

Weekend Exercise Programme - Maximise your recovery!

Introduction to the Weekend Exercise Programme (WEP)

Recovery of function is dependent on the amount of practice. The more frequently you practice the tasks taught by your rehabilitation team, the faster your recovery is likely to be. The WEP aims to engage patients in self/carer-directed exercises (prescribed by therapists) on weekends spent as inpatients in Alexandra Hospital. This will help to:

- ✓ Maximize your time spent in the hospital
- ✓ Be meaningfully engaged over the weekends
- ✓ Have a sense of ownership of your recovery that will last beyond your stay

What do you need to do?

1. Your therapist(s) will prescribe and teach you exercises or assign you activities specially designed for you. This will include the number of times you need to do them, the duration and frequency.
2. You need to complete these exercises as prescribed by the therapist(s), or as tolerated.
3. Nurses will monitor to see if the exercises or activities have been done as instructed over the weekend.
4. Do give your therapist(s) feedback on weekdays about your weekend exercise.

Safety Instructions

- Please follow the instructions and exercises as given by your therapist(s). Your therapists will let you know the range which is safe for you to perform the exercises. Do not exceed this range.
- Stop the exercise and report immediately to the nurse if you experience any discomfort (e.g. pain, dizziness, nausea).
- Do not use another patients' exercise prescription as it may not be suitable for you. Consult your therapist(s) or doctors if in doubt.

Notes:



Alexandra Hospital

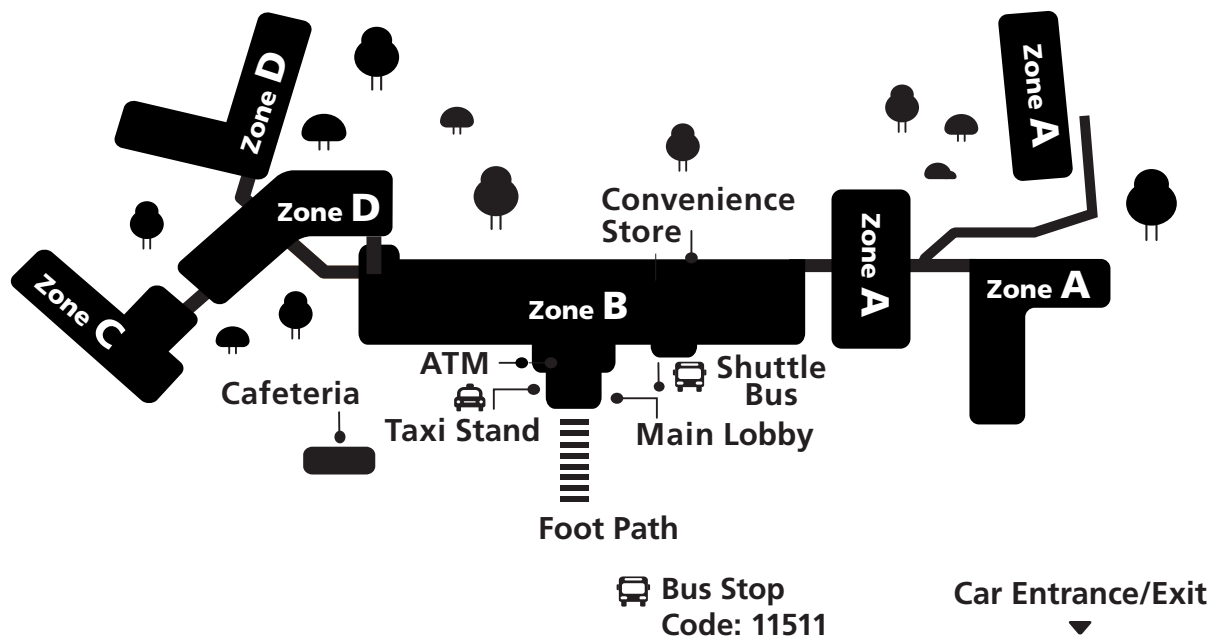
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