

Staying active in quarantine

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The physiotherapy Team at Centre for National Resilience (from Top End Health) are acknowledged for the development of the original resource.



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Mental health benefits of exercise



It's a brain-health booster - exercise promotes quicker learning and better memory



Reduces stress and anxiety - exercises can lighten your mood and dull your pain



Boosts decision-making skills



Improves concentration, multitasking and planning



Helps you sleep more restfully



Improves self-esteem and self-image

Physical health benefits of exercise



Helps maintain healthy bones, muscles and joints



Increases your energy



Enhances your immune system to help fight bacteria and viruses



Improves coordination and motor skills



Helps reduce the risk of developing chronic diseases



Improves your circulation



Helps to achieve and maintain a healthy body weight

What exercise can I do in isolation?

- Breathing exercises
- Stretching
- Balance
- Upper body strengthening
- Lower body strengthening

Before you start exercising

Talk to a healthcare provider if you have any pre-existing injuries that you are worried about

Modify the exercise to suit you. You can adjust the number or repetitions, the speed, or the duration of holds.

Work within your limits.

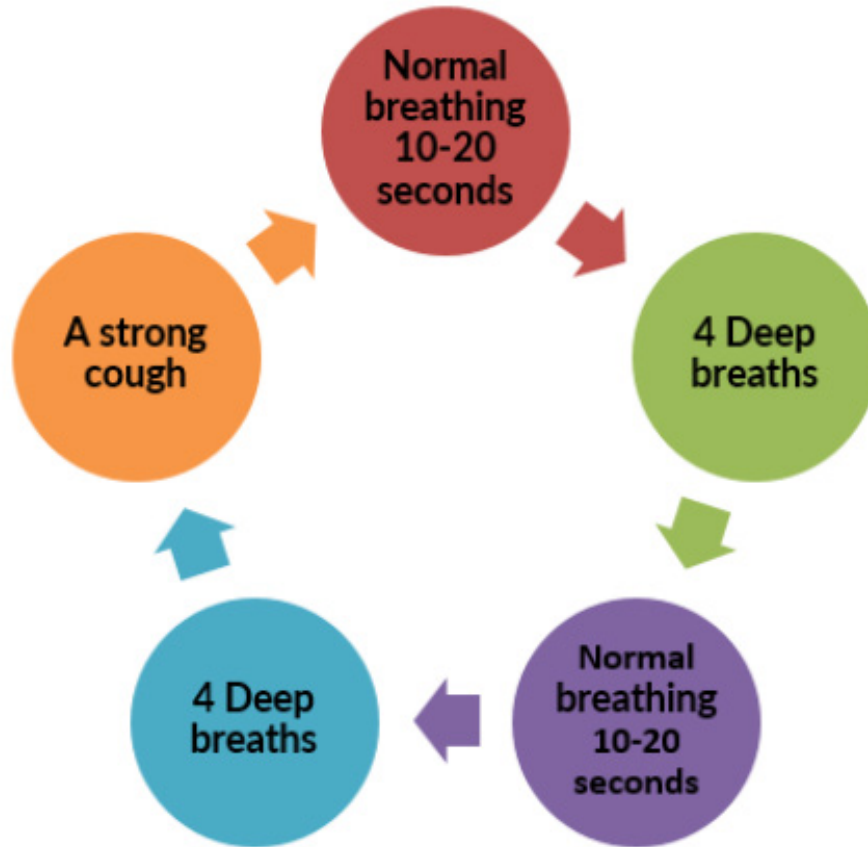
How hard should I exercise?

Using the scale below, aim to work between level 4 and level 5. You should be able to talk, but breathing heavily.

	10	EXTREMELY HARD MAX!	> Gasping for air > Sustain 5-20 seconds
	9	VERY, VERY HARD	> Breathless, very labored > Sustain ~1 minute
	8	VERY HARD	> Cannot talk, labored > Sustain a few minutes
	7	HARD	> Deep forced breathing > Sustainable
	6	MODERATELY HARD	> Deep breathing > Talking is challenging
	5	SOMEWHAT HARD	> Heavy breathing
	4	MODERATE	> Talking is uncomfortable
	3	EASY	> Light rhythmic breathing > Can maintain for hours
	2	VERY EASY	> Can talk in complete sentences
	1	VERY, VERY EASY	> Restful breathing > Can sing

Breathing exercises

This helps keep lungs well ventilated and clear. This diagram shows you the Active Cycle of Breathing Technique (ACBT).



You can do this every hour that you are awake.

It is also important to sit out in a chair and march on the spot/walk throughout the day for your overall lung health.

