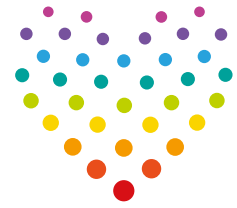


# The FaME Programme



Healthy You



# FaME

Falls Management Exercise

## Home Based Strength and Balance Exercise Programme

Revised January 2020

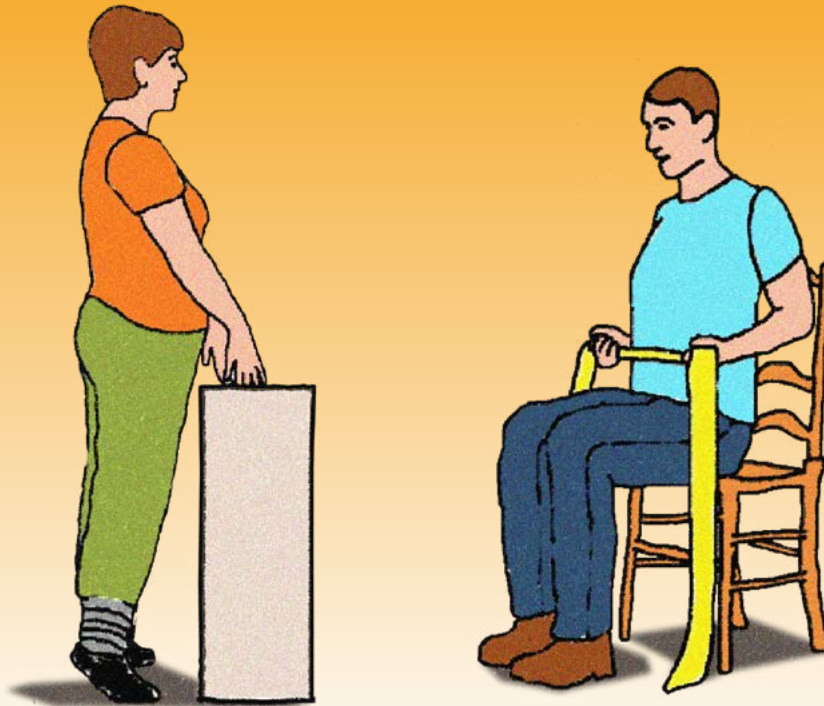


Cambridgeshire  
County Council



PETERBOROUGH  
CITY COUNCIL

Funded by Cambridgeshire County Council and Peterborough City Council



## Strength & Balance Exercise Programme

### For balance and strength retraining

Contact Name: .....

Tel: .....

Email: .....

Date and time of next visit/contact: .....

Please don't wait until the next visit if there are any concerns or you are having troubles with any of the exercises. You can call me on the number above or email me.





It is important to do the following exercises with the best posture you can manage it will make the exercises more comfortable and you will feel steadier when doing them.

### **Start each exercise with a Posture Check**

- Sit or stand as tall as you can.
- Feet and knees hip width apart.
- Knees directly above the ankle.
- Back lengthened to create a space between the ribs and hips.
- Shoulders relaxed.
- Chin parallel to the floor. Look straight ahead.





## Circulation Boosting (warming up)

It is important that before you start doing any of the exercises that you are 'warm'. This involves movements that will help to promote your circulation and warm your muscles and joints.

Start with Posture Check.

### Purpose

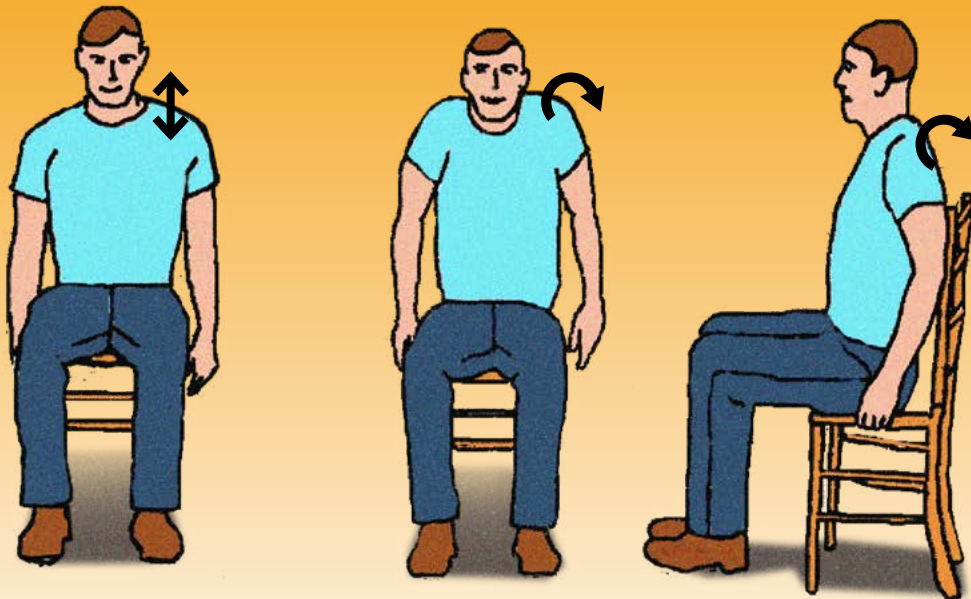
To promote the circulation and warm the muscles.  
This exercise can be done seated or standing.

### Instructions

- Place feet hip width apart and Start with a steady leg march for a few seconds.
- Try to ensure the toe lands on the floor first then roll through to the heel. Then stop moving the legs and begin an arm marching action.
- The arm march should be from the shoulder with a fixed angle at the elbow.
- Now combine the leg and arm march.

Continue until you feel a little warmer.





These are exercises that involve gentle movements to loosen and lubricate the joints.

This will help to improve your suppleness/flexibility.

## Shoulder Mobility

First check your posture.

### Instructions

- Start by lifting your shoulders up and down 4-5 times.
- Now gently bring them forwards then up, roll them back and down.

*Imagine you are drawing a circle with the tip of your shoulder.*

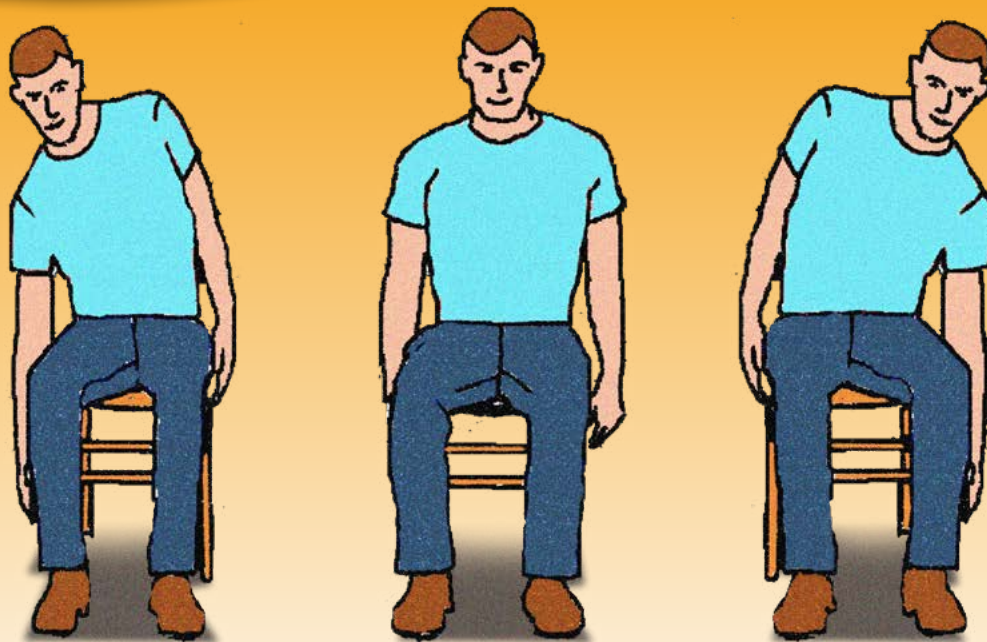
- Repeat 4-5 times.

### Benefits

- Loosen and lubricates the shoulder joint which helps with reaching.
- Helps to release tension and prevent round shoulders.
- Improves posture.







First check your posture.

## Instructions

- Slowly bend to one side keeping your head and neck in line with your spine.

