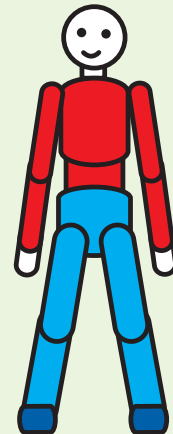


Exercise 23

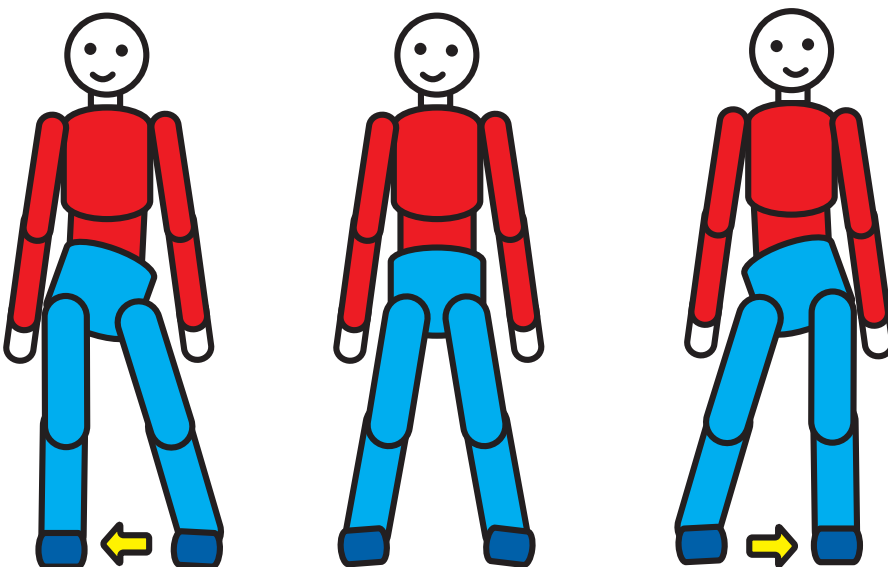
Rocking

Starting position: Standing straight with feet slightly apart, weight evenly placed on both feet



Step one

Keeping your shoulders in line with your hips, and feet on the ground, rock your weight from one side to the other, making sure you travel the same distance each way. Repeat 3-5 times.



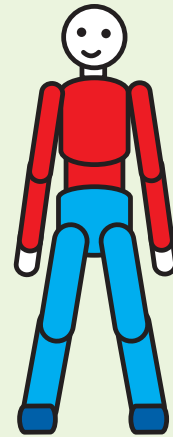
NB You may find this is easier in front of a mirror or in the middle of a door frame to ensure you move evenly from side to side.

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

Exercise 24

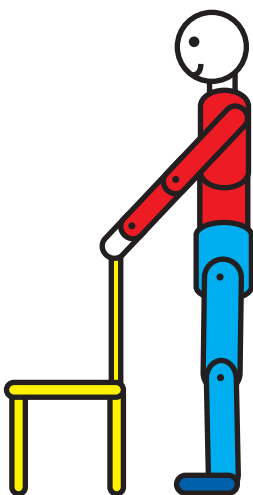
Standing knee bend

Starting position: Standing up straight with feet slightly apart, weight evenly placed on both feet



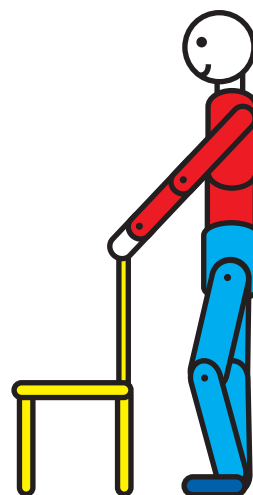
Step one

Let your right knee go, keeping both your heels down on the floor. Straighten slowly, making sure you do not allow the knee to 'snap' back.



Step two

Come back to the starting position and repeat with the left leg. Repeat 3-5 times each leg.



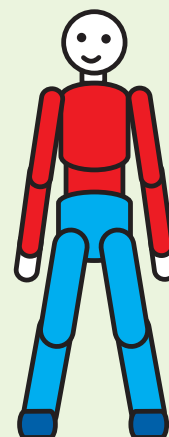
You will notice that this exercise causes the pelvis to tilt from side to side. Watch your waistband on your clothes tipping from side to side; it will act as an indicator of how well you can do this exercise. Do not allow your waist to twist! If you think it is, then face the sink and put your tummy flat against it while you do the exercise or watch yourself in a mirror.

