

Patient information

Home exercises

How often should I/my child be doing the exercises?

- Talk to your therapist about how often they think your child needs to do the exercises.
- As a rough guide, stretches should be completed every day.
- Strengthening/balancing exercises should be completed between 3-5 times per week.

How can we remember to complete the exercises regularly?

- Think about how you can fit them into your week and keep to the same time slot each day.
- It may help to complete exercises straight after school, before sitting down or eating a snack as it is much harder to remember once in your normal evening routine.
- Try putting a reminder on your phone/using an exercise or games App to help.
- Put the exercise sheet up somewhere visible, such as by the kettle or next to the sink.

My Goal for the next _____ weeks is:

I plan to complete my exercises on:

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
Mon						
Tue						
Wed						
Thurs						
Fri						
Sat						
Sun						

Home exercises: top tips

How can I keep interested/ my child interested in exercises?

- Discuss with your physiotherapist what activities your child enjoys. See if these can be linked into the exercises.
- Try using reward charts/stickers for motivation, complete charts to see progress and tick how many exercises your child has managed each day, so that they can see the progress.
- With a younger child - exercise through play (for example leg strength through climbing the slide or core strength on swings)
- Exercise through function (for example: try putting items in bottom cupboards to encourage squatting down and standing up)
- If your child is old enough – Involve your child in decision making, explain to them why the exercises are important and link this with what their goals (for example getting back to football)
- Encourage your child to identify a time of day that would suit them best, encourage them to pick the number of times that they will do the exercises each week (guide to more than three!)
- Ask your child to pick which exercise they want to do first – then work your way through all of the exercises.
- If you need to vary the exercise programme, ask your therapist for more suggestions, then rotate which exercises they do each day.

- If you have other children, encourage them to complete the activities together to make it more fun.
- Try doing the exercises yourself with your child to increase their motivation.
- Put some music on in the background.
- Use your imagination!! Make exercises as fun as possible.
- Use snippets of time such as during TV advert breaks to complete active exercises, stretches can often be completed whilst watching television or playing on a tablet.
- Brushing teeth is often a good time to stretch ankles, if you need to help to stretch ankles out try after bath time or whilst reading stories.

If you have any questions arising from this leaflet, please contact the physiotherapy department on 01284 713300.

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<https://www.accessable.co.uk>