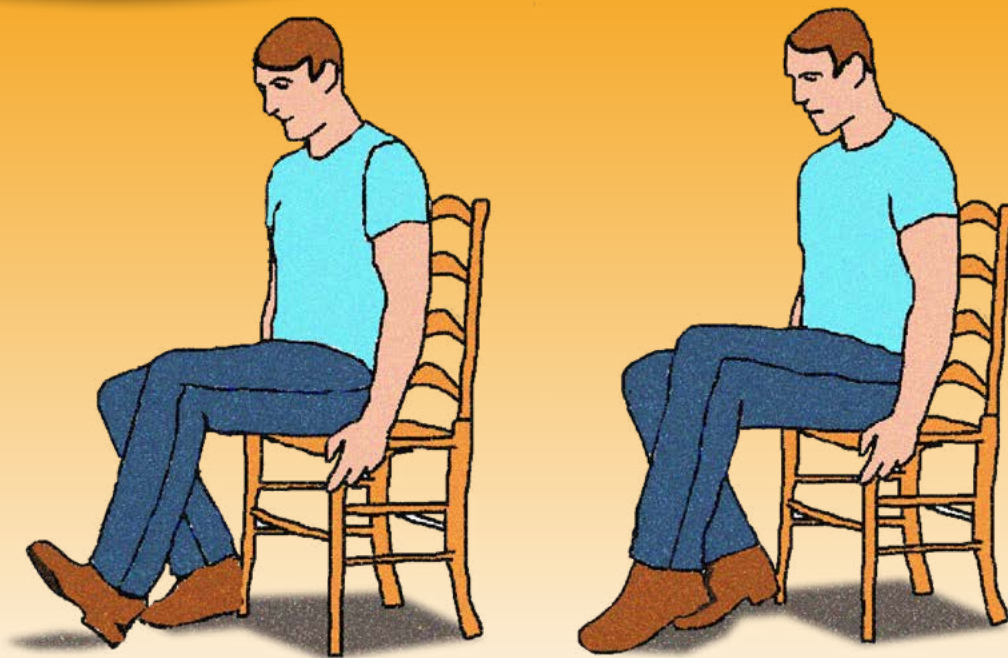
*Imagine you are sliding between two panes of glass so that you can not lean forwards or back.*

- Return to the centre (pause for a second to check your posture) and repeat on the other side.
- Repeat 4-5 times.

## Benefits

- Loosens and lubricates the spine which helps with reaching down to pick things up from the floor.
- Helps to improve balance.





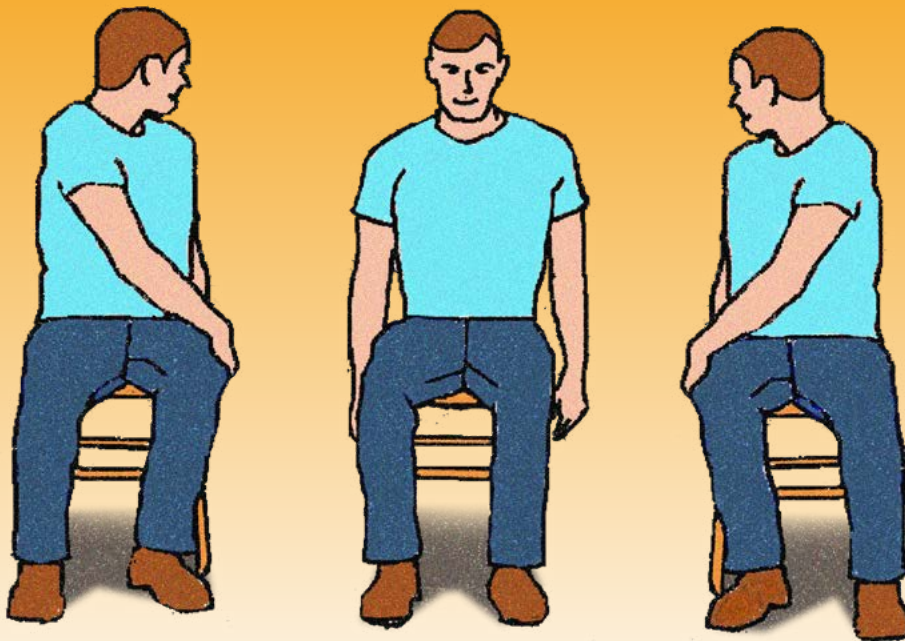
First check your posture.

## Instructions

- Place your heel on the floor with your toe pointing up towards the ceiling now try to put your toe on the same spot and lift your heel.
- Repeat 4-5 times.

## Benefits

- Loosens and lubricates the ankles.
- Helps to improve walking.
- Can help to reduce swelling around the ankles



First check your posture.

## Instructions

- Slowly turn your upper body and head to one side and gently look behind you.
- Return to the centre (pause for a second to check your posture) and repeat on the other side.
- Repeat 4-5 times.

## Benefits

- Loosens and lubricates the spine which helps with reaching and looking behind you.
- Helps to improve balance.





The strength exercises will help you to feel more confident doing everyday tasks and feel steadier and stronger when walking. It is important that you challenge your muscles by increasing the weights as soon as you feel you can.

Each of the exercises should make your muscles feel achy and tired if you feel at the end of the exercise you could do more than 10 repetitions they need to be progressed it's only when you feel that you could not do any more at the end of the exercise that they will help to improve your strength.

## Progression Approaches

With each of the following exercise start with 5 repetitions and build up to 10.

Keep the movement slow and steady - the ideal is a slow count of 3 on the way up, a slight hold and an even slower count of 5 on the way back down.

When you feel the exercises are getting easier, if you feel you can do more than 10 repetitions, you need to progress by increasing the weight or resistance band (this might mean you need to reduce the number of repetitions to start with)

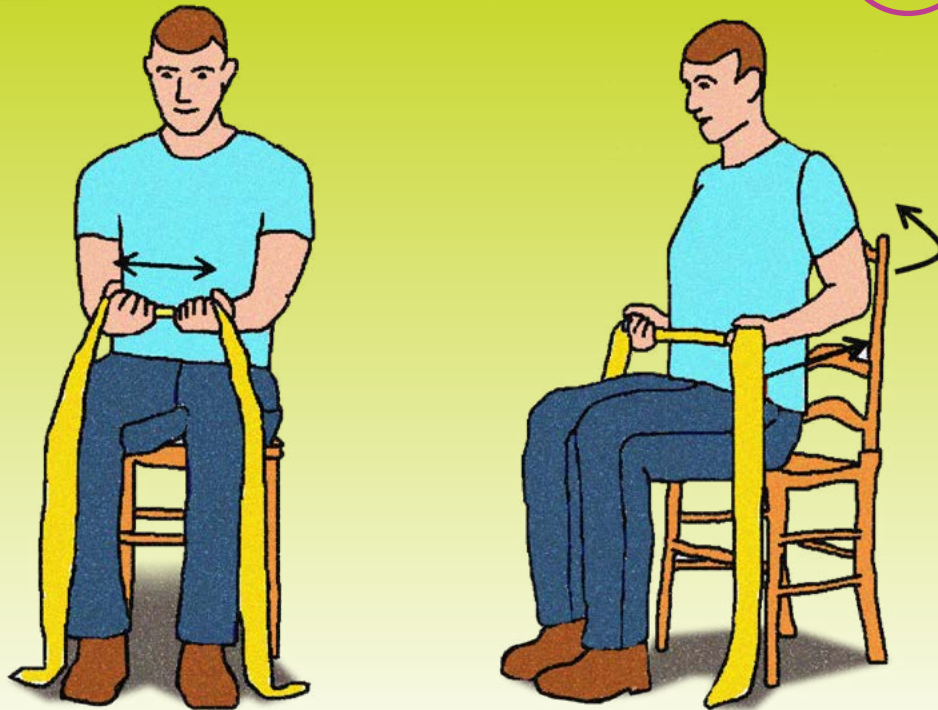
At the start of each exercise - Check posture and ensure breathing is even as this will help to reduce tension.

**These strength exercises need to be done at least 3 times a week with a day off between each session.**

**For safety ALWAYS take your time getting the band into position or standing up and walking around when you have the weights on.**

# Upper Back Strengthenener (S1)

9



First check your posture.

## Instructions

- Hold the band with your hands about 2 inches apart and the palms facing upwards. Lift the band a few inches and pull it apart (picture 1).
- Keeping your elbows against your ribs (try not to let your elbows lift out to the side) and keep your wrists firm. Slide them towards the back of the chair and squeeze your shoulders together (picture2).
- Hold for a 2 or 3 seconds (check your posture) then relax.
- Repeat 8-10 times.

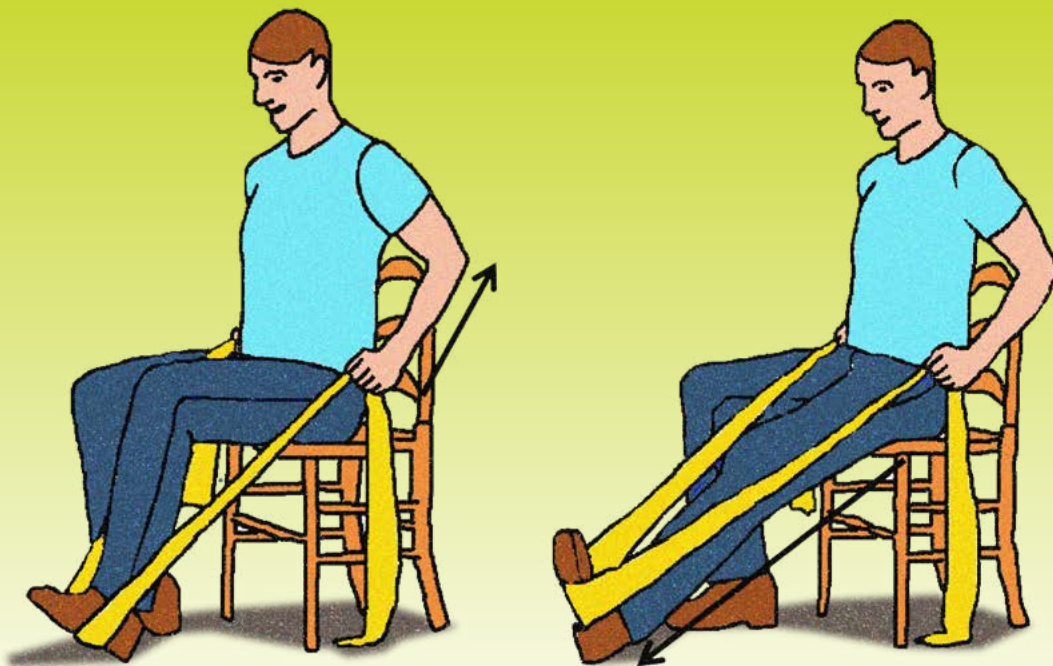
## Benefits

- Strengthens the muscles in the upper back.
- Helps to improve posture.
- Strengthens the muscles that help you lift and carry.
- Increases the strength of your bones in your upper back.

