

Supporting Young People
with Chronic Fatigue

Exercise Chart

Basic Mobility Exercises

This Exercise Chart is designed to help you to monitor the amount of exercise you do so that you can gradually increase repetitions.

Our Energy Management leaflet will give you more information on this type of programme and our Activity, Rest and Sleep diary sheet has an hourly chart for you to record your daily activities.

Instructions

- Start with low repetitions 1-5 at a time.
- One exercise each hour



If you experience any pain doing these exercises, stop and contact the Physio team. If you have any questions regarding this information please contact the Physio team on 01225 821340.

Exercises	09:00	10:00	11:00	12:00	13:00	14:00	15:00	16:00	17:00	18:00
Toes up and down										
Knee bend and unbend										
Slide straight leg up (R&L)										
Squeeze bottom cheeks										
Tummy tighten										
Chin to tummy										
Look left and right										
Squeeze soft ball										
Elbow bend and flexion										
Shoulder shrug										

When you can do five repetitions, you may be ready to try these:

- Lie down on bed with pillow under knee; lift heel off bed, keeping knee straight.
- Lie down on bed, bend knees to tummy. Keeping knees bent, slowly let your knees fall to the side.
- Lie down on bed on your back; reach arm to back of bed and touch head of bed.
- Whilst sitting, bend elbow and reach hands above head, one arm at a time.
- From sitting, stand up and return to sitting. Start initially from high chair. Do 2 reps and slowly increase as you are able.
- Sit upright on a dining room high chair with minimal support. Start with 10 seconds and increase as able.