Community Healthcare Division

Strength and Balance Retraining Exercises

Introduction

Before you start these exercises make sure you have a suitable and safe environment. Ensure the support you use is strong and stable such as heavy furniture or a kitchen work-top.

Wear comfortable clothes and supportive footwear.

Undertake ONLY the exercises that have been taught to you by your physiotherapist.

Whilst exercising if you experience any chest pain, dizziness or severe shortness of breath stop immediately and contact your GP.

If you have not exercised for a while you may experience some minor muscle aches. This is common, tell your therapist when you next see them.

If any of your exercises involve the use of ankle cuff weights please read the instruction sheet provided by your therapist.

compassionate care

Exercises in sitting

Sitting 1

☐ Neck Movements



- Sit up straight and look ahead.
- Place one hand on your chin.
- Guide your head straight back.
- Hold this position for _____ seconds.
- Repeat _____ times.

Sitting 2

☐ Head Movements





- Sit up straight and look ahead.
- Slowly turn your head as far as you can to the side.
- Hold for _____ seconds.
- Repeat _____ times to each side.

Sitting 3a

☐ Leg Straightening



- Sit on a chair with your back well supported.
- Straighten one leg at the knee.
- Hold for _____ seconds.
- Return your leg to the starting position.
- Repeat _____ times each leg.

Sitting 3b

☐ Leg Straightening using weight



- Strap the weight to your ankle.
- Repeat the exercise _____ times.

Sitting 4

☐ Ankle Movements



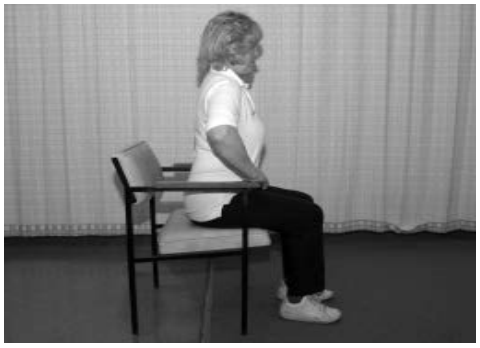


- In a sitting position with one foot off the floor.
- Point that foot down then pull that foot back towards you.
- Repeat _____ for each foot.

Sitting 5

☐ Back Slumping/Straightening





- Sitting in your chair, (away from the chair back) practise good posture.
- First let your back drop and become rounded and slumped, then use your back muscles to straighten your back and arch it.
- Hold approx. _____
- Repeat _____ times.

Sitting 6

☐ Chest Expansion





- Sit with your back straight and feet firmly on the floor and with your arms loosely by your sides.
- Pull your shoulder blades together while turning your thumbs and hands outwards so you feel a stretch across the front of your chest.
- Repeat _____ times.

Sitting 7

☐ Alternate Arm Lifting





- Sitting in your chair, (away from the chair back) keep your back straight.
- Lift one arm out with elbow straight – so your hand is level with your shoulder, then lower slowly.
- Repeat with other arm.
- Do this _____ times.

Sitting 8

☐ Chair Marching





- Sit tall – keep your back straight.
- Alternately lift your knees up towards your chest and lower slowly.
- Build to a rhythm that is comfortable for you.
- Repeat _____ times.

Sitting 9

☐ Reaching across body





- Sit up straight, away from the chair back.
- Reach up and across your body with your right arm.
- Turn head and trunk to the left as you reach up and across.
- Try to go far enough so that your right hip lifts off the chair as you reach and turn.
- Do the same reaching up and across with your left arm.
- Repeat _____ times.

Sitting 10a

☐ Sit to Stand





- Sit on a chair which is not too low.
- Place your feet on the floor behind your knees.
- Lean forwards over your feet.
- Push off with both hands and stand up.
- Repeat ____ times.

Sitting 10b

☐ Sit to Stand one hand.

- As above but use only one hand to help you stand up.
- Repeat ____ times.

Sitting 10c

☐ Sit to Stand without using your hands.



Exercises in standing

Standing 1a



☐ Small Knee Bends - hold support with both hands

- Stand up tall facing the support.
- Place your feet shoulder width apart.
- Bend your knees a little.
- Take your knees forwards over your toes.
- Then straighten your knees and stand tall.
- Repeat _____ times.

Standing 1b

☐ Hold the support with one hand.