# Thigh Strengthenener

(S2)

10



First check your posture.

## Instructions

- Place the band under the ball of one foot and grasp it with both hands at about knee level (picture 1) this is the start position.
- Then pull back with your arms as if you are rowing a boat (picture 1).
- Press your heel away from you until your leg is straight (make sure your heel is only an inch or so from the floor). *Imagine you are putting the break on in a car* (picture 2).
- Hold for a few 2 or 3 seconds (check your posture) then relax to starting position.
- Repeat 8-10 times on each leg.

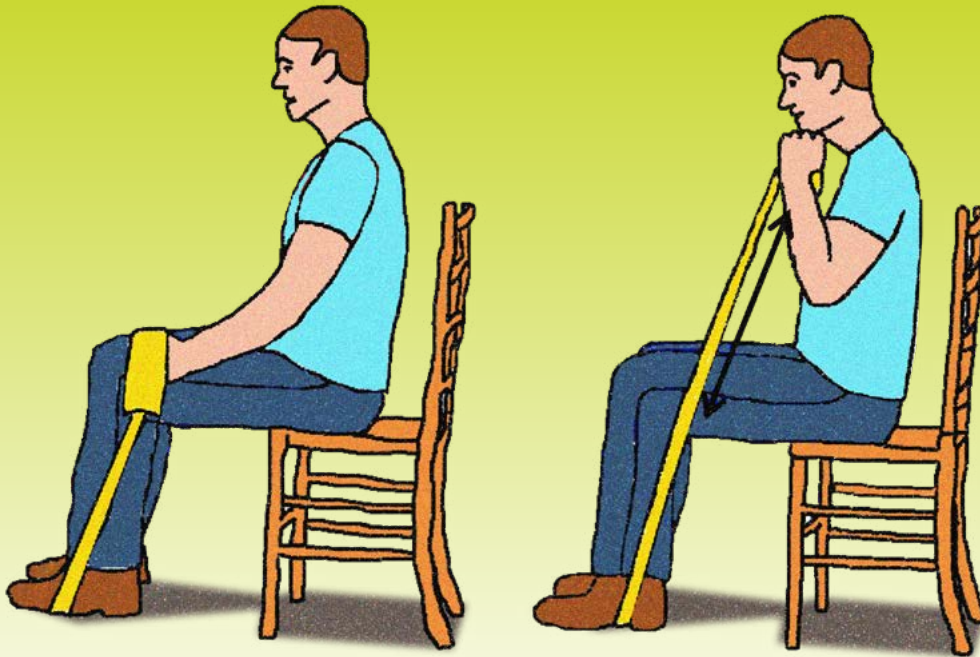
## Benefits

- Strengthens the muscles in the top of the thigh and around the knee.
- Improves walking and being able to get in and out of a chair.
- Strengthens the muscles that you use when going up or down steps.
- Increases the strength of your hip bones.

# Arm Curl (Biceps)

(S3)

11



First check your posture.

## Instructions

- With the band securely under both feet grasp it with one hand at about knee level (picture 1) this is the start position. Do not wind the band round your hand as this will become uncomfortable.
- Now curl your fist towards your shoulder keeping your elbow close to your ribs and your wrist firm (picture 2).
- Lower halfway then hold for a 2 or 3 seconds (check your posture) then relax.
- Repeat 8-10 times on each arm.

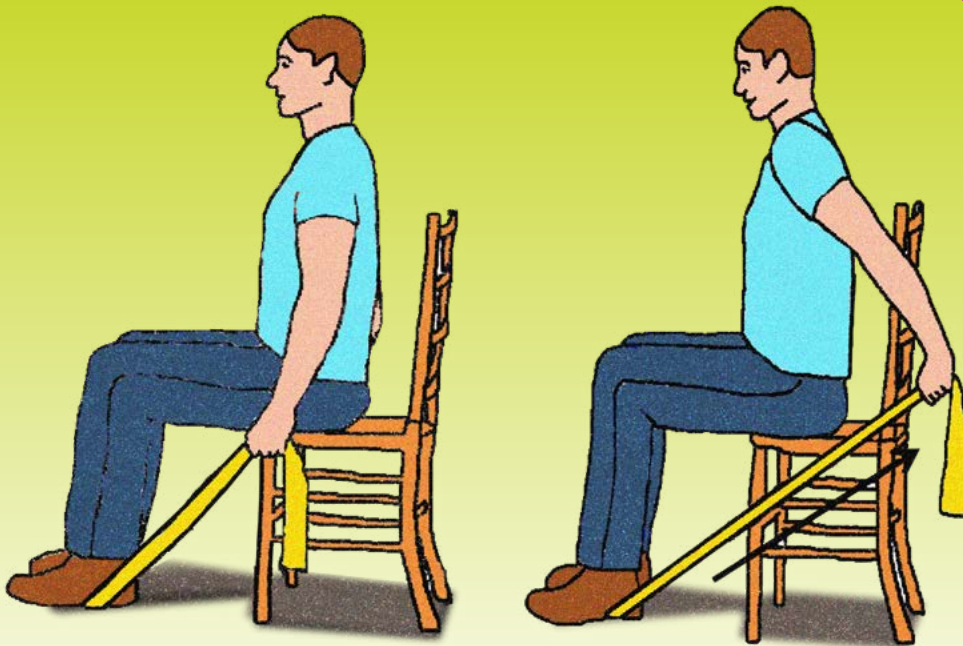
## Benefits

- Strengthens the muscles at the front of the arm and shoulder.
- Strengthens the bones in your upper arm and shoulder.
- Strengthen the muscles that help you pull, lift and carry.

# Backward Arm Press (Triceps)

(S4)

12



First check your posture.

## Instructions

- With the band securely under both feet, grasp it with one hand at about knee level (picture 1) this is the start position.
- Do not wind the band round your hand as this will become uncomfortable.
- Now press your fist towards the back of the chair keeping your elbow close to your ribs and shoulders relaxed (picture 2).
- Hold for a few 2 or 3 seconds (check your posture) then relax.
- Repeat 8-10 times on each arm.

## Benefits

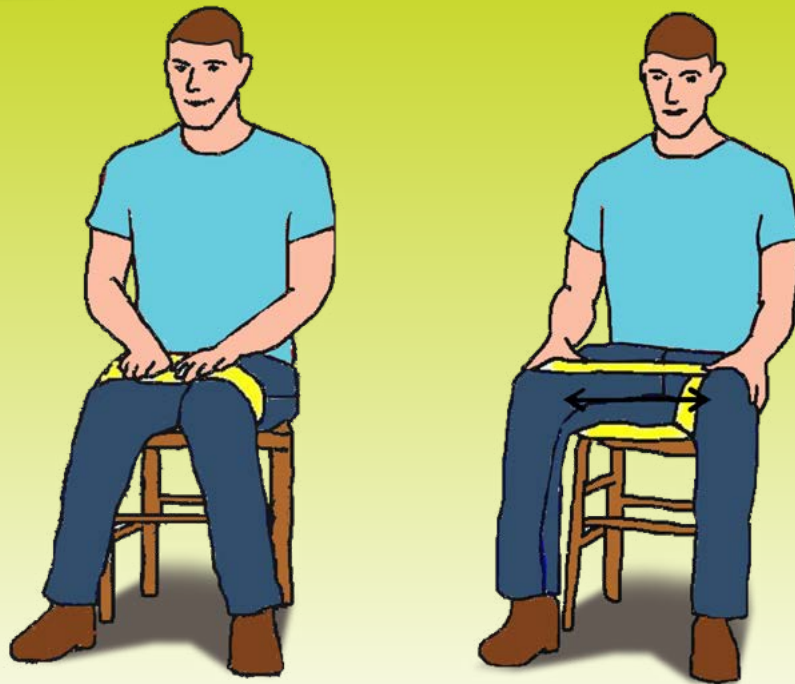
- Strengthens the muscles at the back of the arm and shoulder.
- Strengthens the bones in your upper arm and shoulder.
- Strengthens the muscles that help you push, lift and carry.



# Hip Strengthenener

(S5)

13



First check your posture.

## Instructions

- With your knees and feet together wrap the band around your thighs (above the knees) keeping it fairly taught. Hold the band but try to avoid bunching it up.
- Now walk your feet apart (keeping your knees together) until they are just slightly wider than your hips (picture 1) this is the start position.
- Making sure you are holding the band squeeze your knees apart until they are in line with your ankles (picture 2). Hold for a 2 or 3 seconds (check your posture) then relax to starting position.
- Repeat 8-10 times.

## Benefits

- Strengthens the muscles in the outer thigh, hips and bottom.
- Strengthens the bones in your hips.
- Helps improve balance and walking.

# Upper Back Strengthenener 2

## Seated Row (S6)

14



First check your posture.

