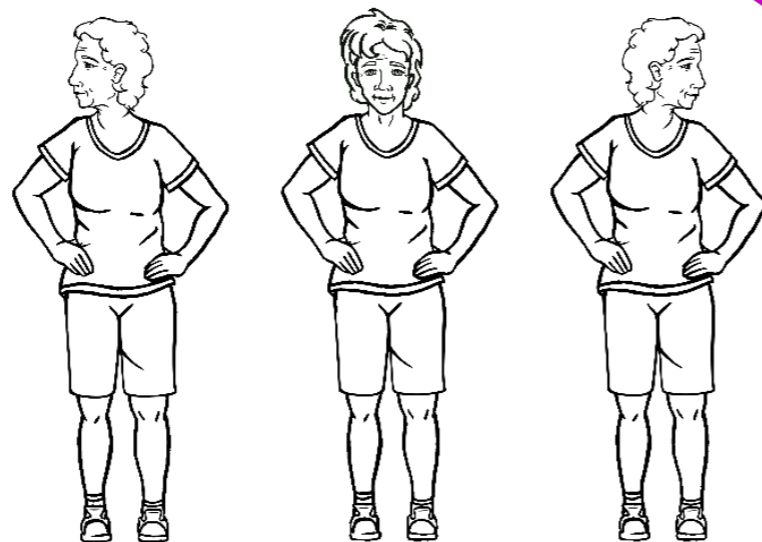


## Guidelines for Balance Exercises 2

- 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

## Head Turns

- Feet hip width apart, look ahead
- Slowly turn head to look right, then look ahead, look left and back to the middle
- Repeat



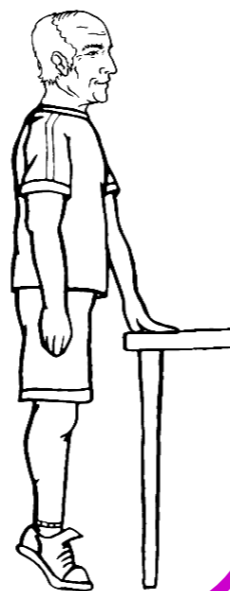
## Backwards Walk

- Make a clear space
- Walk backwards for 8 – 10 steps (more if you can)
- Turn around & repeat a few more times



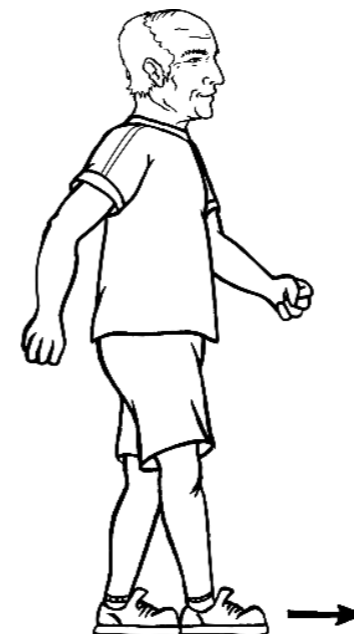
## Toe Stand

- Feet hip width apart
- Lift heels up as high as you can to stand on your toes
- Hold for 5 to 10 counts
- Slowly lower
- Hold for 20 seconds as your balance improves
- Repeat as many times as possible



## Heel to Toe Walk Forwards

- Place one foot in front of the other so feet form a straight line
- Move one foot slowly in front of the other
- Keep moving forward one foot at a time

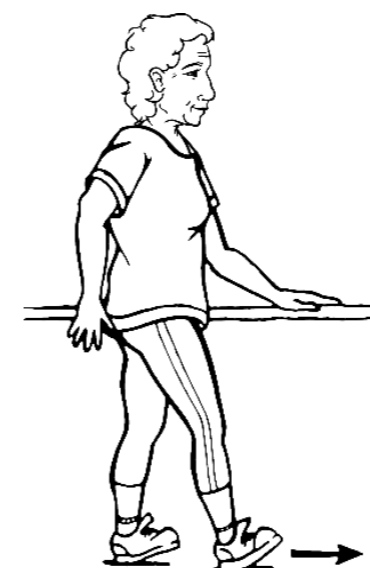


## Heel to Toe Walk Backwards

- As for 'walk forwards' but place one foot behind the other to walk backwards

## Heel Walking

- Keeping your toes lifted, walk forward on your heels for 10-12 steps (more if you can)
- Lower toes, turn around and repeat a few more times



## One Leg Balance

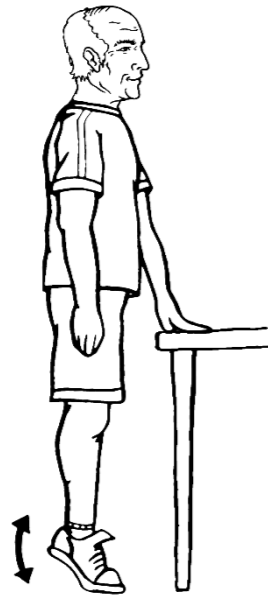
- Stand on one leg with the other leg off the floor
- Try to hold this position for 10 to 20 seconds
- Repeat on the other leg
- As you get better reduce support from 2 hands to 1 hand, 4 fingers to 2, 1, no fingers

## Guidelines for Strength Exercises 2

- Perform the movements slowly and smoothly
- Knees of both legs 'soft' (very slightly bent)
- Start by doing each exercise 6 to 12 times, when this number becomes easy, increase until you can do about 20
- Try to keep going until your legs feel tired, even if it's more than 20
- Do these exercises at least once a week

