Safety

Ensure that the chair you use is sturdy and stable. Wear comfortable clothes and supportive footwear.

Prepare a space and have your exercise band and a glass of water (for afterwards) ready before you start.

While exercising, if you experience chest pain, dizziness or severe shortness of breath, stop immediately and contact your GP (or call an ambulance if you feel very unwell and your symptoms do not go away when you stop exercising).

If you experience pain in your joints or muscles, stop, check your position and try again. If the pain persists, seek advice from your Postural Stability Instructor.

However, feeling your muscles working or slight muscle soreness the next day after exercise is normal and shows that the exercises are working.

Breathe normally throughout and enjoy yourself.

Aim to do these exercises three times per week.

If you are using this booklet without attending a supervised exercise session, consult your GP to check it is suitable for you.
Always begin with a warm up to prepare your body for the main exercises.

There are 6 warm up exercises.

Complete them all:
March

- Stand tall (holding your support if needed)
- Begin marching your legs
- If you feel steady, add an arm swing with one or both arms
- Continue marching for 1 to 2 minutes
Head movements

- Stand tall with your feet hip width apart and arms resting loosely by your sides or hold the chair
- Turn the head slowly to the left then slowly to the right
- Ensure that the shoulders stay still so only the head is moving
- Repeat 5 times
Neck movements

- Stand tall with your feet hip width apart and arms resting loosely by your sides or hold the chair.
- Place 2 fingers onto your chin then gently guide the chin back until you feel a stretch in the back of the neck.
- Repeat 5 times.
Back extension

- Stand tall with your feet hip width apart
- Place your hands onto your bottom
- Gently arch your back
- Avoid looking at the ceiling or locking out your knees
- Repeat 5 times
Trunk movements

- Stand tall with your feet hip width apart
- Fold the arms in front of the chest or place one hand on the chair
- Lengthen and lift the trunk upwards then slowly turn the head and shoulders to the right
- Ensure you are only turning the upper body (not the hips)
- Return to the start position and repeat to the other side
- Repeat 5 times
Ankle movements

- Sit with your back supported by the chair back
- Straighten one leg so the foot is held off the floor
- Keep the leg in this position whilst pointing the toes forwards then pulling them back
- Do this 5 times then repeat on the other leg
- If the pull behind the knee is too intense, perform this exercise with the foot closer to the floor
Strength exercises

These are to help improve your bone and muscle strength.

Complete them all.

Put your ankle cuff weights on now.
Front knee strengthening

- Sit back in the chair with your back supported and your feet under your knees
- Brush one foot along the floor then lift the weight slowly and straighten (but do not lock out) your knee
- Lower the foot with control
- Repeat _______ times on one leg then change legs
- Aim to lift for a slow count of 3 and lower for a slow count of 5 each time
Back knee strengthening

- Stand tall close to and holding your support
- Feet hip width apart and knees soft
- Brush the foot backwards along the floor then lift the heel slowly towards the bottom
- Keep the knees close together
- Lower the foot slowly
- Place the weight back over both feet to rest briefly
- Repeat _____ times on one leg then change legs
- Aim to lift for a slow count of 3 and lower for a slow count of 5 each time
Side hip strengthening

- Stand tall with your feet hip width apart holding your support
- Lift the leg slowly out to the side keeping the toes pointing forwards
- Avoid leaning the body to the side
- Lower the leg slowly
- Place the weight back over both feet to rest briefly
- Repeat _____ times on one leg then change legs
- Aim to lift for a slow count of 3 and lower for a slow count of 5 each time
Important!

Take your ankle cuff weights off now!
Calf raises

- Stand tall with your feet hip width apart holding your support
- Slowly lift the heels keeping the weight over the big toes
- Avoid locking the knees
- Lower the heels slowly
- Repeat 10 to 20 times
- 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
- Slowly lift the toes keeping your knees soft
- Avoid sticking your bottom out
- Lower the toes slowly
- Repeat 10 to 20 times
- Aim to lift for a slow count of 3 and lower for a slow count of 5 each time
Balance exercises

These are to help improve your balance and stability and prevent falls.

Complete them all.
Knee bends supported

- Feet should be hip width apart, toes facing forwards
- Hold your support
- Bend the knees and push your bottom backwards as though you were going to sit down
- Ensure the heels do not lift
- Ensure the knees do not roll inwards
- Come back up to the start position
- Repeat ______ times
Feet should be hip width apart, toes facing forwards
Bend the knees and push your bottom backwards as though you were going to sit down
Ensure the heels do not lift
Ensure the knees do not roll inwards
Come back up to the start position
Repeat _____ times

Knee bends no support
Toe walking supported

- Stand side on to a support with feet hip width apart
- Lift the heels keeping the weight over the big toes
- Walk 10 steps forwards on your toes.
- Bring the feet level before lowering the heels to the floor
- Turn around towards the support then repeat the toe walking in the other direction
- Move steadily and with control
Toe walking no support

- Stand with feet hip width apart
- Lift the heels keeping the weight over the big toes
- Walk 10 steps forwards on your toes
- Bring the feet level before lowering the heels to the floor
- Turn around then repeat the toe walking in the other direction
- Move steadily and with control
Heel toe stand supported

- Stand tall, side on to the support
- Place one foot directly in front of the other so that the feet form a straight line
- Look ahead and balance for 10 seconds
- Take the feet back to hip width apart before placing the other foot in front and balancing for another 10 seconds
Heel toe stand no support

- Stand tall
- Place one foot directly in front of the other so that the feet form a straight line
- Look ahead and balance for 10 seconds
- Take the feet back to hip width apart before placing the other foot in front and balancing for another 10 seconds
Heel toe walking supported