### Instructions

- Place the band under your feet and grasp it with both hands at about knee level (picture 1) this is the start position.
- Then pull back with both arms keeping your elbows close to your sides, as if you are rowing a boat (picture 2). *Think about pulling back with your elbows rather than lifting your hands and try to relax your shoulders.*
- Hold for a 2 or 3 seconds (check your posture) then relax to starting position.
- Repeat 8-10 times.

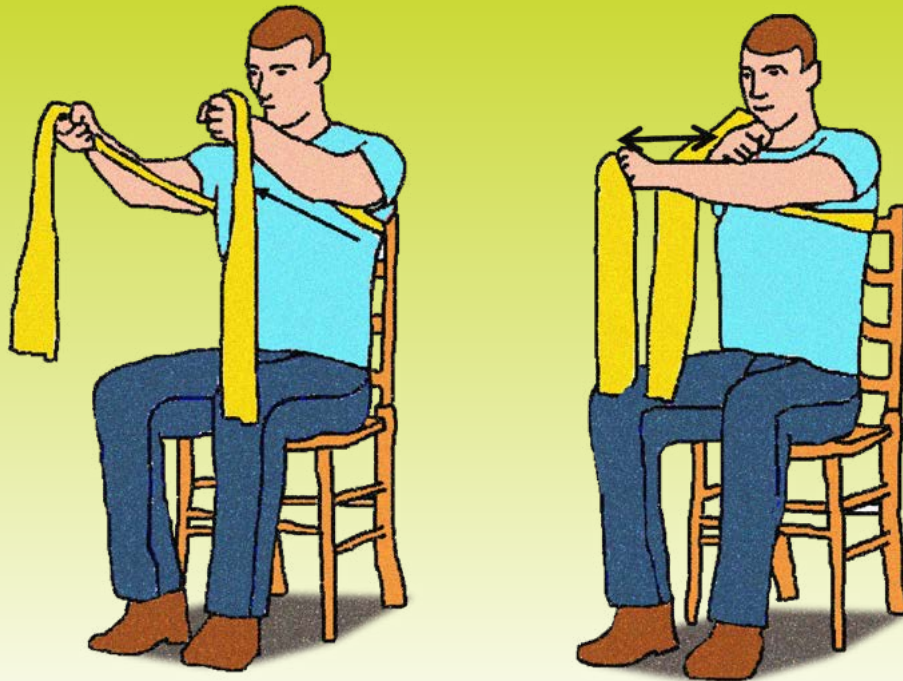
### Benefits

- Strengthens the muscles in the upper back and arms.
- Helps to improve posture.
- Strengthens the muscles that help you pull (eg. lifting heavy shopping).
- Increases the strength of the bones in your upper back.

# Chest Strengthenener

## Chest Press (S7)

15



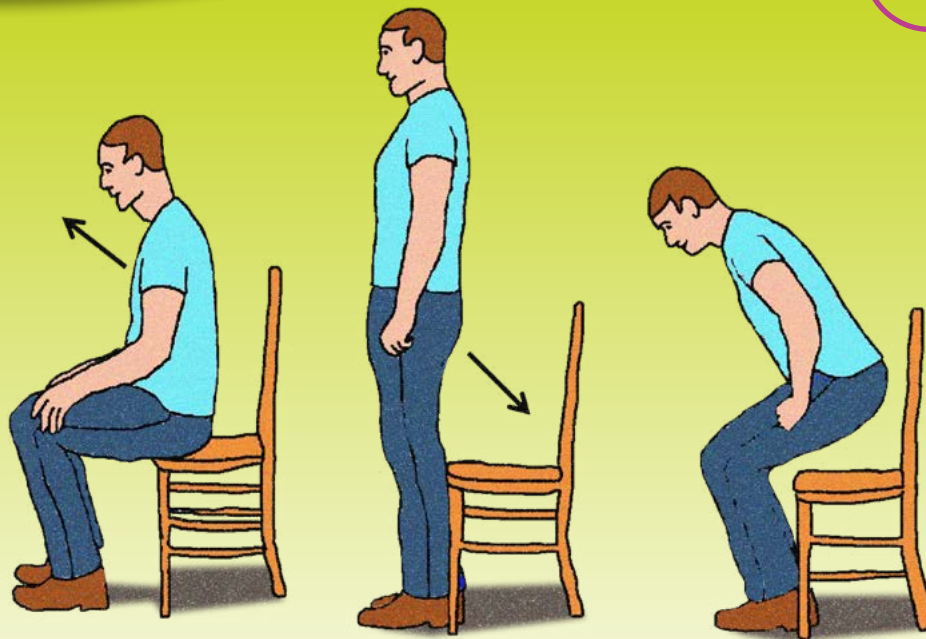
First check your posture.

### Instructions

- Place the band round your back and under your arms. Hold the band as close to your chest as you can.
- Keeping your shoulders relaxed and down push your hands straight out to the front of you (picture 1).
- Now cross one hand over the other (picture 2) *as if you were hugging a tree.*
- Hold for a 2 or 3 seconds (check your posture) then relax.

### Benefits

- Strengthens the muscles in the chest, arms and shoulders.
- Strengthens the muscles that help you push and lift (eg. Lifting heavy things onto shelves).



First check your posture.

## Instructions

- Sitting towards the front of the chair, move your feet further back towards the chair but still with your feet flat on the floor.
- Now press your heels down into the floor *as if you were about to stand up but change your mind*. You should feel the muscles in your thighs tighten (picture 1). Do this a few times, each time try to lift your bottom a little further out of the chair.
- When you feel confident stand up (picture 2) keeping your head and chest lifted.
- Before you sit down again carefully step back until you feel the chair on the back of both legs then slowly and with as much control as you can sit, down aiming your bottom towards the back of the chair (picture 3).
- Repeat 8-10 times.

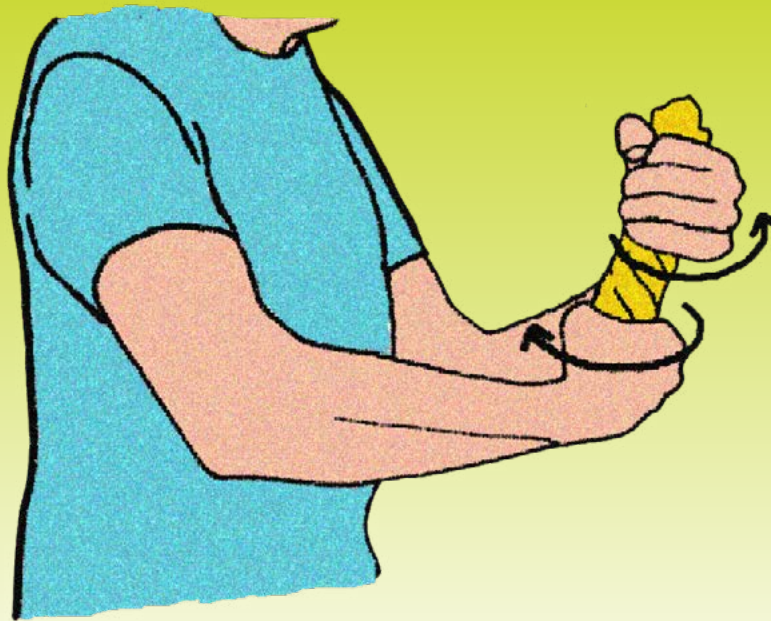
## Benefits

- Strengthens the muscles around the thighs and buttocks.
- Makes getting in and out of a chair or on and off the loo less effort.
- Helps with climbing stairs.
- Helps to improve balance.
- Strengthens your hip bones.

# Wrist Strengthenener

(S9)

17



First check your posture.

## Instructions

- Fold the band into a tube shape.
- Hold the band with your hands one above the other.
- Keeping your shoulders relaxed and down squeeze the band tightly.
- Then twist the band so that your wrists come towards each other.
- Now pull as though you are trying to pull the band apart.
- Hold for 2 or 3 seconds (check your posture making sure that your shoulders are relaxed, and elbows are tucked into your sides) then relax.
- Repeat 5 times then swap hands and repeat.

## Benefits

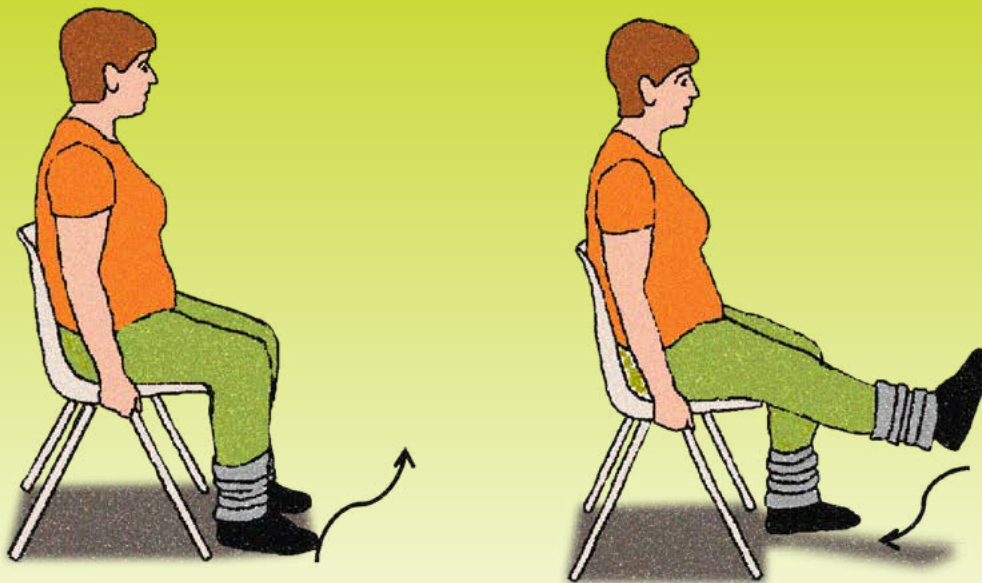
- Strengthen the muscles in the wrists and forearms.
- Strengthens grip and the bones in your wrists.



