



# EXERCISE PROGRAM

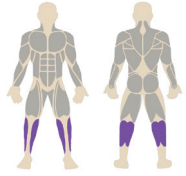
for LUPUS PATIENTS

## LEVEL **2** SEATED

6 Exercises • 10-15 Minutes

This level is for **when you are able to sit on a chair or are in a wheel chair but cannot stand up for longer periods of time**. For this program **you will need a kitchen chair or similar**. You can **increase the difficulty** of some of the exercises by using an **elastic band, water bottles or dumbbells**.





1

## Sitting Toe and Heel Lift

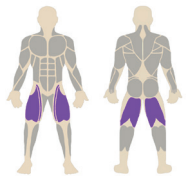
Sit with both feet on the floor.

Roll the feet forward, lifting the heels off the floor.

Then roll back on the heels, pulling the toes up towards the ceiling.

Repeat the movement 10 times.

**Sets 2-3 • Repetitions 10**



2

## Sitting Leg Stretch

Sit on a chair.

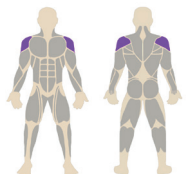
Stretch one leg out and put the heel on the floor.

Then move the leg back to starting position and change leg.

Repeat the movement 10 times.

**For increased difficulty**  
lift the thigh from the seat.

**Sets 2-3 • Repetitions 10**



3

## Side Lift

Attach the elastic band to the leg of the chair.

Sit comfortably on the chair and stabilize your sitting position with one arm on the thigh or the arm rest.

Grab the end of the elastic band with one hand and angle your palm towards the chair.

Raise your arm straight out to the side and up to about 90 degrees.

Slowly return to starting position.

Repeat with the opposite arm.  
Can also be done in a wheelchair.

Repeat the movement 10 times with each arm.

**For reduced difficulty**  
you can do the exercise without the elastic band.

**Sets 2-3 • Repetitions 10**





4

## Elbow Extension

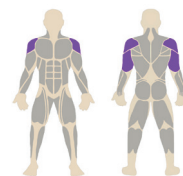
Hold an elastic band between your hands, elbows are bent at about a 90 degrees, upper arms are horizontal (lateral raise end-position) and thumbs are pointing towards each other.

Stretch both your elbows fully, so that the elastic band extends in front of your chest.

Return and repeat the movement 10 times.

**Reduced difficulty**  
do the exercise without the elastic band.

**Sets 2-3 • Repetitions 10**



5

## Moving in the Balance Line

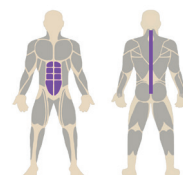
Sit on a chair with your hands on your knees.

Tighten your abdomen.

Move your upper body back and forth and find a neutral spine position.

Repeat the movement 10 times.

**Sets 2-3 • Repetitions 10**



6

## Seated 'Object Moving'

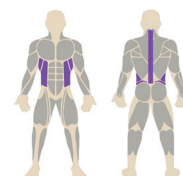
Sit on a chair with feet placed on the floor.

Pick up a fictional object on the floor from one side of the chair with your hand and place it on a fictional shelf behind you.

Repeat the movement 10 times.

**For increased difficulty**  
hold a hand weight or a bottle in your hand.

**Sets 2-3 • Repetitions 10**





LUPUS EUROPE

# EXERCISE PROGRAM

for LUPUS PATIENTS

In collaboration with trained physical therapists Lupus Europe has developed **an exercise program in five levels** which has been **endorsed by leading European Lupologists**.

Studies show, that the only thing, that **is clinically proven to help lupus fatigue is “moderate” exercise**. We as lupus patients ourselves do however realise, how difficult it can be to start exercising, when you feel fatigue! This is why **we developed this program from our own experiences**.

Exercise doesn't necessarily mean, that you have to run a marathon or go to the gym. With this program we want to show, that **you can do it no matter where you are and how you are feeling**. You should be able to find a level that suits you each day.

**The goal is of course to increase in level whenever you can**, but you will probably experience, that you have to go down a level at some point. Don't despair, this is quite normal, and the **most important thing is, that you do one exercise a day** – not which level it is.

developed with the support of




endorsed by



European  
Reference  
Network

for rare or low prevalence  
complex diseases

 **Network**  
Connective Tissue  
and Musculoskeletal  
Diseases (ERN ReCONNET)

Who knows - **you might even feel so energized by doing one program, that you can take on the next level straight away...?**

**All exercises can be done without training tools** and in the individual videos we will guide you through the various options for increased or reduced difficulties. **Each program can be done in 15-20 minutes**, if you do two or three rounds.