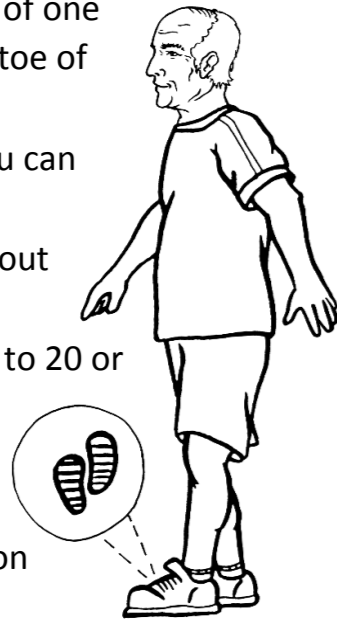


## Guidelines for Balance Exercises 1

- For all the balance exercises hold on to a sturdy chair, table or the wall if you need to
- Remember to practice balance activities well - if you start to wobble then stop, have a break and try again if you can
- Try to look straight ahead rather than at the floor - to begin with you may need to look down
- Try to do them at least once a week - the more you do balance exercises the better – scatter them throughout the day if you can

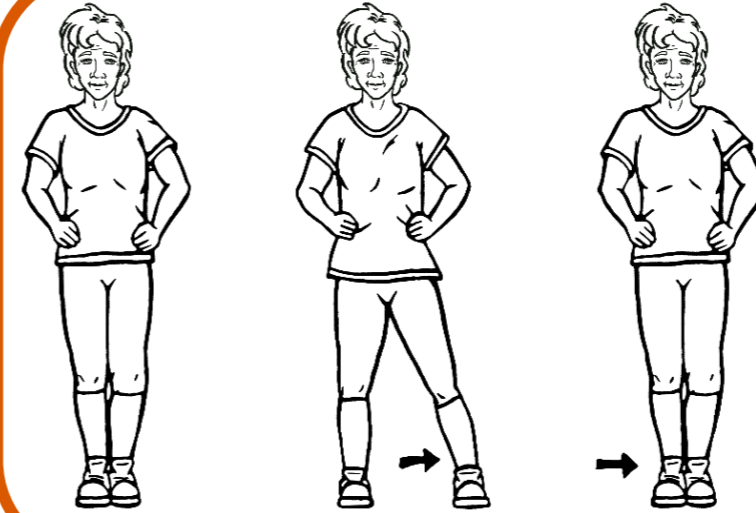
### Semi Tandem

- Stand with the instep of one foot touching the big toe of the other foot
- Hold for as long as you can without wobbling
- Do this often throughout the day
- Increase the holds up to 20 or 30 seconds
- This is an easier version of the tandem stand



### Heel to Toe Stand (Tandem)

- As for semi tandem but
- Place one foot straight in front of the other foot so your feet form a straight line

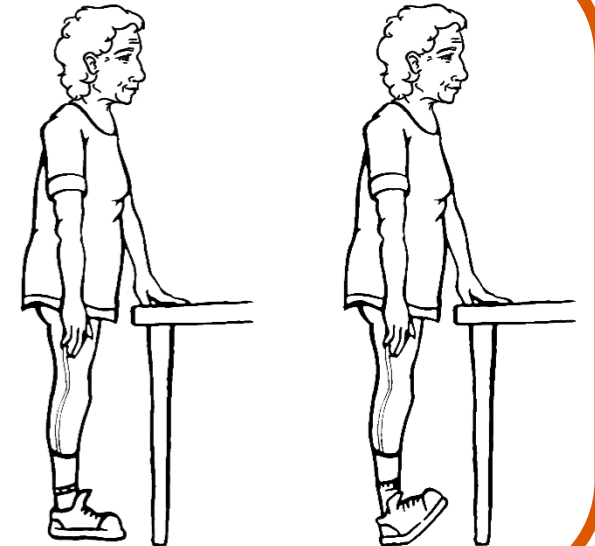


### Sideways Steps

- Make sure you have a clear space to move sideways
- Keep facing straight ahead, put your hands on your hips or at your sides
- Step to the side and bring feet together
- Take 8 to 10 steps to the right, then 8 to 10 steps back to the left
- Repeat several times

### Heel Stand

- Stand with feet slightly apart
- Lean backwards onto your heels and pull your toes up off the floor as far as possible
- Hold for 5 to 10 counts then lower toes to the floor
- Hold for up to 20 seconds as your balance improves
- Stand tall – try not to stick your butt out
- Repeat as many times as possible



### Toe Walking

- Come up onto your toes
- Walk 10 – 12 steps forward on your toes – start with just one or two steps if you need to
- Lower your heels, turn around and repeat
- Try to do the toe walks several times each day



### Walk in a Circle

- Walk in a big circle around a chair
- Pause for a moment or two
- Then turn around and walk the other way
- Walk at your normal pace
- Repeat several times