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

Exercise 25

Hip hitch

Starting position: Standing up straight with feet slightly apart, weight evenly placed on both feet

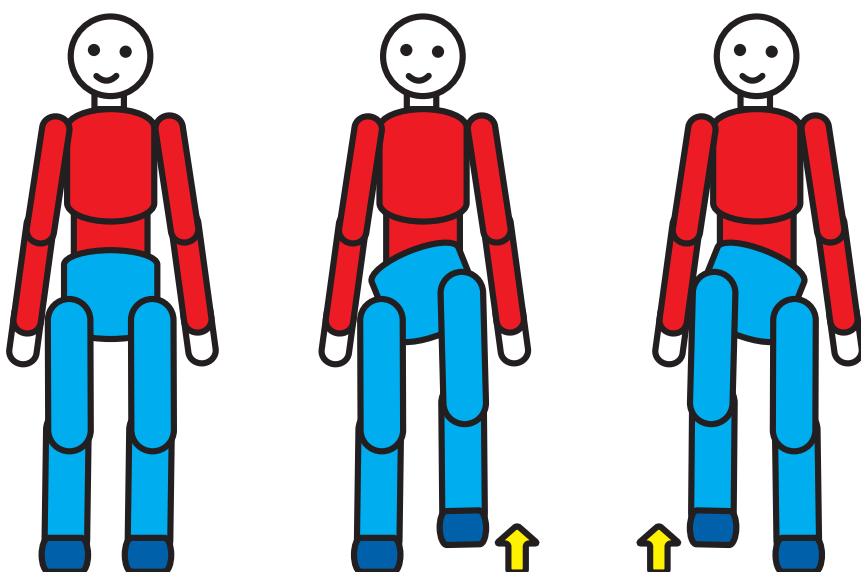


Step one

Hitch your hip up from your waist to shorten your right leg bringing your foot up off the floor.

Step two

Keep the knee straight all the time. Hold, then lower slowly and repeat on the left leg. Repeat 3-5 times. Make sure you don't stick your bottom out!

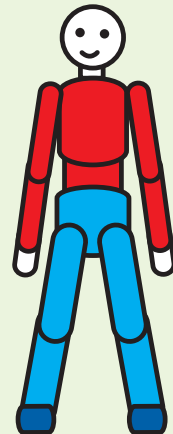


If you have problems/concerns, talk to a physiotherapist.

Exercise 26

Leg lift

Starting position: Standing up straight with feet slightly apart, weight evenly placed on both feet