# Front Knee Strengthening

with weights (S10)

18



First check your posture.

## Purpose

This exercise will strengthen the muscles around the hips and help stabilise the knee joint. This is to help with everyday actions such as walking and stair climbing.

## Instructions

- Place a weight around the ankle.
- Sit well back in the chair in an upright position.
- Start with the leg back slightly behind the chair.
- Brush the foot along the floor before lifting.
- Straightening the knee, ensure the leg is straight but not locked.
- Lower with control to start position and repeat.

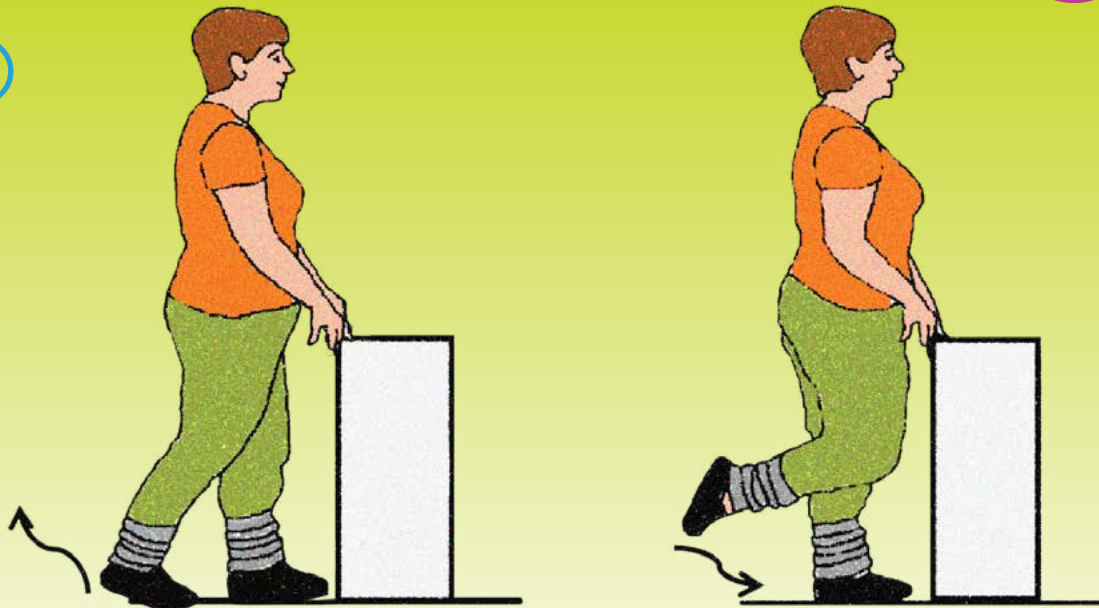
Feel the muscle work in the front of the thigh.

*Try to do each repetition as slowly as you can count 3 on the way up, hold for a few seconds and counting 5 on the way down.*

# Back Knee Strengthening

with weights (S11)

19



First check your posture.

## Purpose

This exercise will strengthen the hip and the muscles at the back of the thigh (hamstrings). To help with everyday actions such as stair climbing and getting in and out of chairs/cars and getting up and down from the floor.

## Instructions

- Stand close to a support, holding on with both hands.
- Standing tall, feet hip distance apart and the knees slightly soft.
- Brush the foot backwards along the floor until the knee is several inches behind the hip.
- Then lift the heel towards the bottom keeping the knee in line with the hip.
- Lower the foot under control.
- Place the weight back over both feet and rest briefly.

Feel the muscle work in the back of the thigh.

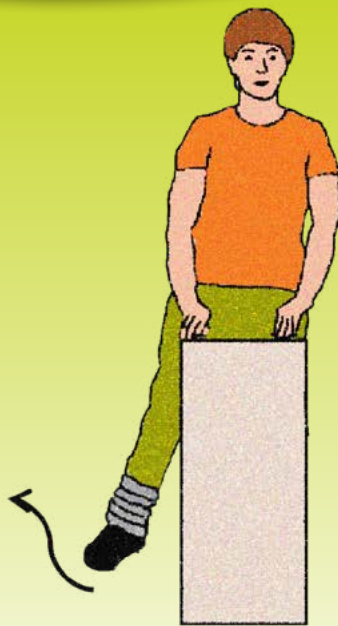
*Try to do each repetition as slowly as you can count 3 on the way up, hold for a few seconds and counting 5 on the way down.*



# Side Hip Strengthening

with weights (S12)

20



First check your posture.

## Purpose

This exercise will strengthen the hip bones and the muscles at the side of the hip (abductors). To help with everyday actions such as stepping sideways and over objects.

## Instructions

- Stand tall with feet slightly apart.
- Lift the leg out to the side and lower with control keeping the toe pointing forwards.
- Try to distribute your weight evenly between the support leg and the chair.
- Ensure the hips are always facing forwards.
- Ensure the leg moves straight out to the side.
- Place the weight back over both feet and rest briefly.

Feel the muscle work in the outer thigh.

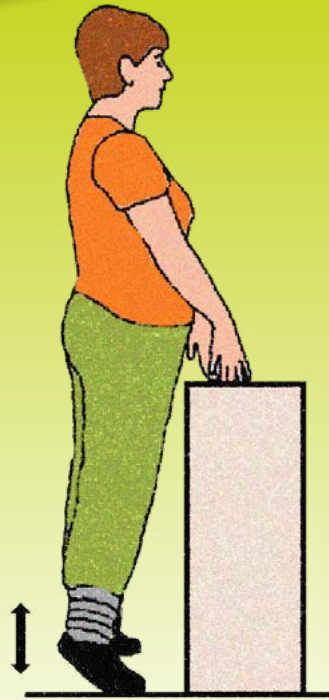
*Try to do each repetition as slowly as you can count 3 on the way up, hold for a few seconds and counting 5 on the way down.*



# Heel Raises

with weights (S13)

21



First check your posture.

## Purpose

This exercise will strengthen the calf muscles and the muscles around the ankles. To help with everyday actions such as walking and balance especially when reaching up.

## Instructions

- The feet are shoulder width apart.
- Slowly lift and lower the heels.
- Think of keeping the weight over the big and second toe.
- Avoid a rocking movement.
- Look ahead rather than down.
- Keep the hips above the ankles.
- Avoid locking the knees.

Feel the muscle work in the calves.

Progress by using less support.

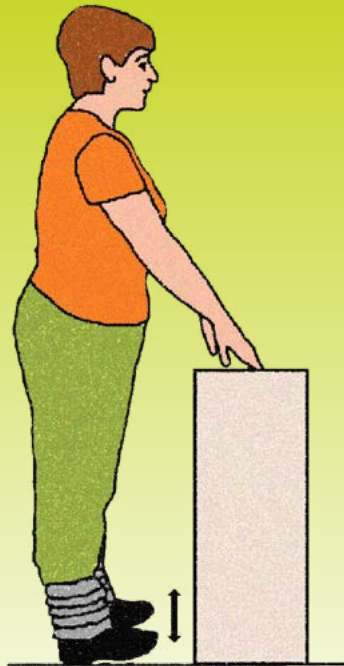
*Try to do each repetition as slowly as you can count 3 on the way up, hold for a few seconds and counting 5 on the way down.*



# Toe Raises

with weights (S14)

22



First check your posture.

## Purpose

This exercise will strengthen the shin muscles, ankle and toe joints. This will help everyday actions such as walking, stepping backwards and on and off pavements.

## Instructions

- The feet are shoulder width apart.
- Slowly lift and lower the toes.
- Avoid a rocking movement.
- Look ahead rather than down.
- Keep the hips above the ankles.
- Avoid locking the knees.

Feel the muscle work in the shins.

Progress by using less support.

*Try to do each repetition as slowly as you can count 3 on the way up, hold for a few seconds and counting 5 on the way down.*





All the balance exercises will help you to feel more confident doing everyday tasks and feel steadier when walking. It is important that you challenge your balance by reducing support as soon as you feel you can.

Each of the exercises should make you feel wobbly and if you do not feel unsteady when doing them, they need to be progressed its only when you feel wobbly that they will help to improve your balance.

### Progression Approaches

With each of the following exercise start with 5 (repetitions or steps for the moving exercises or hold for 5 seconds for the static ones) and build up to 10.

Start by holding with two hands for support.

When you feel confident, progress by loosening your grip or using one hand only. Then try to progress to using no support.

At beginning of each exercise - Check posture and ensure breathing is even as this will help to reduce tension which may interfere with balance.