Repeat as above.

Standing 1c

☐ Stand near the support, but do not hold on.

Repeat as above.

Standing 2a

☐ Single knee bend - hold the support with both hands

- Stand up tall facing the support.
- Bend the knee bringing that foot up towards your bottom. Do not let your knee move forwards.
- Return to the starting position.
- Repeat _____ times.
- Repeat with the other leg.



Standing 2b

☐ Hold the support with one hand.

Repeat as above.

Standing 2c

☐ Stand near the support, but do not hold on.

Repeat as above.

Standing 2d

☐ Strap the weight onto your ankle continue with the exercise.

Repeat as above.



Standing 3a

☐ Marching on the Spot-hold support with both hands



- Stand up tall facing the support.
- March on the spot slowly.
- Repeat _____ times.

Standing 3b

☐ Hold the support with one hand.

Repeat as above.

Standing 3c

☐ Stand near the support, but do not hold on.

Repeat as above.

Standing 4a

☐ Backward Step - hold support with both hands

- Stand up tall facing the support.
- Step backwards as far as you can with one leg, then return to starting position.
- Do not lean forwards.

Repeat _____ times.

Repeat with the other leg.



Standing 4b

☐ Hold the support with one hand.

Repeat as above.

Standing 4c

☐ Stand near the support, but do not hold on.

Repeat as above.

Standing 5a

☐ Backward Leg Lift -hold the support with both hands

- Stand up tall facing the support.
- Take your leg backwards lifting your leg off the floor.
- Do not lean forwards.

Hold for _____ seconds.

Repeat _____ times.

Repeat with the other leg.



Standing 5b

☐ Hold the support with one hand.

Repeat as above.

Standing 5c

☐ Stand near the support but do not hold on.

Repeat as above.



Standing 5d

☐ Strap weight around your ankle.

Repeat as above.

Standing 6a

☐ Side step – hold the support with both hands



- Stand up tall facing the support.
- Step out to the side with one leg, then return it back to starting position.

  Repeat with the other leg.

  Repeat _____ times.

Standing 6b

☐ Hold the support with one hand.

Repeat as above.

Standing 6c

☐ Stand near the support but do not hold on.

Repeat as above.

Standing 7a

☐ Side leg raise - hold the support with both hands



- Stand up tall facing the support.
- Raise one leg out to the side, keeping your foot pointing forward.

  Hold for _____ seconds and return to the starting position.
- Repeat with the other leg.

  Repeat _____ times

Standing 7b

☐ Hold the support with one hand.

Repeat as above.

Standing 7c

☐ Stand near the support, but do not hold on.

Repeat as above.



Standing 7d

☐ Strap weight around your ankle.

Repeat as above.

Standing 8a

☐ Heel Raise - hold the support with both hands



- Stand up tall facing the support.
  Feet shoulder width apart.
- Raise your heels, taking your weight over your toes.
- Hold for _____
- Lower your heels slowly to the floor.
- Repeat _____ times.

Standing 8b

☐ Hold the support with one hand.

Repeat as above.

Standing 8c

☐ Stand near the support, but do not hold on.

Repeat as above.

Standing 9a

☐ Toe Raise - hold the support with both hands

- Stand up tall facing the support.
- Raise your toes, taking your weight back onto your heels and without sticking your bottom out.
- Hold for _____ seconds.
- Lower your toes slowly to the floor.
- Repeat _____ times.



Standing 9b

☐ Hold the support with one hand.

Repeat as above.

Standing 10a

☐ Sideways walking – two hand hold

- Stand up tall facing the support.
- Hold on with both hands.
- Move hands along the support and step sideways along the support and return.
- Repeat _____ times.



Standing 10b

☐ Hold the support with one hand.

Repeat as above.

Standing 10c

☐ Stand near the support, but do not hold on.

Repeat as above.

Standing 11a

☐ One leg stand - hold the support with one hand



- Stand up tall facing the support.
- Stand on one leg.
- Try to hold this position for _____ seconds.
- Repeat with the other leg.

Standing 11b

☐ Hold the support with both hands.

Repeat as above.

Standing 11c

☐ Stand close to the support but do not hold the support.

Repeat as above.