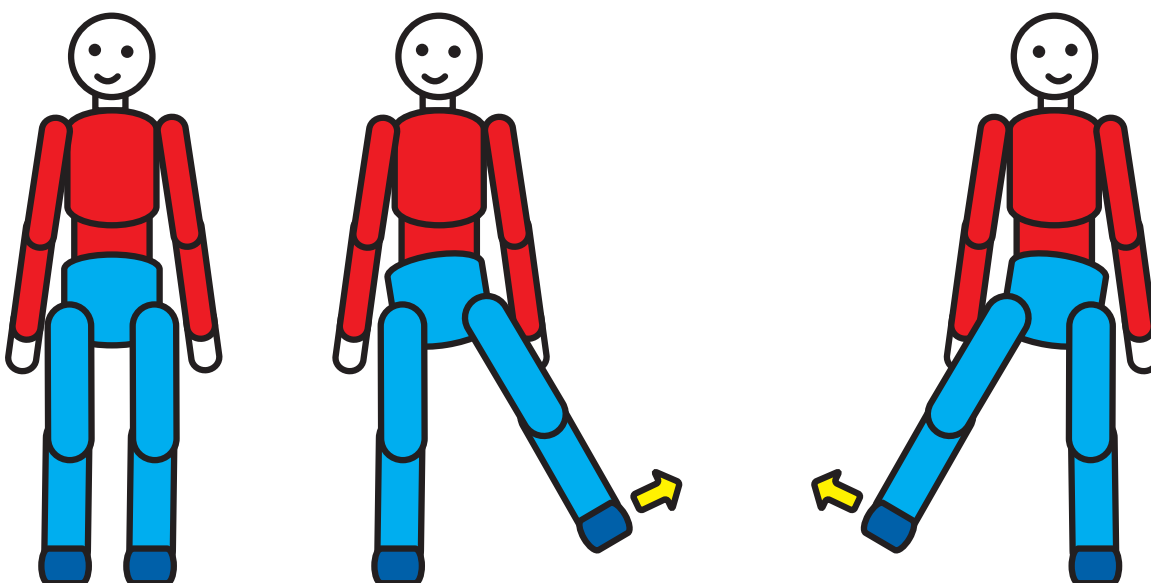


Step one

Lift the right leg out to the side, keep the knee straight and the toes pointing forwards.

Step two

Hold and lower slowly. Repeat with the left leg. Repeat 3-5 times.



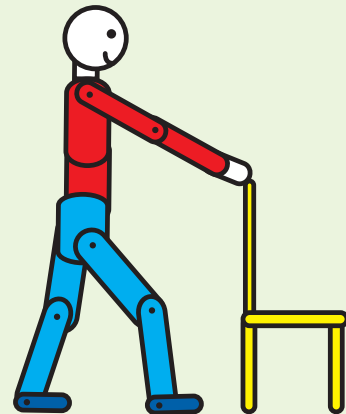
If you cannot lift your leg, then take a step to the side then side-step back again.

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

Exercise 27

Lunge

Starting position: Stand with one leg in front of the other as you would when taking a stride

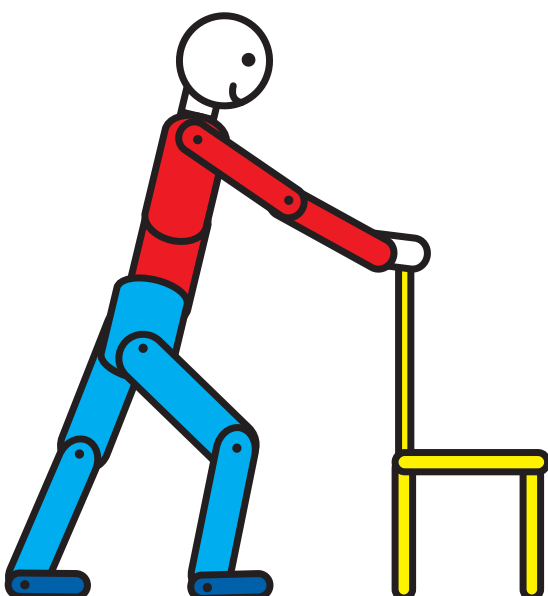


Step one

Both heels must stay in contact with the ground. Bend the front knee in a lunging style, as if you were fencing. Feel the stretch in the back leg, especially in the calf.

Step two

Hold for a few seconds then come back to the starting position and repeat on the other side. Repeat 3-5 times.

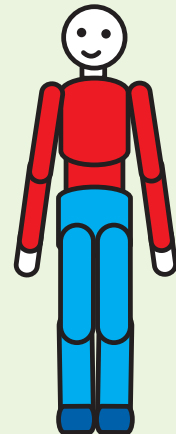


If you have problems/concerns, talk to a physiotherapist.

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

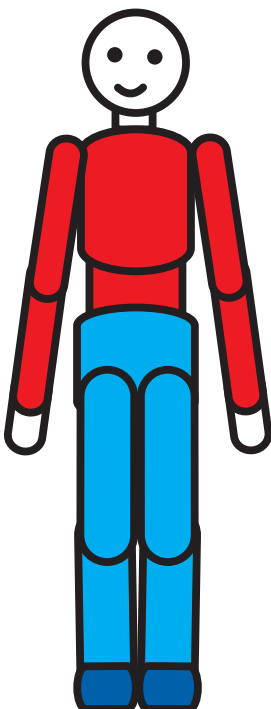


Step one

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!



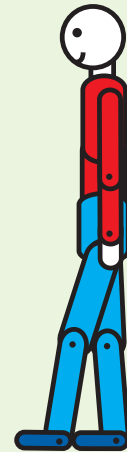
You may not quite count to the suggested number but you can work towards increasing the length of time you can balance.

