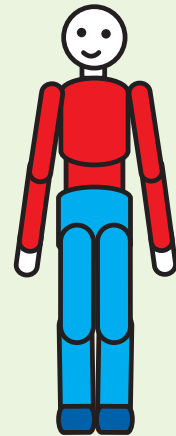


Exercise 28

Feet together balance

Starting position: Stand with your feet as close together as you can. You may want to steady yourself at the kitchen sink or hold the back of a sturdy chair

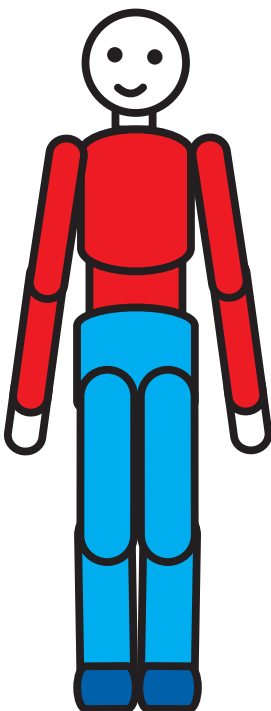


Step one

When you are steady, let go of your support and hold your balance. Count how many seconds, aiming for 20 if you can.

Step two

If you can do it, try with both eyes closed. But be very careful!



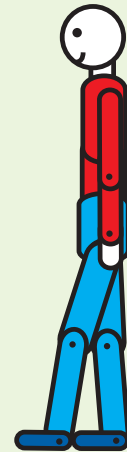
You may not quite count to the suggested number but you can work towards increasing the length of time you can balance.

If you have problems/concerns, talk to a physiotherapist.

Exercise 29

Heel to toe balance

Starting position: Place one foot in front of the other, heel to toe.
You may want to use a support

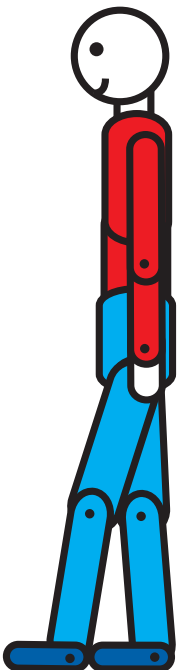


Step one

When you are steady, let go of your support and hold your balance. Try to count to 10. Change so that the other foot is in front and repeat.

Step two

If you feel very confident, try with both eyes shut. Be careful, this one is quite tricky.



You may not quite count to the suggested number but you can work towards increasing the length of time you can balance.

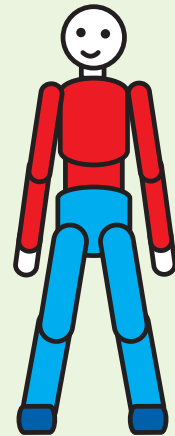
This exercise gives practice in how to save yourself if you do lose balance, for instance if someone bumps into you by accident.

If you have problems/concerns, talk to a physiotherapist.

Exercise 30

Stepping balance

Starting position: Standing with your feet slightly apart

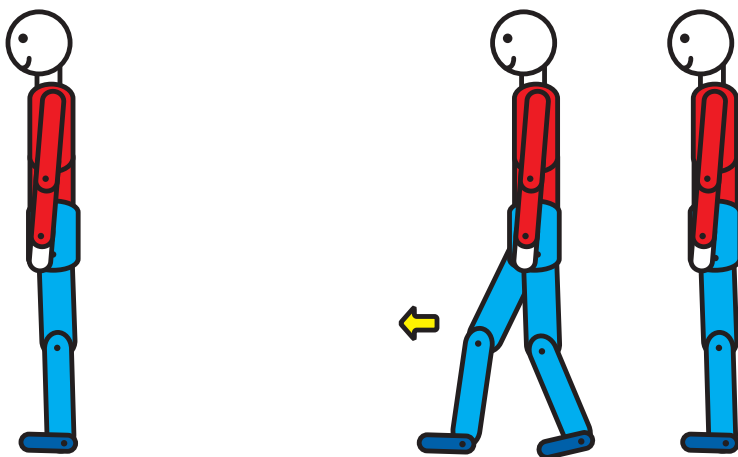


Step one

Step one foot forward as if crossing a ditch, then step back to where you started, without holding on. Repeat, leading with the other leg. Repeat 3-5 times each leg.

Step two

Try the same exercise but step backwards instead and then bring your foot back to where you started. As you improve you may be able to make the steps longer.



