

Sit to Stand

Purpose

- This will improve balance and help you feel more confident when on your feet. It will also help improve the strength of the leg muscles.

Position

- Sitting upright in the chair, hip walk forward so you are sat in the first third of the chair.
- Keep knees and feet hip width distance apart.
- Position feet flat on floor.

Action

- Sitting down to begin, keep the knees hip width apart throughout.
- Keep looking straight ahead and ensure back is kept upright.
- Take the feet slightly further back but keep the heels in contact with the floor.
- Press down through the thighs and feet and push directly up to standing.
- On standing, keep the knees soft but stand fully upright with good posture, pulse the feet.
- On the downward phase, step backwards until the back of knees are in contact with the chair.
- Firstly bend at the knees then bend at the hips to allow the bottom to go backwards without dropping the chest forward.
- To start again walk the hips forward towards the front third of the chair.



Sets

Reps

Comments

Contact us



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