Maintain good cough etiquette.

Stretching



CHILD POSE

Starting in a crawl position, slowly lower your bottom towards your feet until a stretch is felt along your back and bottom.

Hold for 20 seconds



CAT AND CAMEL

Starting in a crawl position, arch your back towards the ceiling like an angry cat.

Then, arch your back the opposite direction as shown.

Hold each position for 5 seconds.

Repeat each position 4 times.



THIGH STRETCH - SIDELYING

Lie on your side.

Hold your leg at the ankle and pull your knee into a bent position until a stretch is felt along the front of your thigh.

Hold for 20 seconds.

Repeat both sides.



SIDELYING TRUNK ROTATION

Lay on your side with knees bent and arms out-stretched in front of your body. Slowly twist your upper body to the side and rotate your back as shown.

Hold for 20 seconds.

Repeat both sides.



HIP/BOTTOM STRETCH

Sitting in a chair, cross one leg on top of the other as shown.

Gently lean forward until a stretch is felt in your thigh of the crossed leg. Hold for 20 seconds.

Repeat both sides.



SEATED HAMSTRING STRETCH

Sitting in a chair, rest your heel on the floor with your knee straight. Gently lean forward until a stretch is felt behind your knee/thigh.

Hold for 20 seconds.

Repeat on both sides.



NECK STRETCH - HAND ON HEAD

Begin with your head in an upright position.

Move your head towards one side with the help of your hand for light over pressure, until you feel a stretch along the side of your neck.

Hold for 20 seconds.

Repeat both sides.



UPPER BACK STRETCH

Tuck your chin to your chest and join your fingers as shown.

Reach your hands forwards until a stretch is felt along your upper back. Hold for 20 seconds.



TRICEPS STRETCH

With one elbow bent and your hand on your shoulder, use your other hand to gently push your elbow up towards the roof until a stretch is felt along your arm.

Hold for 20 seconds.

Repeat both sides.



STANDING CALF STRETCH

Standing in front of a wall, step forward with one leg.

Keep both feet pointing forward and your back leg straight.

Lean into the wall until a gentle stretch is felt along the back of your back leg.

Hold for 20 seconds.

Repeat both sides.



GROIN STRETCH - STANDING

Standing with your feet spread wide apart.

Slowly lean towards one side keeping your other knee straight.

You should feel a stretch along your inner thigh.

Hold for 20 seconds.

Repeat both sides.

Balance

Note: Stand near a chair or bed rail for safety when doing the balance exercises.



HEEL TOE STAND

Place the heel of one foot so it is touching the toes of the other foot. Keep your balance in this position.

Hold this position for 1 minute.

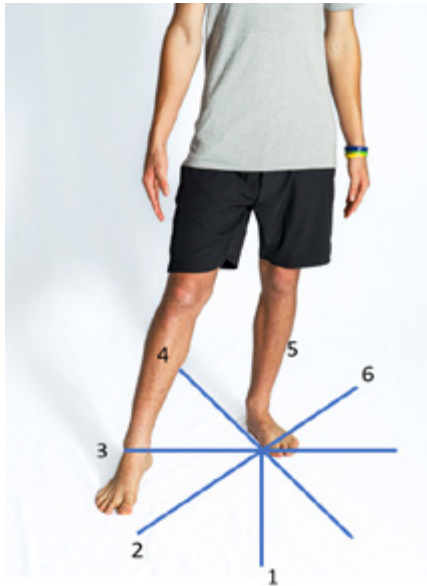
Repeat with opposite foot position.



SINGLE LEG STAND

Stand on one leg and maintain your balance.

Hold for 1 minute with each leg.



SINGLE LEG - CLOCKS

Standing on one leg. Imagine a clock on the floor surrounding your foot.

Then, lightly touch position 1 as shown with your non-stance foot.

Then return that leg to the starting position.

Next, touch position 2 and return. Continue this all the way to position 6. Stop if you get to a number you can't do.



FOOT TAPS

Place a cup in front of you as shown.

Lift one foot and tap it on the top of the cup.

Lower your foot back down and repeat with your alternate foot.

Repeat 10 times on each foot.



HEEL TOE WALK

Standing next to a wall or bed to help with balance if needed.

Take steps so that your heel strikes the ground and is touching the toes of the other foot.

Continue taking steps as you walk forward.

Complete 10 laps.

Challenge yourself

Close your eyes to make the balance exercises harder. Only do this if you can complete these exercises safely with eyes open first.

Upper limb strengthening



WALL PUSH UPS

Standing at a wall, place your arms out in front of you with your elbows straight.

