

Dear Sir/Madam,

We are writing to you from the HSE Community Physiotherapy Service in Cork, in partnership with Cork Learning City, Cork Healthy Cities, Cork Sports Partnership and Cork Age Friendly City Programme to encourage you to exercise during this period of cocooning.

Strengthening and Balance Exercises have many benefits for you:

- Improves your mobility
- Helps you to stay flexible
- Improves your brain health
- Enhances your memory
- Lifts your mood
- Maintains and improves your balance

By committing to doing these exercises twice every day you will keep yourself healthy and strong and prevent yourself from becoming deconditioned.

It will mean that when this period of self isolation is over you will be able to return to your normal activities more quickly.

Inside this brochure you will find:

- 8 exercises that we use in our physiotherapy department. They are safe for you to do and they work.
- An exercise diary/calendar which we are asking you to tick twice a day after doing your exercises

You will only need a sturdy chair with arms, flat comfortable shoes and 2 weights (tins of fruit) or 2 small bottles of water.

If you feel unwell on any day, don't push yourself to complete these exercises.

If you have any questions about this program you can contact us on **021 492 3415**

Simple Exercises for you at home during Covid-19 Isolation Phase

Follow the 8 daily exercises overleaf, then tick the boxes below when each session is completed. Please complete all 8 exercises twice daily (AM and PM).

	WEEK 1		WEEK 2		WEEK 3		WEEK 4	
	AM	PM	AM	PM	AM	PM	AM	PM
MON	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
TUES	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
WED	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
THURS	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
FRI	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
SAT	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
SUN	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

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Disclaimer

It is your responsibility to undertake these exercises safely. Cease performing these exercises if you experience pain or you feel unwell. The authors and advisors, who have created this brochure, accept no liability for injury caused as a result of participation in these exercises.