

Home Program for

1. Sit-to-Stand

Aim: Stengthen your leg muscles

Starting position: Take a seated position with a straight upper body, and:

- hold on to the arm rest
- do not hold on to the arm rest



Execution: Bend forward and stand up, stand for 1 to 2 seconds, and slowly sit down again. Repeat.



Training schedule:

Repeats	Pause
..... times	30 seconds
..... times	30 seconds
..... times	30 seconds

Enhanced training:

- do not hold on to the arm rest
- increase the number of repetitions between breaks

2. One Leg Stance

Aim: Improve your balance, strengthen your legs

Starting Position: Stand on both legs, upright, and:

- do not hold on to an arm rail
- hold on to an arm rail
- hold on to a walking aid



- Execution:**
1. Stand on the just the non-operated leg and try to hold your balance. Try to keep your pelvis stable. In case you have to put your leg down, try again.
 2. Starting about 6 weeks after your hip fracture surgery: Stand on just the operated leg as well and try to hold your balance.



Addition:

- during the one leg stance pull the lifted leg slightly backward (hip extension)
- during the one leg stance pull the lifted leg slightly forward (hip flexion)

Training schedule:

Stand on non-operated leg		Stand on operated leg (about 6 weeks after surgery)	
Stand	Pause	Stand	Pause
..... seconds	30 seconds seconds	30 seconds
..... seconds	30 seconds seconds	30 seconds
..... seconds	30 seconds seconds	30 seconds

- Enhanced training:**
- do not hold on to the arm rail
 - slightly bend the knee that you are standing on
 - perform the training on a soft surface

3. Arm- and Back Training

Aim: Strengthen your arms and back

Starting position: Take a seated position with a straight upper body. Fix the Thera-Band to something in front of you (e.g. to a handrail). Hold the Thera-Band in both hands, wrapped around your fists, with slightly bent shoulders and elbows. The Thera-Band should have some tension.



Execution: Extend your elbows and shoulders backward. (Arrow indicates the direction of your movement.) Make sure your shoulders stay in the starting position. Repeat.



Training schedule:

Repeats	Pause
.....times	30 seconds
.....times	30 seconds
.....times	30 seconds

Enhanced training: - Increase the tension on the Thera-Band in the starting position

4. Arm Training

Aim: Strengthen your arms

Starting position: Take a seated position with a straight upper body. Pull the Thera-Band underneath your chair. Hold the Thera-Band in both hands, wrapped around your fists, and lift your arms slightly to the side with straight arms. The Thera-Band should have some tension.



Execution: Lift your arms to the side up to a 90 degree angle. (Arrow indicates the direction of your movement.) Make sure your shoulders stay in the starting position. Repeat.



Training schedule:

Repeats	Pause
.....times	30 seconds
.....times	30 seconds
.....times	30 seconds

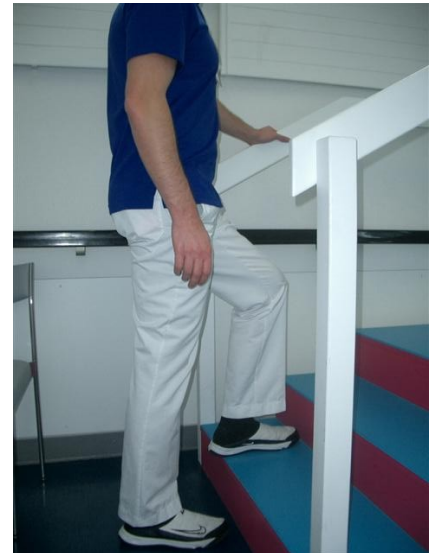
Enhanced training: - Increase the tension on the Thera-Band in the starting position.

5. Steps (both legs)

Aim: Strengthen your legs (knee and hip extension)

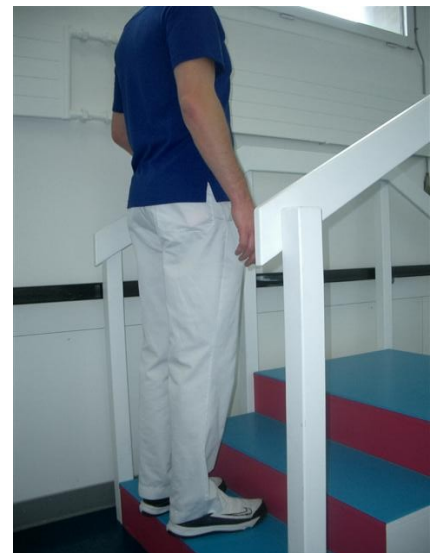
Starting position: Make a step with the non-operated leg onto the first step of the stairs. Hold on to the hand rail.

Use normal stairs (height about 16 cm).



Execution: Lift the operated leg to the same step, stay there for 1 to 2 seconds and return to the starting position (operated leg one step down). Take your time, move slowly.

Starting at 6 weeks after surgery you can do the same with the operated leg, starting with it on the first step and lifting the non-operated leg to the same step.



Training schedule:

Non-operated leg		Operated leg (about 6 weeks after surgery)	
Repeats	Pause	Repeats	Pause
..... times	30 seconds times	30 seconds
..... times	30 seconds times	30 seconds
..... times	30 seconds times	30 seconds

6. Stair Climbing

Go up and down stairs, hold on to the hand rail if needed. Note the number of stairs you were able to do and the time you needed.