Bend your elbows slowly to bring your chest closer to the wall.

Repeat 10 times.

Challenge yourself

Make wall push ups harder by doing the exercise with your hands on bed or floor.

Level 1



DIPS IN CHAIR

While sitting in a chair with hands on arm rests, push yourself upwards by straightening elbows so that you lift your bottom off the chair.

Then lower down back to normal seated position.

Repeat 10 times.

Level 2



DIPS OFF CHAIR

Hold onto the seat of a chair with straight elbows.

Bring your feet forward as shown, or bend your knees to make it easier.

Lower your bottom down towards the floor by bending your elbows.

Repeat 10 times.

Lower limb strengthening

Level 1



BRIDGING

Lie on your back with knees bent and your feet flat on the bed.

Squeeze your bottom and lift it off the bed.

Hold for 5-10 seconds, then lower down.

Repeat 10 times.

Level 2



SINGLE LEG BRIDGE

Lie on your back with one leg bent and foot flat on the bed and one leg straight.

Lift your bottom off the bed.

Hold for 5-10 seconds, then lower down.

Repeat 10 times each leg.

Challenge yourself

Place your arms across your chest before lifting your bottom. This will make the exercise harder.

Remember: DO NOT hold your breath.

Standing exercises

Note: hold onto a chair or bed rail for safety when doing standing exercises if needed.



STANDING MARCHING

While standing lift your knee up in line with your hip, then lower it back to the floor.

Repeat with other leg and continue for up to 1 minute.

Level 1



STANDING HEEL RAISES

While standing raise up on your toes lifting your heels off the ground.

Hold for 5 seconds.

Repeat 10 times.

Level 2



STANDING HEEL RAISES - SINGLE LEG

While standing on one leg, raise up on your toes and lift your heel off the ground.

Hold for 5 seconds.

Repeat 10 times on each side.



SIT TO STAND

Sitting on a chair with arms out straight, stand up.

If needed you can use arm rest to help stand.

Repeat 10 times.



FORWARD LUNGE

Standing with feet shoulder-width apart, take a step forward and lower yourself down to the ground as shown.

Repeat 10 times on both sides.



SIDE LUNGE

Standing with feet shoulder-width apart, step one foot to the side and lower yourself down to the ground as shown.

Repeat 10 times on both sides.



SQUAT

Stand with feet shoulder-width apart.

Bend your knees and lower your bottom towards floor keeping your back straight and bending at your hips.

Repeat 10 times.



WALL SIT

Leaning against a wall, slide your body downward into a sitting position and hold.

Hold sitting position for as long as possible, then return to standing.



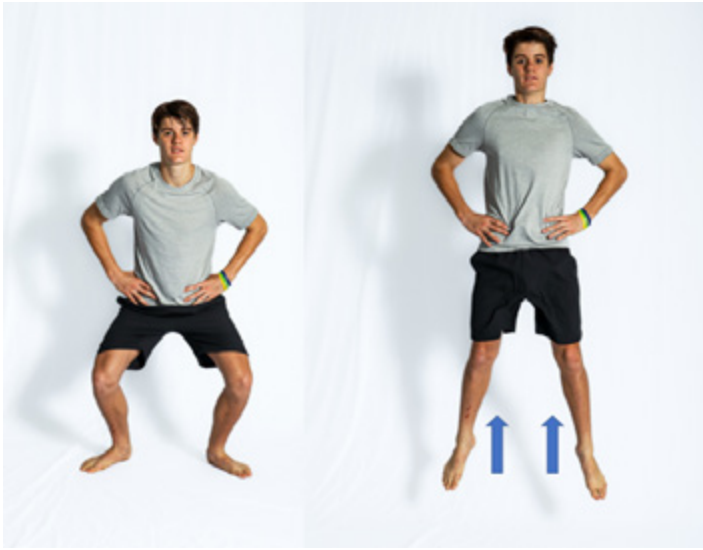
JUMPING JACKS

Start in a standing position with hands by your side and feet together.

Next, jump landing with your legs out to the side and clap your hands overhead.

Then, jump again and return your hands and feet to starting position.

Repeat 10 times.



SQUAT JUMPS

Start in a wide stance with your hands on your hips and squat down.

Once in a squat position straighten your legs and jump into the air.

As you land lower yourself back down into the squat position.

Repeat 10 times.



JOG ON THE SPOT

For up to 1 minute.

Challenge yourself

Lift your knees up to your waist height for high knee jogging.

Remember: use the scale on page 4 to guide how hard you should be working during exercise.