

STRENGTH AND BALANCE EXERCISES

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These exercises are from the OTAGO Strength and Balance programme which can be hugely beneficial for those at risk of falling.

Warm up with marching and moving arms and body for at least 5 mins before starting these strengthening exercises

Start by holding on with 2 hands and as you progress, reduce the support to holding on with one hand, finger tips or no hands.



Front Knee Strengthener

- Sit back in the chair with feet flat
- Brush one foot along the floor then lift leg and straighten (don't lock knee) [SEP]
- Lower the foot with control [SEP]
- Repeat 10 times on one leg then change legs [SEP]

- Aim to lift for a slow count of 3 and lower for a slow count of 5 each time



Back Knee Strengthener

- Stand tall holding on for support [SEP]
- Feet hip width apart and knees so [SEP]
- Brush the foot back along the floor then lift the heel slowly back (pic)
- Keep the knees close together [SEP]

- Lower the foot slowly [SEP]
- Place the weight back over both feet
- Repeat 10 times on one leg then change legs [SEP]
- Aim to lift for a slow count of 3 and lower for a slow count of 5 each time



Side Hip Strengthener

- Stand tall with feet hip width apart
- Lift the leg slowly out to the side keeping the toes pointing forwards [SEP]
- Avoid leaning the body to the side [SEP]
- Place the weight back over both feet
- Repeat 10 times on one leg then

change legs [SEP]

- Lift for a slow count of 3 and lower for a slow count of 5 each time [SEP]



Calf Raises

- Stand tall with your feet hip width apart holding your support ^[L]_[SEP]
 - Slowly lift the heels keeping the weight over the big toes ^[L]_[SEP]
 - Avoid locking the knees ^[L]_[SEP]
 - Repeat 10-20 times ^[L]_[SEP]
- Aim to lift for a slow count of 3 and lower for a slow count of 5 each time



Toe Raises

- Stand tall with the feet hip width apart, holding your support ^[L]_[SEP]
- Slowly lift the toes with knees soft ^[L]_[SEP]
- Avoid sticking your bottom out ^[L]_[SEP]
- Lower the toes slowly ^[L]_[SEP]
- Aim to lift for a slow count of 3 and

lower for a slow count of 5 each time

- Repeat 10 - 20 times

This will help ensure you lift your toes more easily when stepping over things and reduce your chance of falling back.



Knee Bends Supported

- Feet hip width apart, toes forwards ^[L]_[SEP]
 - Hold your support ^[L]_[SEP]
 - Bend the knees and push your bottom backwards as if you're going to sit down ^[L]_[SEP]
 - Ensure the heels do not lift ^[L]_[SEP]
- Make sure your knees do not turn in ^[L]_[SEP]
 - Come back up to the start position ^[L]_[SEP]
 - Repeat 10 times ^[L]_[SEP]



Heel Toe Stand Supported (A)

- Stand tall, side on to the support ^[L]_[SEP]
- Place one foot directly in front of the other so feet form a straight line ^[L]_[SEP]
- Balance 10 secs with each foot forwards ^[L]_[SEP]

One Leg Stand Supported (B)

- Balance on one leg keeping the support knee soft and upright posture ^[L]_[SEP]
- Hold 10-20 secs - Repeat other leg ^[L]_[SEP]



Sit To Stand No Hands

- Sit tall near front of chair, hands on thighs or folded across your chest [SEP]
- Place your feet slightly back [SEP]
- Lean forwards slightly [SEP]
- Stand up [SEP]
- Step back so your legs touch the seat of the chair then slowly lower your bottom back into the chair [SEP]
- Repeat slowly up to 10 times

STRETCHES

Calf Stretch

- Sit forwards in the chair and hold on [SEP]
- Keep one knee bent and directly above the ankle [SEP]
- Straighten the other leg with the heel resting on the floor [SEP]
- Pull the toes back towards the shin until you feel a stretch in the calf [SEP]
- Hold 10-20 secs - Repeat other leg [SEP]
(make sure knee not locked out)

Back of Thigh Stretch

- Make sure you are right at the front of the chair [SEP]
- Straighten one leg placing the heel on the floor [SEP]
- Place both hands on the other leg then sit really tall [SEP]
- Lean forwards with a straight back until feel stretch in back of your thigh [SEP]
- Hold 10-20 secs - Repeat other leg [SEP]

[SEP]

EXERCISE DISCLAIMER:

To reduce and avoid injury, you may want to check with your doctor before beginning any fitness exercises. You are performing them at your own risk.

As a participant it is your responsibility to ensure that:

- There is sufficient space to perform the exercises safely and move freely without obstacles or obstructions, free from furniture, equipment and hazards including pets
- The surrounding floor space is entirely clear of any hazards that may increase the risk of slips, trips or falls
- Wear suitable non slip shoes, or work bare foot; do not wear socks without shoes
- There is sufficient heating, lighting, and ventilation
- Any equipment you use is safe and in a suitable condition

If you use a chair that this is sturdy, preferably an upright dining type of chair

- Take a drink of water at any time during the session
- If at any time you should feel overtired, short of breath, unwell stop immediately and don't return to the exercises until you are totally confident that you are fully recovered
- The exercises are designed to be done within your own ability and therefore you should not stretch yourself to achieve greater mobility, flexibility, endurance etc. any more than you know is safe for you to do.