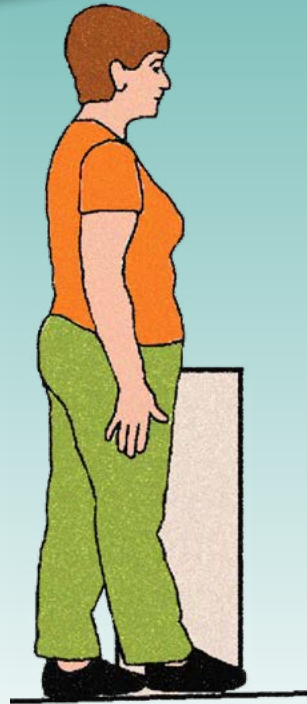
**The balance exercises need to be done at least 3 times a week and can be done every day. You can do them all in one go or spread them out throughout the day, perhaps when you are doing other things for example knee bends whilst waiting for the kettle to boil.**

**For safety ALWAYS turn towards the support to face the opposite direction so that you always have something to hold onto.**

# Heel Toe Standing

(B1)

24



First check your posture.

## Purpose

This exercise will improve balance and help to stabilise the muscles around the ankles.

## Instructions

- Stand side on to the support.
- Use the foot furthest away from the support (outside leg) as the front foot to begin.
- Place one foot directly in front of the other so that the feet form a straight line.
- Ensure the weight is distributed evenly over both feet.
- Hold the position for as long as you can and try to reduce support.
- Return the foot to the starting position with both feet together then take the inside foot forward.
- Stand tall with soft knees and the eyes looking ahead.
- Repeat facing the other way.



# Sit to Stand

(B2)

25



First check your posture.

## Purpose

This exercise will improve balance. It will also help improve the strength of the leg and hip muscles and increase confidence with activities such as stepping, walking and bending down.

## Instructions

### To stand up

- Sit tall with good posture on the front third of the chair.
- Legs and feet hip width apart and a right angle at both knees.
- Take the feet slightly further back but keep the heels in contact with the floor.
- Pull the tummy muscles in more strongly and lean forwards from the hips with a long spine.
- Press down through the thighs and feet and push directly up to standing.
- Keep the knees hip width apart throughout.

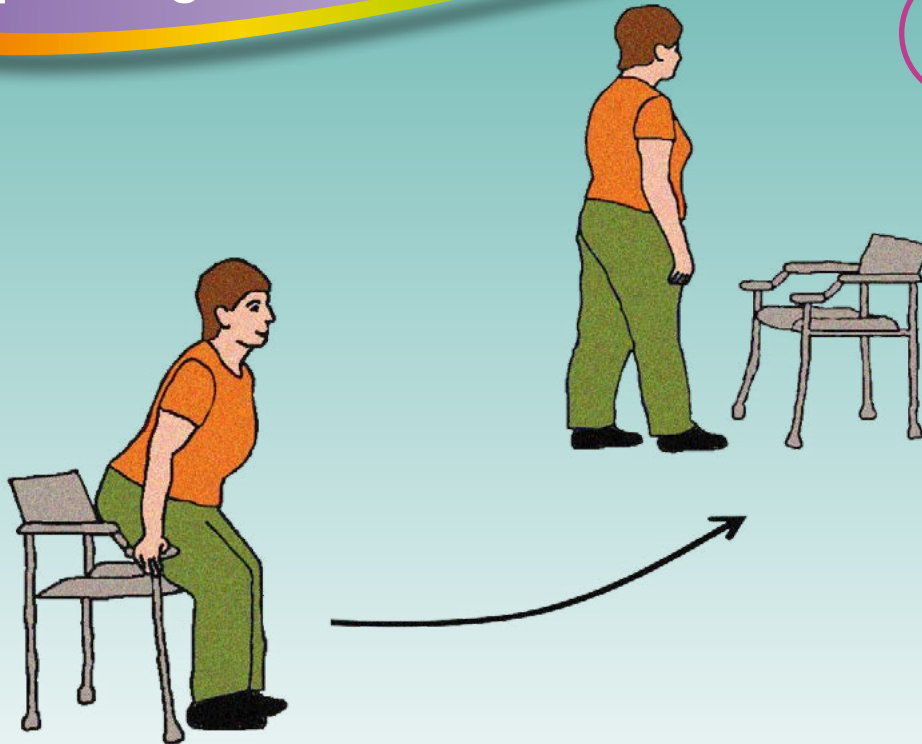
### To sit down

- Step backwards until the back of the knees are in contact with the chair.
- Bend at the knees then the hips to lower slowly and with control into the chair without dropping the chest forwards.



# Progression for sit to Stand - Get up and go (B2a)

26



First check your posture.

## Purpose

This exercise will improve balance. It will also help improve the strength of the leg and hip muscles and increase confidence with standing and walking.

## Instructions

Check you have a clear space

- To stand up – as with sit to stand.
- When feeling steady walk at your normal pace to towards your support.
- Walk round the support taking as many steps as you need.
- Walk back to the chair, turn slowly then sit back down making sure you feel the chair on the back of your legs before sitting (as with sit to stand).



# Knee Bends

(B3)

27



First check your posture.

## Purpose

This exercise will improve balance; strengthen the muscles in the front of the thigh and bottom. This will help everyday actions such as walking, stepping, reaching into low cupboards and getting up from a chair.

## Instructions

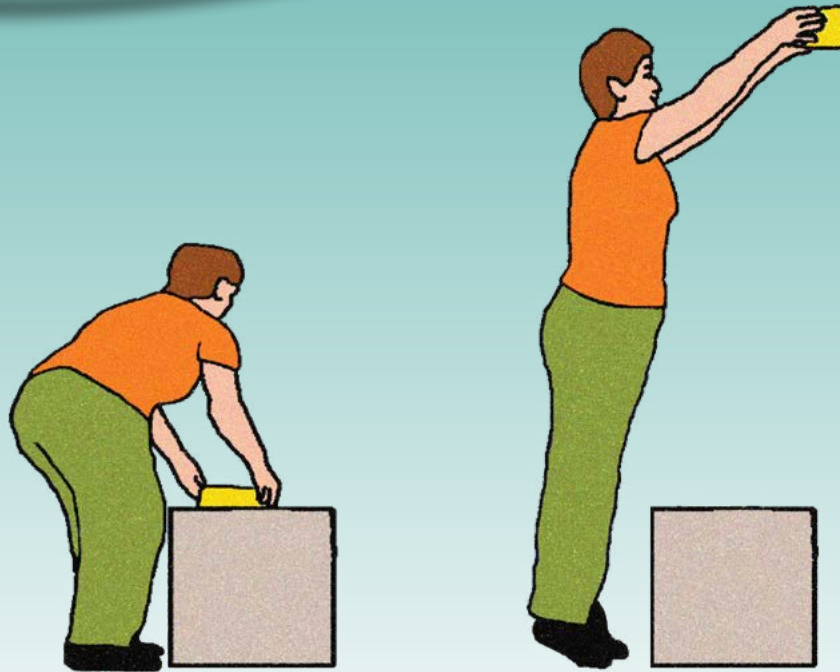
- Feet should be hip width apart, toes facing forwards.
- Bend the knees as if to sit down and push the bottom backwards as the knees are bending.
- Ensure the knees are above the ankles and the heels do not lift.
- Keep the chest lifted and ensure no bending forwards at the waist.
- Ensure the knees do not fall inwards.
- Ensure the bottom stays above the level of the knees to prevent strain on the knees and back.
- Hold at bottom of movement for a few seconds to challenge balance.
- Avoid locking out the knees on standing.
- Do the movements at a slow steady pace to get maximum benefit.





# Knee Bends progression - Bend and Reach (B3a)

28



First check your posture.

## Purpose

This exercise will improve balance; strengthen the muscles in your legs and ankles.

## Instructions

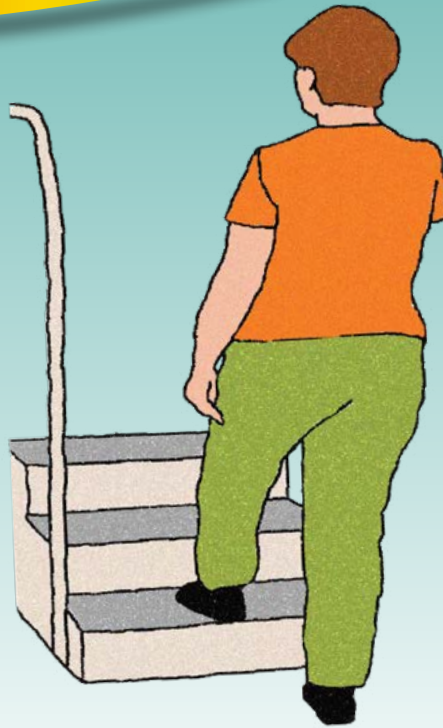
- Feet should be hip width apart, toes facing forwards.
- Bend the knees as if to sit down and push the bottom backwards as the knees are bending.
- Ensure the knees are above the ankles and the heels do not lift.
- Keep the chest lifted and ensure no bending forwards at the waist.
- Ensure the knees do not fall inwards.
- Avoid locking out the knees on standing.
- Then lift up onto toes and reach up as if you were placing something on a high shelf.
- Do the movements at a slow steady pace to get maximum benefit.



# Stair Walking

(B4)

29



First check your posture.

## Purpose

This exercise will improve their balance, steadiness on stairs and improve your strength and balance.