## Guidelines for Strength Exercises 1

### How to do them

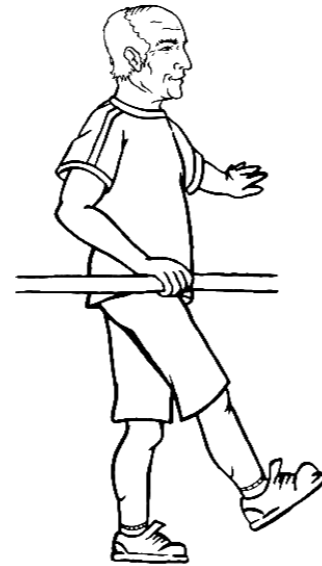
- Hold onto the back of a sturdy chair, a table or the wall (unless seated)
- Knees of both legs 'soft' (very slightly bent)
- Perform the movements slowly and smoothly

### How many times?

- Do as many as you can on one leg before changing to the other leg
- Start by doing each exercise 6 to 12 times on the right leg, then repeat on the left leg
- When this number becomes easy, increase until you can do about 20 on each leg
- Try to keep going until your leg/s feel tired, even if it's more than 20
- Do the strength exercises at least once a week

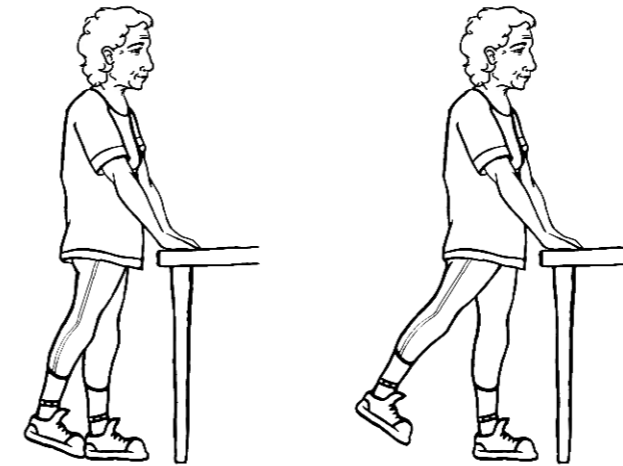
## Front Leg Raise

- Lift one leg upwards – keep a slight bend at the knee (leg is almost straight)
- Hold 1 to 2 seconds then slowly lower leg
- The lift can be low - just off the floor
- Stand tall – take care not to lean backwards as you lift
- You can do this seated - sit at the front of the chair to keep your leg straight



## Side Leg Raise

- Lift one leg slowly out to the side – hold 1 to 2 seconds then lower it
- Keep the toes of the lifted foot turned inwards or straight ahead
- Your foot is 'flexed' forward
- Stand tall – take care not to lean to the side as you lift

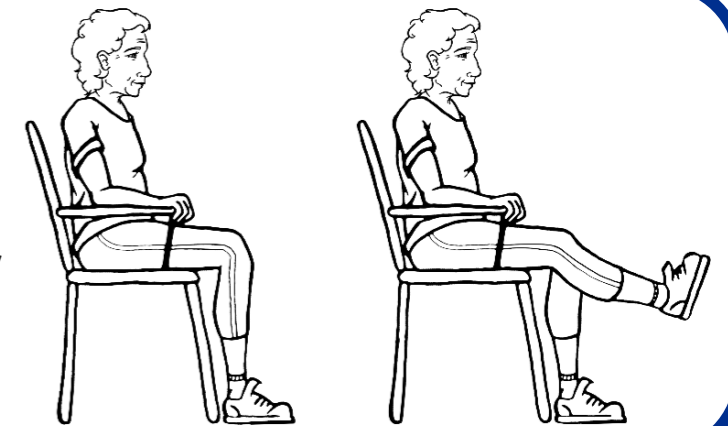


## Rear Leg Raise

- Toes stay pointed forwards
- Keep leg as straight as you can
- The lift can be small
- Bring the foot down beside the other foot
- Stand tall – take care not to lean forward as you lift

## Leg Extension and Squeeze

- Sit tall with both feet on the floor
- Straighten one leg & tighten the thigh muscles, hold for 3 or 4 counts
- Bend at the knee and lower the foot slowly to the floor



## Step Up

- Stand in front of a step or stair, feet hip distance apart
- Hold onto the hand rail or a chair if you need to
- Lift one foot onto the step, press through that heel to come up
- Push off the other foot and bring it up onto the step
- Step back down again with the 'lead' leg, then bring the other leg down
- It sounds like 'up, up, down, down'

## Donkey Pushback

- Hold the back of a chair / table
- Bend one leg, keep knees close
- Push your foot away from you, then back
- Keep toes pointed down
- Push the leg – don't swing
- Do as many as you can on one leg before changing legs