Standing 12a

☐ Alternate arm lift





- Stand up tall, feet shoulder width apart, facing the support.
- Lift one arm as high as you can, then lower it to the support.
- Repeat with the other arm.
- Lift arm as high as you can comfortably reach.
- Repeat _____ times.

Standing 12b

☐ Stand close to the support, but do the exercise without holding the support.

Standing 13

☐ Reaching forwards - hold the support with both hands



- Lift one arm and reach forwards across the support as far as you can comfortably go.
- Return to standing tall then repeat with the other arm.
- Repeat _____ times.

Standing 13b

☐ Stand near the support, reach forward without holding the surface.



Repeat as above.

Standing 14a

☐ Reaching upwards and across – hold the support with both hands.



- Stand facing your support.
- Reach up and across your body with your right arm.
- Turn your head and trunk to the left.
- At the same time pivot slightly on the toes of your right foot turning your body to the left.
- Repeat reaching up and across your body with your right arm.

Repeat ____ times.

Standing 14b

☐ Stand near the support but do not hold the surface.



Repeat as above.

Standing 15a

☐ Walking forwards and backwards





- Stand next to the support.
- Hold support with nearest hand.
- Stand up tall and look ahead.
- Walk forwards along the length of the support.
- Walk backwards along the length of the support.
- Repeat ____ times.

Standing 15b

☐ Stand next to the support, but do not hold on.

Repeat the above.





Standing 16a

☐ Semi Tandem stand





- Stand up tall beside the support and look ahead.
- Hold the support with nearest hand.
- Place one foot half way in front of the other foot so your feet are overlapping.
- Hold this position for ____ seconds.
- Change and repeat with the other foot overlapping halfway in front.
- Hold this position for ____ seconds.

Standing 16b

☐ Stand next to the support, but do not hold on.

Repeat as above.

Standing 17a

☐ Tandem stand





- Stand up tall beside the support and look ahead.
- Hold the support with nearest hand.
- Place one foot directly in front of the other foot.
- Hold this position for ____ seconds.
- Change and repeat with the other foot in front.

Standing 17b

☐ Stand next to the support, but do not hold on.

Repeat as above.

Standing 18a

☐ Tandem walk forwards





- Stand up tall next to the support and look ahead.
- Hold the support lightly with the nearest hand.
- Place one foot directly in front of the other so they form a straight line.
- Walk forwards placing one foot directly in front of the other (i.e. heel to toe walking) along the length of the support.
- Turn around.
- Repeat the exercise ____ times.

Standing 18b

☐ Stand next to the support but do not hold on.

Continue as above.

Repeat as above.

Standing 19a

☐ Toe Walking



- Stand next to support, hold with nearest hand.
- Hold on and look ahead.
- Stand up straight, take your weight onto your toes and raise your heels slightly.
- Walk along the length of the support on your toes.
- Lower the heels to the ground and turn around.
- Repeat ____ times.

Standing 19b

☐ Stand next to the support but do not hold on.

Repeat as above.

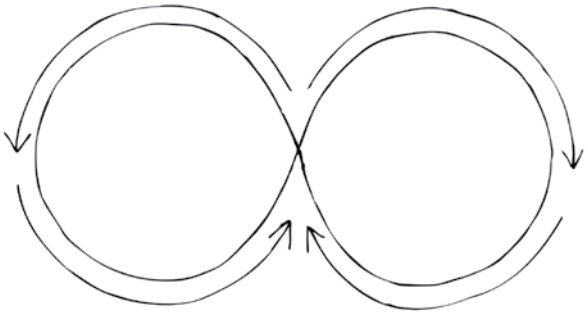
Standing 20

☐ Walking and turning around





- Walk at your regular pace



- Follow a figure of 8 pattern.
- Repeat this movement ____ times.

If you have any comments about this leaflet or the service you have received you can contact :

Community Rehabilitation Team
Beechwood Community Health Centre
Telephone No: 01422 358146

www.cht.nhs.uk

If you would like this information in another format or language contact the above.

Potřebujete-li tyto informace v jiném formátu nebo jazyce, obraťte se prosím na výše uvedené oddělení

Jeżeli są Państwo zainteresowani otrzymaniem tych informacji w innym formacie lub wersji językowej, prosimy skontaktować się z nami, korzystając z ww. danych kontaktowych

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براۂ مہربانی مندرجہ بالا شعبے میں ہم سے رابطہ کریں۔

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CHFT