## Instructions

- Start with maximum support.
- Use the strongest leg to lead on the first step initially.
- Place the foot fully on the stair.
- Push upwards and forwards from the lower foot.
- Look down with the eyes not the head.
- Feel the muscles in the thigh of leading leg working as you step up.

Use the handrail for support but try to use the thighs not the arms to do the stair climbing action.

## Progression for stair walking

- Begin by stepping up with the strongest leg and bring the back foot onto the same step and repeat.
- Then practice stepping up leading with the weaker leg.
- Gradually progress until the steps are climbed consecutively, alternating leading legs.
- When coming down the stairs begin by stepping down with the strongest leg and bring the other foot onto the same step and repeat.
- Then practice stepping down with down leading with the weaker leg.
- Gradually progress until the steps are descended consecutively, alternating leading legs.

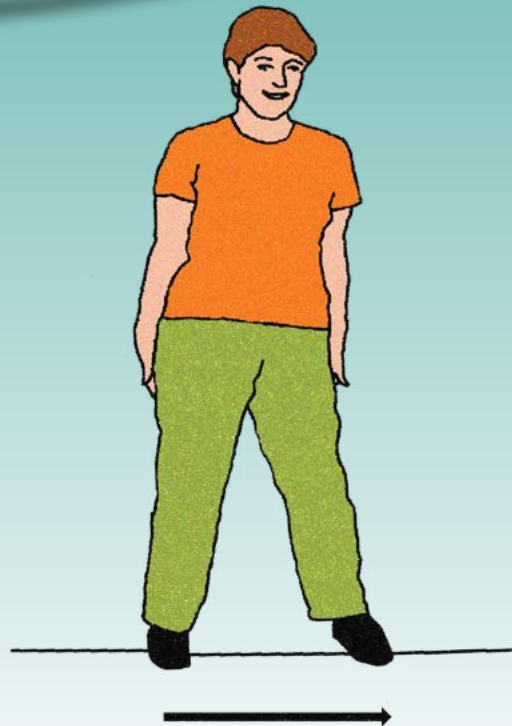
**Build up to 14 steps several times a day 5 days a week**



# Sideways Walking

(B5)

31



First check your posture.

## Purpose

This exercise will improve balance and everyday tasks which involve sideways movements.

## Instructions

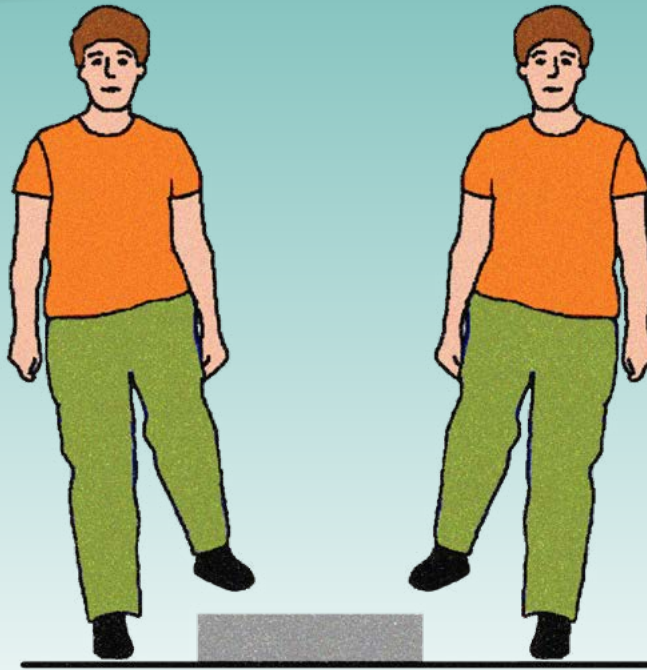
- Stand tall facing a support.
- Take 10 slow side steps to the right.
- Take 10 slow side steps to the left.
- Feet should be placed comfortably close together, facing forwards.
- Ensure that the hips are facing forwards throughout the movement.
- On stepping, make sure the foot is securely positioned before transferring the weight from the ball of the foot through to the heel.
- Ensure that weight is placed evenly on both feet between steps.



# Side Stepping/Stepping Over

(B5a)

32



First check your posture.

## Purpose

This exercise will improve balance and everyday tasks which involve sideways movements such as stepping in/out of the bath.

Place something on the floor to step over or use a piece of tape as a marker.

## Instructions

- Stand tall facing a support (if required).
- Take 1 step to the right ensuring you lift your foot high enough to clear the object.
- Step over and bring the feet together.
- Feet should be placed with a small gap between them for stability and the hips are facing forwards throughout the movement.
- Ensure that weight is placed evenly on both feet between steps.
- Repeat to the left.

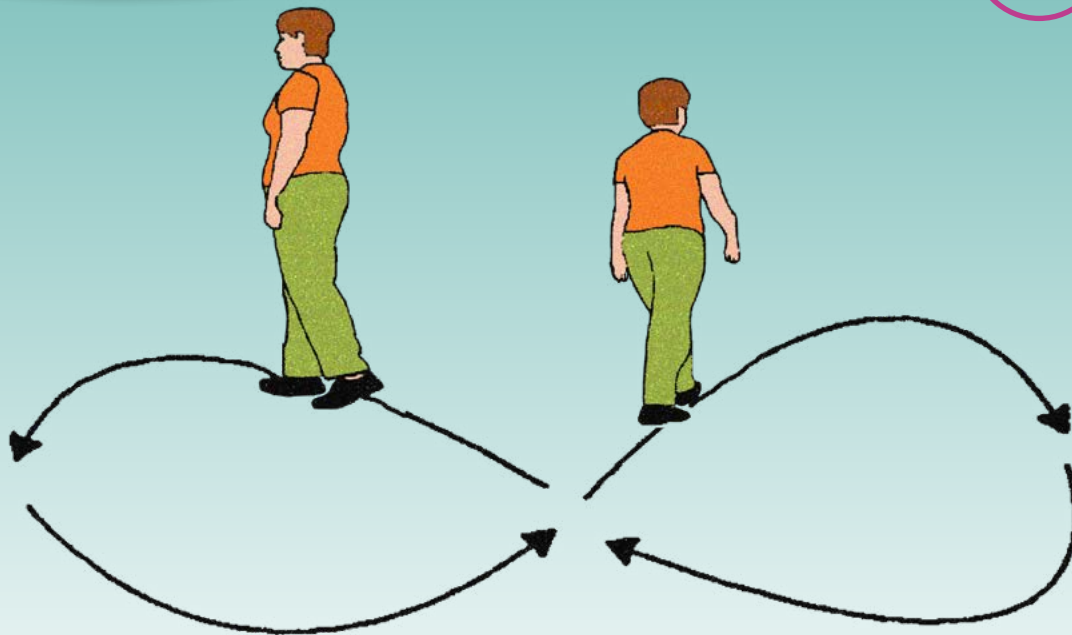




# Walking and Turning Around

(B6)

33



First check your posture.

## Instructions

- Begin by walking in a circle in a clockwise direction.
- Come back to the starting position.
- Walk in another circle in an anti-clockwise direction.
- The whole movement should represent a figure of 8
- Walk with small, steady steps around the front circle heading to either the right or left depending which way they feel most confident.
- On returning, pause for a moment to relax and ensure steadiness then turn and walk around the back circle finishing at the start position.
- If feeling unsteady or that the pace is increasing or decreasing, stop for a moment, relax, stand tall and start again.
- Try to make the circles the same size.

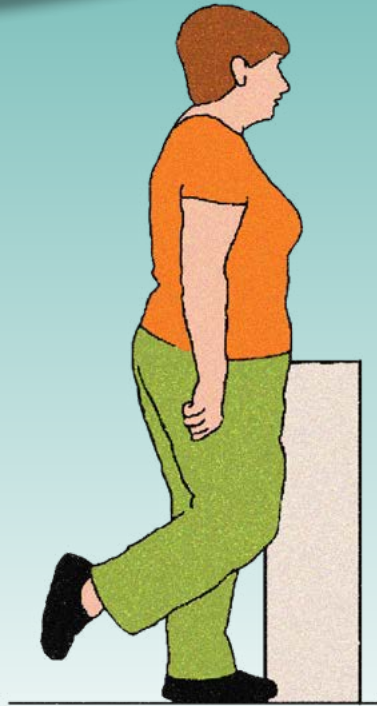
Practice until it is possible to move from one circle to the next without holding the chair for support and without stopping between the circles.



# One Leg Stand

(B7)

34



First check your posture.

## Purpose

This exercise will improve help to improve balance and confidence when walking or stepping.

