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BALANCE EXERCISES

ONE LEG STANDING

Stand on one leg with the other foot placed midway up the calf of the standing leg. Hold this position for 30 seconds if possible. Repeat three times on each leg with eyes open and then repeat the process with them closed.

Progression: Stand on a cushion and repeat.

FREE LEG SWINGING

Stand on one leg while moving the other leg slowly, forward, sideways and backwards. Switch legs and repeat three times, then repeat the process with eyes closed.

Progression: Begin by sliding the moving leg along the floor and then lift it completely off the ground. Begin with one hand touching a wall or cupboard and aim to reduce reliance on this support.

WALKING IN PLACE

Step in place on a foam cushion. Do this four times for approximately one minute each time.

Progression: Nod the head at the same time, then close the eyes as well.

SIDEWAYS STEP AND BALANCE

Take one step to the side without losing balance (keep the step small to start). Carry the other leg over slowly, keeping it off the ground for three seconds.

Progression: Increase the size of the step while still maintaining balance.



STRENGTH EXERCISES

STEP UP

Use a step or box of typical step height. Place the foot on the box and step up while maintaining upright posture. Use the reverse movement to return the foot to the floor. Do ten steps with the same foot and then switch to the other one.

Progression: Increase the height of the step, or increase the number of steps up and down.

WALL PUSH UP

Start with your hands on the wall, a shoulder width apart, with your body and legs in a straight line. Lower your chest towards the wall and press back to the starting position. Perform two sets of eight repetitions.

Progression: Move your feet further from the wall and increase the repetitions.

CHAIR SQUAT

Sit up straight on a chair with your arms extended forward at right angles to the body, while holding your head and chin upright. Sit back in the chair, then return slowly to the start position while maintaining control. Do two sets of eight repetitions.

Progression: Use a lower stool and increase the repetitions.

SQUAT, REACH

With your arms stretched forward, bend at the knees as if to pick up something from a coffee table. Move into an upright position and stretch your arms up as if to place something on a high shelf. Perform the action slowly and with control, maintaining tension in the arms. Do this four times and then do the reverse four times.

Progression: Bend lower, eventually to the floor and reach higher. Add a small weight and lift from one position to the other.

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