

Moving Well at Home

Leg Extension

3 sets of 12 repetitions each side

1. Standing behind the back of a chair for support, shift your weight onto your right leg.
2. Standing upright raise your left leg backwards, keeping your leg it straight. ***Avoid arching your back as you extend the leg backwards.***
3. Hold for 5 seconds and return leg back to starting position.
4. Repeat on the opposite side.



Leg Abduction

3 sets of 12 repetitions each side

1. Standing behind the back of a chair for support, shift your weight onto your right leg.
2. Now move your left leg away from your body.
3. Bring your left leg back towards your body and repeat.



Toe Raise

3 sets of 12 repetitions

1. Standing behind the back of a chair for support, raise up onto your heels as high as you comfortably can.
2. Lower to start position and repeat.



Moving Well at Home (cont.)

Sit to Stand

3 sets of 12 repetitions

1. Place both feet on the floor shoulder width apart, knees bent to 90 degrees.
2. Cross your arms and slowly rise to a standing position, ensuring that your knees never cross the frontal plane of your toes.
3. Once standing, gradually sit back down in a controlled movement.



Standing March

Time yourself for 1 minute

1. Stand with your feet slightly apart (as you normally stand) and your arms at your side.
2. March in place, lifting your knees high toward the ceiling.



Calf Raises

3 sets of 12 repetitions

1. Standing behind the back of a chair for support, raise up onto your toes as high as you comfortably can.
2. Lower to start position and repeat.



Moving Well at Home (cont.)

Tandem Stand

30 seconds each side

1. Standing beside a chair for support, place one foot directly in front of the other with heel to toe touching. Hold and balance for 30 seconds before putting the opposite foot in front.
2. To progress, balance with closed eyes.

Note: if you are unable to reach 30 seconds, start with 10 seconds and build up from there.



Wall Press Ups

3 sets of 12 repetitions

1. Start facing the wall with your feet slightly apart, arms straight in front of you and palms flat on the wall.
2. Bend your elbows and lean your body toward the wall as far as you can go, keeping your back straight. *Try to keep your body weight evenly distributed on both feet and ensure your hips don't sag.*
3. Push back to the starting position.



One Leg Balance

Time yourself for 30 seconds

1. Standing behind a chair for support, shift your weight onto your right leg.
2. Slowly lift and bend your left leg so you're balancing on one leg.
3. Balance for 30 seconds, lower leg and repeat on the opposite side. *As a beginner start by holding lightly onto the chair before progressing to one finger, then no hands, and lastly eyes closed.*



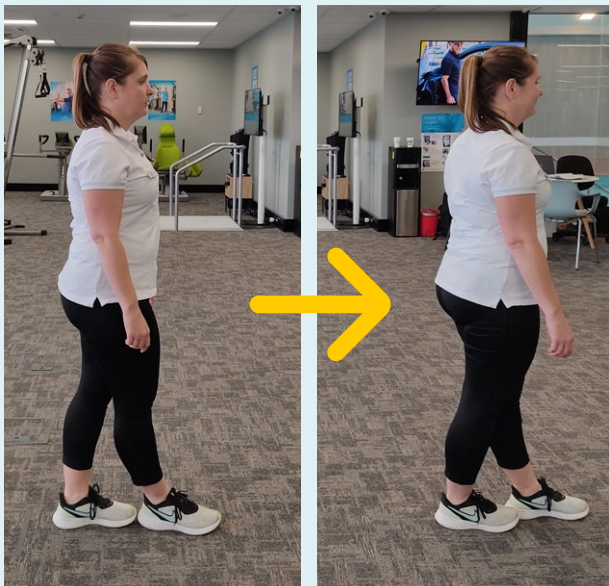
Moving Well at Home (cont.)

Tandem Walking

'Walking the tight-rope'

Aim for 1 minute forwards and 1 minute backwards.

1. Place one foot in front of the other so that the heel of the forward foot touches the toes of the rear foot.
2. Move forward as if you were on a tightrope with the heel of one foot touching the toes of the other.
3. Try the same exercise whilst moving backwards.



Heel Walking

Time yourself for 1 minute

1. Come up on to your heels.
2. Now walk forwards and backwards whilst on your heels for 1 minute.

Note: if you are unable to reach 1 minute, start with 30 seconds and build up from there.



Toe Walking

Time yourself for 1 minute

1. Come up on to your tip toes.
2. Now walk forwards and backwards whilst on your toes for 1 minute.

Note: if you are unable to reach 1 minute, start with 30 seconds and build up from there.

