

Keeping active during the Coronavirus Pandemic

Physiotherapy, Occupational Therapy, Dietetics and Speech & Language Therapy Appointments

The NHS has suspended all routine outpatient appointments, however we are still offering a service to patients across Therapies.

Post-operative or trauma patients can either come in for a face-to-face appointment with a Physiotherapist or receive a Telephone Consultation.

Please note that patients should not attend appointments with anyone as per [Trust policy](#), unless a carer or guardian is needed.

Advice and guidance

Please see below for some useful links for advice and guidance. The 'Versus Arthritis' webpage has info on many more conditions.

[Back pain](#)

[Back Pain Exercise Video](#)

[Neck pain](#)

[Shoulder pain](#)

[Knee Osteoarthritis](#)

How to keep active while staying at home

It's important to keep as active as possible during this time of social distancing and isolation, which can be difficult when your normal exercise classes, facilities and social groups are put on hold.

If you feel well, you should aim to be doing something physically active every day - any activity is better than none!

It's also good for our mental health, exercising can be a great way of coping with stress; it can also help to break up your day and give you routine.

This can involve:

- Household chores
- Playing active games
- Gardening
- Walking (even if you are self-isolating this is safe to do, as long as you are 2m away from other people).

- Cycling
- Online exercise classes e.g. Youtube Yoga or Thai Chi Class



If you are able to do more vigorous intensity level of exercise, you could try some of the following ideas:

- Jogging/running – you could try [Couch to 5k](#), a 9 week running plan for beginners
- [Aerobic workout videos](#) in NHS Fitness Studio
- More intensive cycling

5 minute exercise circuit

This short exercise programme can be done in the home as a way of keeping fit and strengthening your muscles. You can make this harder by repeating the exercise after a short rest.

1) Leg extension

Straighten your knee and hold for 5 seconds.
Repeat 10 times each leg.



2) Step up's



Do alternate step-ups on the bottom step of the stairs, use the hand rail if you feel safer.

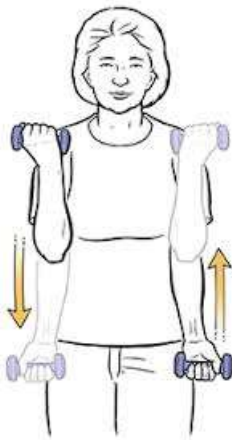
Time: 1 minute.

3) Sit to stands

Start by sitting with your feet and knees hip width apart.
Stand up and slowly sit back down.
You can alter how challenging this is through the height of the chair.
Time: 1 minute



4) Bicep curls



Hold small weights (you can use tin cans)
Bend and straighten your elbows to exercise your
arm muscles.
Time: 1 minute.

5) Side lifts



Holding weights raise your arms out to
the side and lower back down.

Time: 30 seconds x2

Other ways to de-stress

Meditation

Keep in touch with family and friends.

Apps



iPrescribe Exercise

A personalised 12 week exercise plan based on your health info.



Couch to 5K

9 week programme for beginners to get started with running

[Visit their website](#)



Headspace

Meditation and Mindfulness App

For the next few months there will be a free section on the app called 'Weathering the storm'. This includes meditation, sleep, and movement exercises designed to help guide you through this.