

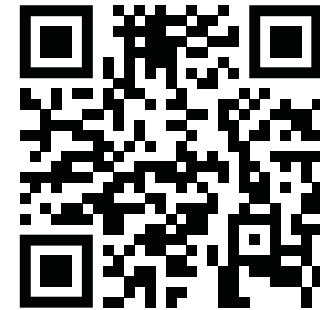


**South Central
Ambulance Service**
NHS Foundation Trust

Manual Handling Exercise Sheet



Try these exercise to increase fitness
and muscle strength for lifting
a patient on a carry chair



Scan the QR code
to watch a video
of these exercises

▼ Back Exercises



Planks

Instruction

Starting in a press-up position, bend your elbows until your forearms are on the floor beneath your shoulders. Keep your abs tight and ensure your body is in a straight line from feet to head.

Suggestion

3-4 sets of as long as you can.

Adaptation

Start to build up time and technique as you progress.

Skills & benefits

Strengthens core muscles, including abdominals and lower back. Having a strong core is linked to reduced lower back pain.



The Bridge

Instruction

Lie flat on your back with arms by your side palm down, knees bent and feet planted shoulder width apart. Slowly raise your hips to the ceiling to create a straight link from your knees to your shoulders and hold. Lower your hips to return to starting position.

Suggestion

3-4 sets of 15-25 repetitions.

Adaptation

Increase exercise time as you progress.

Skills & benefits

A bridge exercise isolates and strengthens your gluteus muscles, the gluteus maximus, medius and minimus and hamstrings.

▼ Arm Exercises



Static Biceps Curls

Instruction

Stand tall, with arms by your side and feet shoulder width apart. Using a weighted resistant in hand, bring the weight to your shoulders by bending at the elbows. Hold, and return to the starting position.

Suggestion

3 sets of 5 repetitions.

Adaptation

Use a weight you feel comfortable with (recommend 5kg). Increase repetition count as you progress.

Skills & benefits

The biceps curl mainly targets the biceps brachii, brachialis and brachioradialis muscles.



Tricep Dips

Instruction

Sit down on the edge of a stable step (chair / bench / step) and grip the edge with your hands. Move your feet shoulder width apart. Move to position yourself in front of the step, with arms straightened, feet flat to the ground and knees bent at a 90 degree angle to the floor. Slowly lower your body towards the floor and hold at a 90 degree angle. Press through your triceps to return to the starting position.

Suggestion

2-3 sets of 10 repetitions

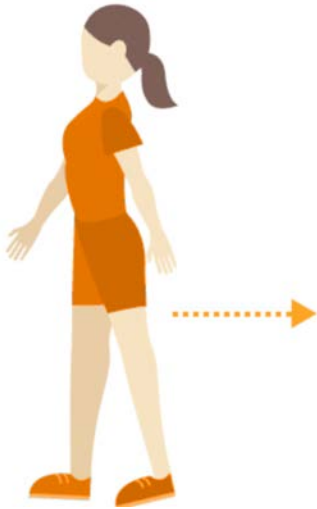
Adaptation

Add resistance in the form of weights or try slowing down to increase endurance.

Skills & benefits

The triceps dip exercise is a great bodyweight exercise that builds arm and shoulder strength.

▼ Leg Exercises



Backward Walking

Instruction

Stand tall, with arms by your side and feet shoulder width apart. Reach backwards with your leg so this is extended behind you and point your toe to the floor. Push down to the floor to roll your foot to your heel, and bring both feet back and together to return to the starting position.

Suggestion

Incorporate backwards walking into a normal walking routine, focusing on technique.

Adaptation

Practise walking up the stairs backwards, stepping once then bringing the other foot to the same step.

Skills & benefits

This works the anterior tibialis (shin) muscle.



Reverse Lunges

Instruction

Stand tall, with arms by your side and feet shoulder width apart. Extend one leg backwards, pointing your toe to the floor and hold. Lower your hips until your extended leg becomes parallel to the floor and your front knee is at a 90 degree angle. Hold, and press off your heel to return to the starting position. Alternate leading leg between sets.

Suggestion

2-3 sets of 10-15 repetitions.

Adaptation

As you get confident, consider adding small weights or finishing moves like a twist.

Skills & benefits

Lunges increase muscle mass to build up strength and tone your body, especially your core, butt, and legs. you'll also improve your posture and range of motion.

▼ Leg Exercises



Step Ups

Instruction

Stand tall, with arms by your side and feet shoulder width apart. Face forward towards a stepping platform such as stairs or a ledge. Place your right foot on the step and drive up with your right leg so you're standing straight with both feet. Lead with your left leg as you step back down and return to the starting position. Repeat, and alternate leading leg between sets.

Suggestion

3-4 sets of 1 minute continuous repetitions.

Adaptation

Add resistance in the form of weights which will increase your strength and power.

Skills & benefits

A step-up targets the quadriceps, and hamstrings, as well as the gluteal muscles in the buttocks. This is a good general lower body conditioning exercise.



Squats

Instruction

Stand tall, with hands on hips and feet shoulder-width apart. Push your hips back as if you're sitting back into a chair and bend your knees to lower yourself towards the floor. Keep your chest lifted and head facing forward. Hold this position for 2 second with the lower back in a neutral position. Press through your heels to return to starting position.

Suggestion

3-4 sets of 8-12 repetitions.

Adaptation

Add resistance in the form of weights which will increase your strength and power.

Skills & benefits

Strengthens lower body, mainly glutes and quadriceps and core muscles. Squats improve flexibility & make your muscles more elastic.