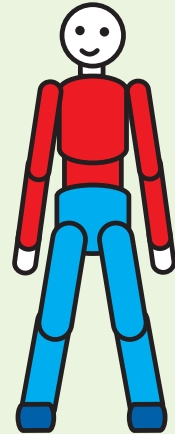
This exercise gives practice in how to save yourself if you do lose balance, for instance if someone bumps into you by accident.

If you have problems/concerns, talk to a physiotherapist.

Exercise 31

Single leg balance

Starting position: Standing with your feet slightly apart

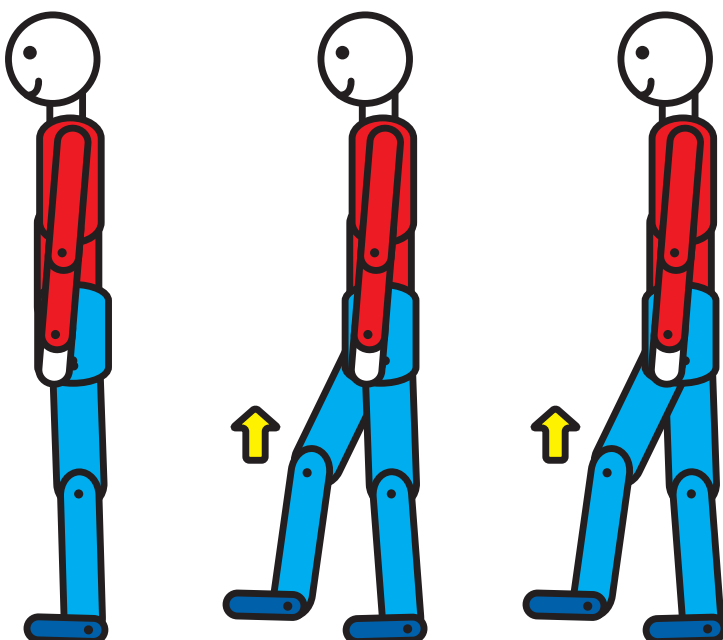


Step one

Try to lift one leg off the floor and hold your balance. Lower, then try with the other leg. Count, aiming for 15 if you can.

Step two

If you are very brave try this with your eyes closed but be careful and always make sure there is something firm to catch hold of.

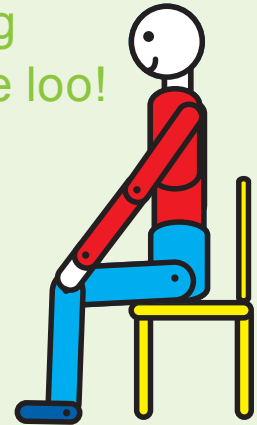


If you have problems/concerns, talk to a physiotherapist.

Exercise 32

Sit to stand

Starting position: Sitting on a firm surface eg edge of the bed, on a stool/chair or even the loo!



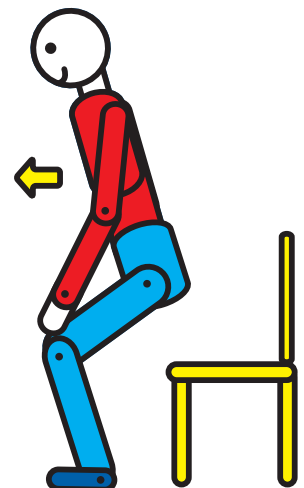
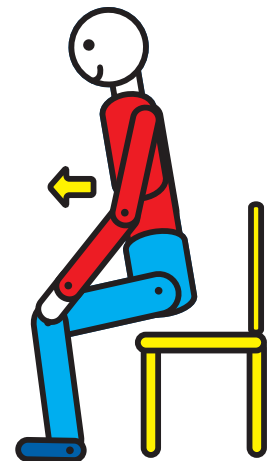
Standing up from a sitting position is a very good exercise to strengthen the legs, it can also be an exercise that challenges the balance. So it is one of those exercises to do if you don't have time for a lot of different exercises. This one ticks more than one box!

If possible try to do this exercise without using your arms.

Put your hands on your knees and push down through your hands at the same time as through your feet to come up into standing. Stand up tall holding your tummy in for a count of 3 before pushing your bottom out, hands back on the knees and sit down slowly.

Repeat the exercise 3-5 times.

If your balance is not too good do the exercise in front of a table so you can put your hands down to steady yourself if necessary.



If you have problems/concerns, talk to a physiotherapist.