- Stand tall, side on to the support
- Walk 10 steps forwards placing one foot directly in front of the other so that the feet form a straight line
- Look ahead and aim for a steady walking action
- Take the feet back to hip width apart before turning towards your support then repeat the steps in the other direction
Heel toe walking no support

- Stand tall
- Walk 10 steps forwards placing one foot directly in front of the other so that the feet form a straight line
- Look ahead and aim for a steady walking action
- Take the feet back to hip width apart before turning around then repeat the steps in the other direction
One leg stand supported

- Stand close to and holding on to your support
- Balance on one leg keeping the support knee soft and upright posture
- Hold the position for 10 seconds
- Repeat on the other leg
One leg stand no support

- Stand tall
- Balance on one leg keeping the support knee soft and upright posture
- Hold the position for 10 seconds
- Repeat on the other leg
Sideways walking supported

- Stand tall facing a support
- Take 10 sideways steps keeping the hips forward and the knees soft
- Repeat the other way
Sideways walking no support

- Stand tall
- Take 10 sideways steps keeping the hips forward and the knees soft
- Repeat the other way
Heel walking supported

- Stand side on to the support
- Lift the toes keeping the knees soft and the bottom tucked in
- Walk 10 steps on your heels
- Move steadily and with control
- Keep looking ahead
- Bring the feet together before lowering the toes to the floor
- Repeat the other way
Heel walking no support

- Stand tall
- Lift the toes keeping the knees soft and the bottom tucked in
- Walk 10 steps on your heels
- Move steadily and with control
- Keep looking ahead
- Bring the feet together before lowering the toes to the floor
- Repeat the other way
Sit to stand using hands

- Sit tall near the front of the chair
- Place your feet slightly back
- Lean forwards slightly
- Stand up (using your hands on the chair if needed)
- Step back until your legs touch the chair
- Slowly lower your bottom back into the chair, reaching for the chair as you lower if needed
- Repeat ____ times
Sit to stand no hands

- Sit tall near the front of the chair with your hands on your thighs or folded across your chest
- Place your feet slightly back
- Lean forwards slightly
- Stand up
- Step back until your legs touch the chair then slowly lower your bottom back into the chair
- Repeat ____ times
Backwards walking supported

- Stand side on to the support
- Walk backwards 10 steps
- Keep the back tall and look straight ahead throughout the exercise
- Use a toe through to heel action
- Keep the pace steady and controlled
- Repeat the other way
Backwards walking no support

- Stand tall
- Walk backwards 10 steps
- Keep the back tall and look straight ahead throughout the exercise
- Use a toe through to heel action
- Keep the pace steady and controlled
- Repeat the other way
Heel toe walking backwards

- Stand tall
- Look straight ahead
- Place one foot directly behind the other touching the toe against the heel so the feet are in a straight line
- Continue walking backwards in this way for 10 steps
- Aim for a smooth walking action, rolling through the foot from toe to heel
- Place your feet hip width apart before turning then repeat in the other direction
Walk and turn

- Walk at your usual pace in a figure of 8 shape (around 2 chairs if this is easier for you)
- Try to maintain upright posture as you walk
- Repeat this exercise twice only
Stair walking

- Hold the rail if you usually do, but try not to pull too much with your arms
- Use the strongest leg to lead on each step
- Place the foot fully on the stair
- Look down with the eyes (rather than bending forwards from the waist) to check your foot position
- At the top, take a rest then come back down leading with your weaker leg on each step
- Repeat _____ times
Ending the session

Perform the following stretches:
Calf stretch

- Sit forwards in the chair and hold on
- Keep one knee bent and directly above the ankle
- Straighten the other leg with the heel resting on the floor
- Pull the toes back towards the shin until you feel a stretch in the calf
- Hold for 10 to 15 seconds, making sure the knee is not locked out
- Release and repeat on the other side
Back of thigh stretch

- Make sure you are right at the front of the chair
- Straighten one leg placing the heel on the floor
- Place both hands on the other leg then sit really tall
- Lean forwards with a straight back until you feel the stretch in the back of your thigh
- Hold for 10-15 seconds
- Repeat on the other leg
Walking

Aim for two 30 minute walks per week.

5 or 10 minute walks are an ideal way to get started. Progress the time until 30 minutes of continuous walking is achieved.

If possible, try to walk at a pace that makes you feel warmer and increases your breathing. You should still be able to talk as you walk. If you feel too puffed to talk, you are going too fast and need to slow down a little.

Wear loose, comfortable clothing and flat, supportive shoes.
Well done! You have finished your exercises for today.

Try to do these home exercises two more times this week. Set a day and a time aside for a second session now.

**Balance Progression**

Once you are performing the balance exercises with confidence on a regular basis, you should aim to GRADUALLY reduce the amount of hand support you use. This can be done by releasing your little fingers to see if you can still maintain your balance. The next step is to release your ring fingers and when you have mastered this, your middle fingers so that you are now balancing by supporting only with your index fingers. Make sure you master balancing at each stage before progressing to the next.
It helps to keep an **exercise diary**. This will remind you when you last did your exercises and is a place to note anything you want to ask or tell your exercise instructor. There is a diary below you can use.

<table>
<thead>
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<th>Date (eg. 2 June 2011)</th>
<th>Comments (eg. Did not do a specific exercise, feel you have improved doing a particular exercise, did some walking today)</th>
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Acknowledgements

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The Otago Exercise Programme, Professor John Campbell & Dr Clare Robertson. ACC New Zealand, 1997.


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Later Life Training © June 2011.

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