and physical functioning for daily tasks.

Please also ensure:

- you have regular eye tests
- you ask your pharmacist for a medication review
- your shoes fit well
- you look after your feet
- you remove unnecessary clutter from your home
- your rooms at home are well lit
- you secure loose and trailing wires
- carpets and rugs are secure
- you limit your alcohol intake
- you use your walking aid if you have one
- you wear your pendant/wrist alarm, if you have one

What should I do if I'm experiencing issues with my balance and frightened of falling?

Please contact your GP and they will signpost you to a community group and exercise programme or refer you to a community physiotherapy for an assessment.

Are there any community exercise classes I can attend?

Please contact your GP and they will signpost you. You can also contact your local Age UK www.ageuk.org.uk

Age UK Advice Line 0800 678 1602/ 0800 169 6565, open 8am to 7pm, 365 days a year

How do I make a comment about my visit?

If you have any suggestions or comments about your care, please either speak to your GP, a member of staff or contact the patient advice and liaison service (PALS) on 020 3312 7777 (10.00 -16.00, Monday to Friday).

You can also email PALS at imperial.pals@nhs.net

Alternatively, you may wish to complain by contacting our complaints department:

Complaints department, fourth floor, Salton House, St Mary's Hospital, Praed Street London W2 1NY.

Email: ICHC-tr.Complaints@nhs.net

Telephone: 020 3312 1337 / 1349

Alternative formats

This leaflet can be provided on request in large print or easy read, as a sound recording, in Braille or in alternative languages. Please email the communications team: imperial.communications@nhs.net

Wi-fi

Wi-fi is available at our Trust. For more information visit our website: www.imperial.nhs.uk

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