

ICU: Rehabilitation Programme

While you are on ICU it is important that you maintain your strength and build your stamina. This booklet was created to provide an exercise routine that will help you to do this. Your physiotherapist will go through this with you. It is expected that you complete these exercises outside of therapy sessions (where possible). Only complete the ‘ticked’ exercises.

If any of these exercises cause you significant pain, stop, move on to the next one and discuss this with a member of staff.

Your name: _____

Benefits of exercise

- To maintain muscle strength.
- To maintain bone density.
- To maintain joint range of movement.
- To maintain and improve exercise tolerance.
- To aid the recovery of the respiratory system.
- To aid return to function and daily life.
- To improve your mood.

Deep breathing exercises

To maintain the health of your lungs and protect them from complications, it is important to take deep breaths while you are in hospital.

Every 30 minutes while you are awake:

- Adopt a position that is comfortable for you.
- Take a deep, slow breath in to fill your lungs.
- Hold for 2-3 seconds then relax and breathe out.
- Repeat this 5 times.

Head and neck exercises












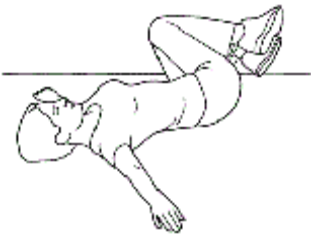

Tilt your head to the side, bringing your ear to your shoulder until you feel the stretch.






Hold for 20 seconds.




Repeat 3 times on each side.



	<p>Look up and tilt your head as far as it is comfortable. Hold for 10 seconds. Repeat 3 times.</p>	<input data-bbox="1342 327 1442 423" type="checkbox"/>
	<p>Turn your head to one side until you feel a stretch. Hold for 20 seconds. Repeat 3 times each side.</p>	<input data-bbox="1342 714 1442 810" type="checkbox"/>
<p>Arm exercises Perform both sides unless advised otherwise.</p>		
	<p>Shrug your shoulders up to your ears. Hold for 2 seconds. Repeat ___ times.</p>	<input data-bbox="1342 1133 1442 1229" type="checkbox"/>
	<p><u>Lying on your back</u> Bring your arm up and over your head, keeping your arm close to your ear. Hold for 20 seconds. Repeat 5 times.</p>	<input data-bbox="1342 1435 1442 1532" type="checkbox"/>
	<p><u>Stand or sit</u> Lift your arm up above your head. Repeat ___ times.</p>	<input data-bbox="1342 1753 1442 1850" type="checkbox"/>

	<p>Bend and straighten your elbow. Repeat ___ times.</p>	<input type="checkbox"/>
	<p>Clench fist / squeeze a soft object. Hold for 3 seconds. Repeat x 10.</p>	<input type="checkbox"/>
<p>Leg exercises while lying down Perform both sides unless advised otherwise.</p>		
	<p>Bend and straighten your knee. Repeat ___ times.</p>	<input type="checkbox"/>
	<p>Place a pillow under your knee. Tighten your thigh muscle to straighten the knee (keep it in contact with the pillow). Hold for 5 seconds then relax. Repeat ___ times.</p>	<input type="checkbox"/>
	<p>Lying with knees bent towards ceiling. Slowly roll both your legs to the side until a stretch is felt. Hold for 10 seconds. Repeat 5 times.</p>	<input type="checkbox"/>
	<p>Lying with knees bent towards ceiling. Push through your heels to lift your hips up. Slowly return to start position. Repeat ___ times.</p>	<input type="checkbox"/>

	<p>Lying with one leg straight and the other bent. Exercise your straight leg by pulling the toes up and lifting the leg a few centimetres off the bed. Hold for 3 seconds – then slowly relax. Repeat ___ times.</p>	<input type="checkbox"/>
	<p>Bend and straighten your ankles briskly. Repeat 20 times.</p>	<input type="checkbox"/>
<p>Leg exercises while seated</p>		
	<p>Straighten your knee. If this is easy, add an ankle weight. Repeat ___ times.</p>	<input type="checkbox"/>
	<p>Lift your feet to 'march on the spot' March for ___ seconds.</p>	<input type="checkbox"/>
<p>Standing exercises Hold on to something stable if you need to.</p>		
	<p>Push up on to tip toes. Hold for 2 seconds. Repeat ___ times.</p>	<input type="checkbox"/>

	<p>Marching on the spot. March for ___ seconds.</p>	<input data-bbox="1342 286 1442 387" type="checkbox"/>
	<p>Keep leg straight and toes pointing forwards. Lift foot out to the side. Hold for 2 seconds. Repeat ___ times.</p>	<input data-bbox="1342 640 1442 741" type="checkbox"/>
	<p>Stand up and sit down from the chair/bed. Repeat ___ times.</p>	<input data-bbox="1342 994 1442 1095" type="checkbox"/>

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Please ask if you need this information in another language or format.

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Next review due: September 2025