

Rehab Services



Hospice
Isle of Man

FAB Programme Exercises

These exercises should only be carried out by patients attending the FAB Programme and on the advice of the Hospice Rehabilitation Team



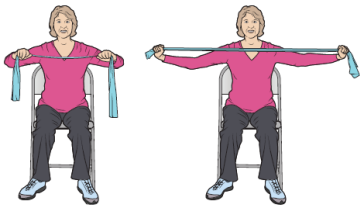
Biceps Curl

Sit on a chair, hold weight at your side with arm extended and palm facing forward. Without moving your upper arm, bend your elbow and curl the weight to your shoulder and then lower. Repeat 10 times on both sides.



Triceps extension

With theraband in both hands, position your hands in front of your chest with your elbows raised out to your sides, parallel with the floor. Straighten your elbows fully and then bend again, keeping your hands at chest level. Repeat 10 times.



Step ups.

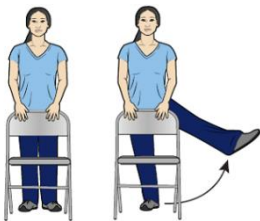
Stand in front of step, holding rail if necessary. Step onto first step and back down, leading with right leg 10 times.

Repeat, leading with left leg.



Legs to side

Stand straight, holding onto a support. Lift your leg sideways and bring it back, keeping your trunk straight throughout the exercise. Repeat 10 times on each side.



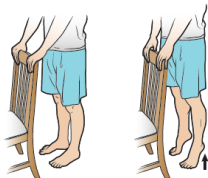
Sit to Stand

Stand up from chair and then sit down slowly. Use the arms of the chair to help you if needed. Repeat 5 times.



Heel raises

Hold onto back of chair. Slowly push up onto your toes, lifting your heels off the floor. Hold for 5 seconds and lower slowly. Repeat 10 times.



Standing Hammstring Curls

Hold onto back of chair. Bend your left knee, bringing your heel towards your buttock. Stand tall. Lower foot back to floor. Repeat 10 times and then repeat on right leg.



Mini squats

Hold onto a stable surface. Slowly bend your hips and knees (not too far). Hold for 5 seconds and return to upright position. Repeat 5 times.