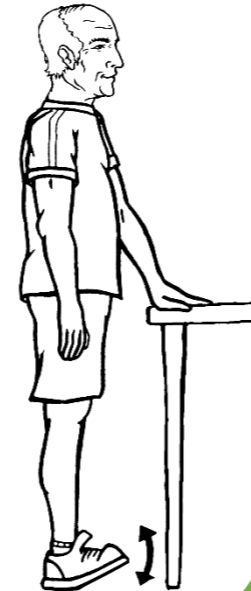
### Heel Lift Repeater

- Hold a chair or table for support
- Feet hip width apart
- Lift heels and come up onto your toes
- Lower to the floor
- This is a fast movement "up down – up down"



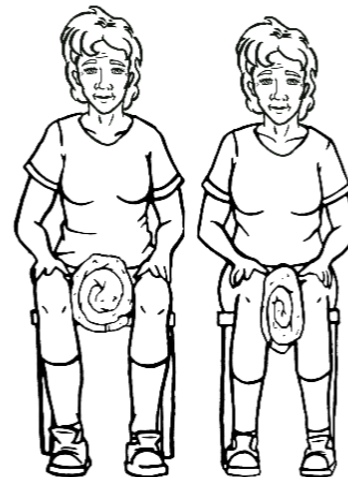
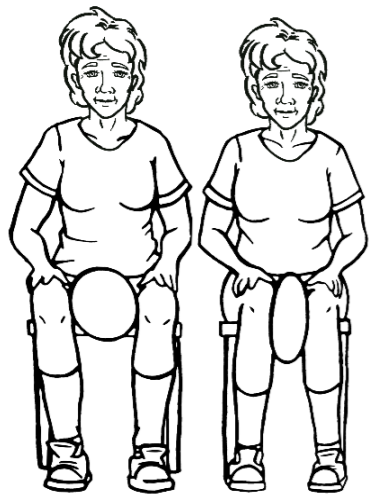
### Toe Lift Repeater

- As for heel lift but lift toes to come onto your heels



### Ball or Towel Squeeze

- Feet apart and flat on the floor
- Sit up tall
- Squeeze a ball or rolled towel between your thighs
- Hold squeeze 5-10 seconds
- Slowly release
- Repeat

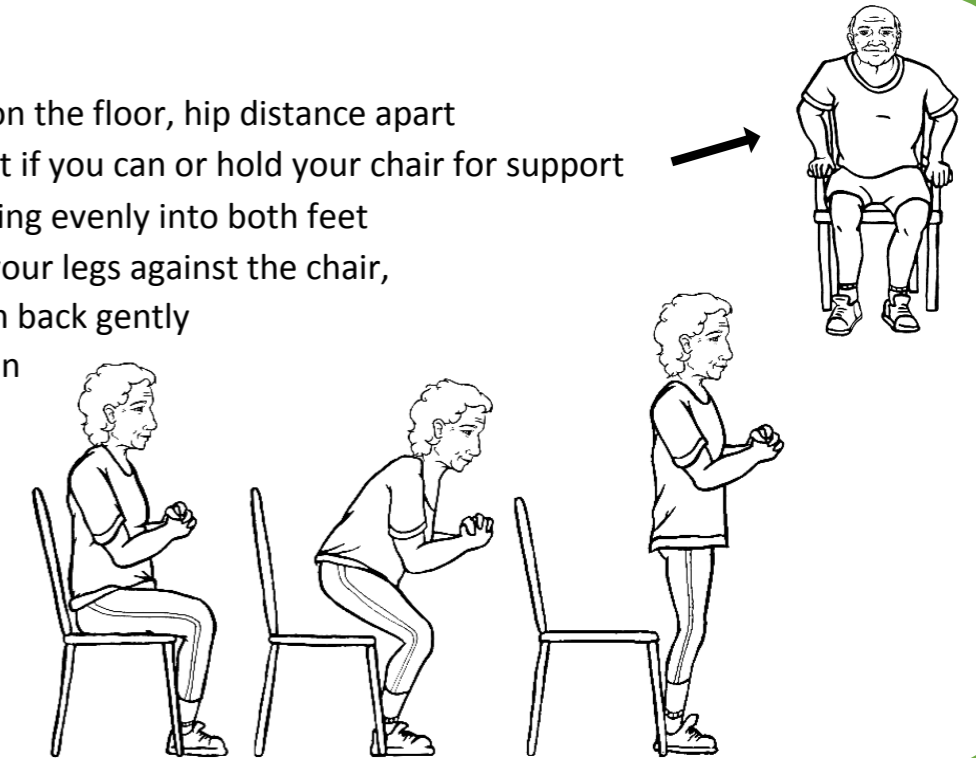


### Squats

- Feet hip width apart, arms in front
- Sit back towards an imaginary stool
- Try to hold the squat a few seconds
- Stand up by pushing strong into your feet
- Repeat as many as you can

### Sit To Stand

- Sit with feet flat on the floor, hip distance apart
- Hold arms in front if you can or hold your chair for support
- Stand up by pushing evenly into both feet
- Feel the back of your legs against the chair, push your bottom back gently and sit down again
- Wait a moment and repeat as many times as you can



### Hover - Level 1, 2 and 3

- Sit with your feet flat on the floor and hip distance apart
- Lift your bottom off the chair and hover for 5 to 10 seconds, then sit down again with control
- Wait a moment and then repeat as many times as you can
- Over time progress up the levels:
  - 1: Use your arms to help get up
  - 2: Hands stay on your thighs
  - 3: Hands in front