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

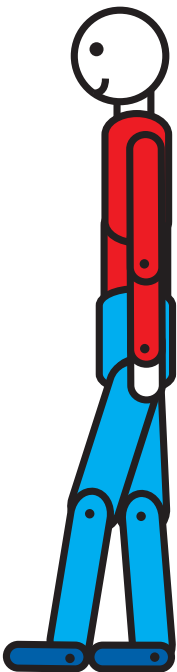


Step one

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.

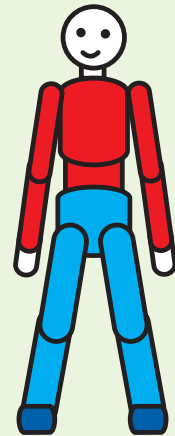
This exercise gives practice in how to save yourself if you do lose balance, for instance if someone bumps into you by accident.

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

Exercise 30

Stepping balance

Starting position: Standing with your feet slightly apart

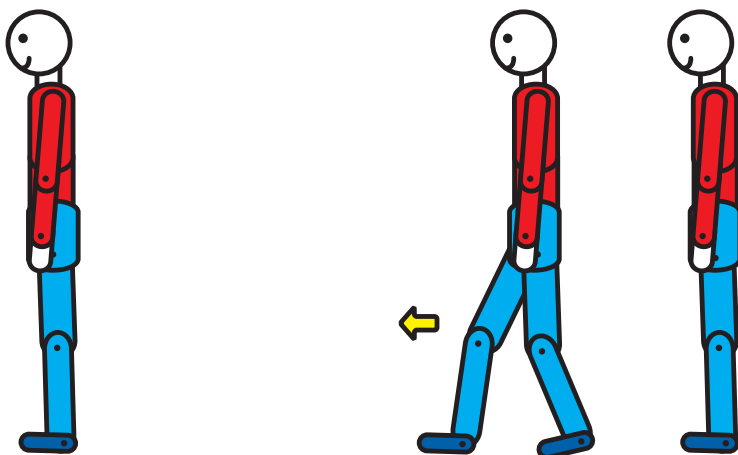


Step one

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.



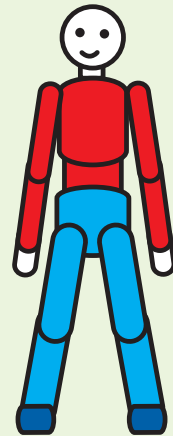
This exercise gives practice in how to save yourself if you do lose balance, for instance if someone bumps into you by accident.

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

Exercise 31

Single leg balance

Starting position: Standing with your feet slightly apart

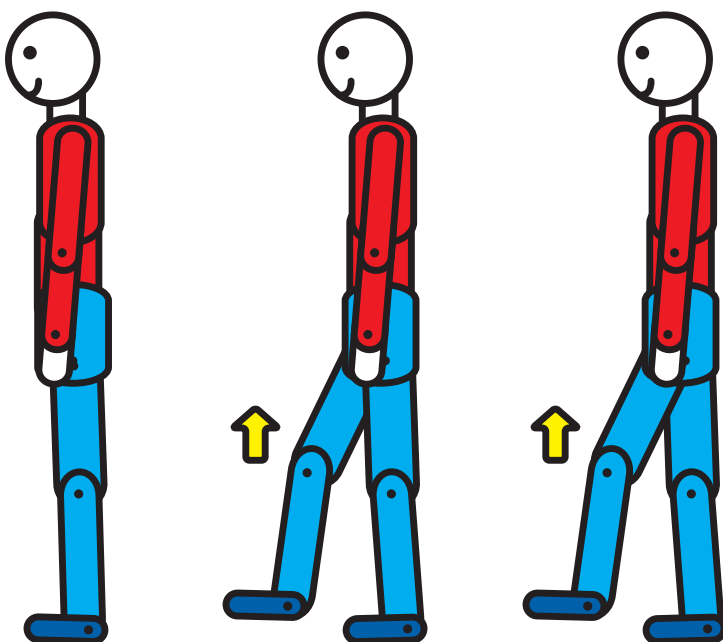


Step one

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.