## Instructions

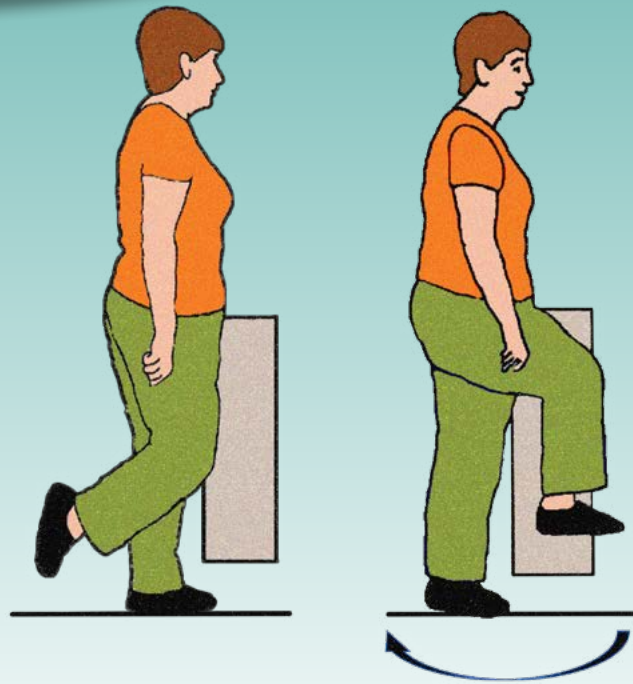
- Stand close to a support, holding on with both hands.
- Brush the foot backwards along the floor until the knee is several inches behind the hip before lifting the heel towards the bottom.
- Keep the knee in line with the hip whilst drawing the heel towards the bottom.
- Hold the position for as long as you can and try to reduce support
- Lower the foot under control.
- Place the weight back over both feet and rest briefly.
- Ensure the movement is slow and controlled on both lifting and lowering.

For safety, turn towards the support to face the opposite direction.

# One Leg Stand and Swing

(B7a)

35



First check your posture.

## Purpose

This exercise will improve help to improve balance and confidence when walking or stepping.

## Instructions

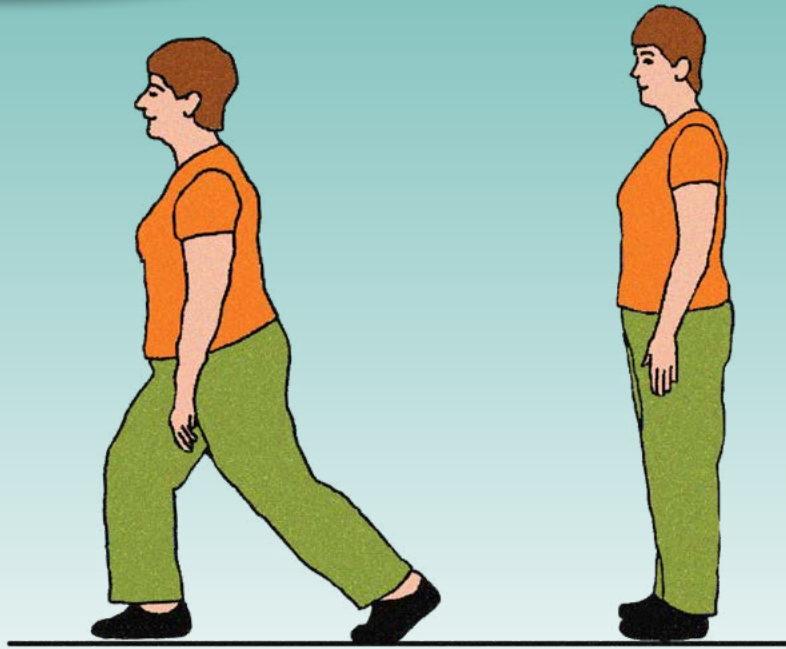
- Stand close to a support, holding on if you need to.
- Brush the foot backwards along the floor until the knee is several inches behind the hip before lifting the heel towards the bottom.
- Ensure the knee of the supporting leg remains soft (slightly bent).
- Keep the knee in line with the hip whilst drawing the heel towards the bottom.
- At a steady pace swing the leg forward brushing the floor with your foot.
- Aim to complete 10 movements then lower the foot under control.
- Place the weight back over both feet and rest briefly.
- Turn and repeat on the other side.



# Stepping Forwards/Lunges

(B8)

36



First check your posture.

## Purpose

This exercise will improve balance and confidence with everyday tasks which involve movements such as walking or bending to reach into a low cupboard.

## Instructions

- Stand tall with support at your side (if required).
- Stride forwards with one leg placing the foot firmly on the floor.
- Both knees should be slightly bent.
- Hold this position for a few seconds then bring the feet back to the starting position.
- Feet should be placed with a small gap between them for stability and the hips are facing forwards throughout the movement.
- Ensure that weight is placed evenly on both feet between steps.
- Aim to repeat 5-10 times on each leg.



# Stepping Over

(B8a)

37



First check your posture.

## Purpose

This exercise will improve balance and confidence with everyday tasks which involve movements such as climbing stairs.

Place something on the floor to step over or use a piece of tape as a marker.

## Instructions

- Stand tall with support at your side (if required).
- Keeping tall lift one foot high enough to clear the object and step forwards.
- Step over and bring the feet together.
- Feet should be placed with a small gap between them for stability and the hips are facing forwards throughout the movement.
- Ensure that weight is placed evenly on both feet between steps.
- Turn and repeat in the other direction.

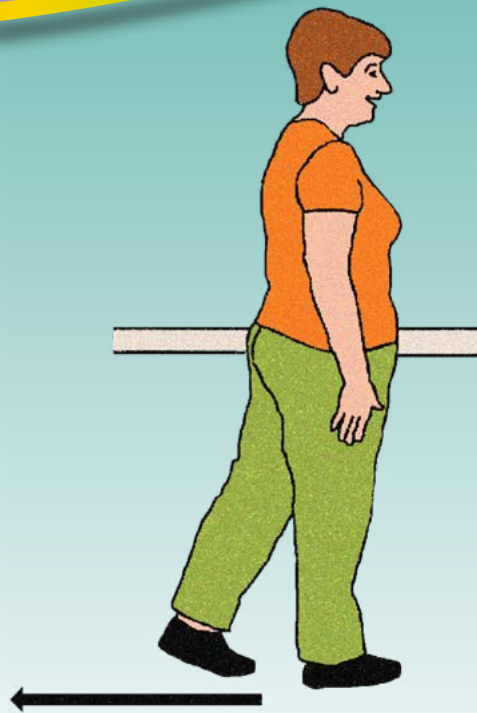




# Backwards Walking

(B9)

38



First check your posture.

## Instructions

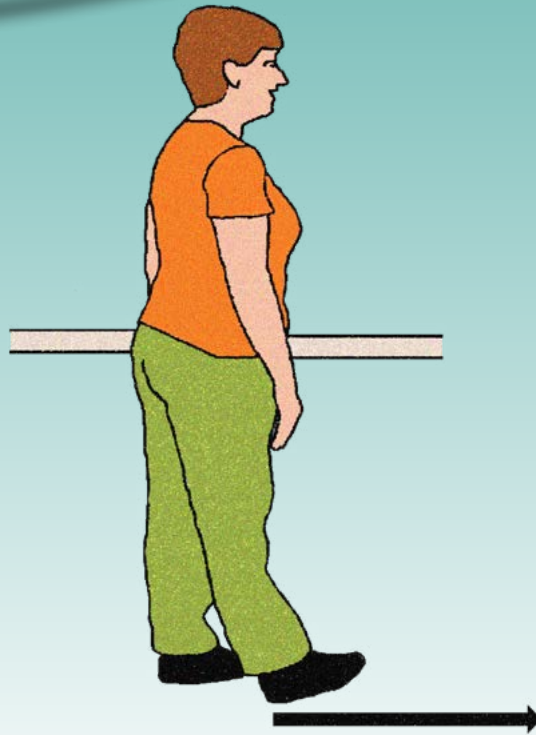
- Stand side on to the support.
- Walk backwards 10 steps at a slow steady pace.
- Keep the back tall and look straight ahead throughout the exercise.
- Knees soft throughout.
- Use a toe through to heel action.
- Keep the pace steady and controlled.
- When finished, turn to face the other direction by turning towards the support.

As confidence improves, gradually increase the size of the steps.

# Heel Walking

(B10)

39



First check your posture.

## Purpose

This exercise will help to improve balance and confidence with walking especially over uneven surfaces or when stepping back.

## Instructions

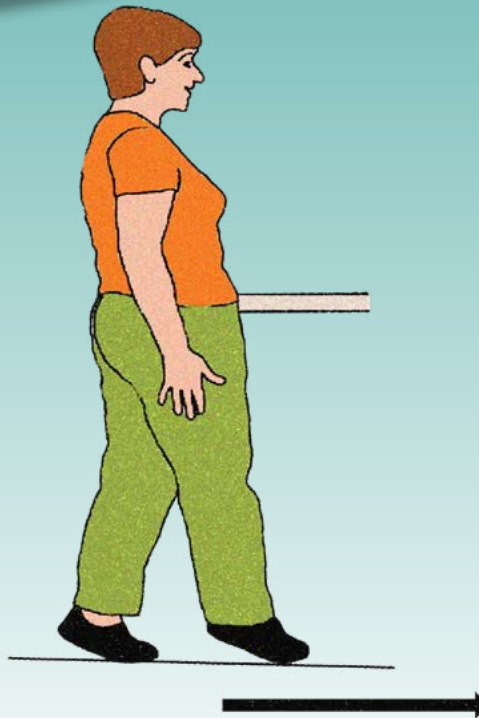
- Stand side on to the support.
- Transfer the weight into the heels and lift the toes.
- Walk 10 steps on your heels.
- Move steadily and with control.
- Keep looking ahead.
- Avoid bending at the hip so the bottom sticks out backwards.
- Avoid locking the knees.
- Bring the feet together again before lowering the toes to the floor.



# Toe Walking

(B11)

40



First check your posture.

## Purpose

This exercise will improve balance and walking as well as strengthen the calf muscles and ankles.

## Instructions

- Stand side on to a support.
- Transfer the weight onto the toes by lifting the heels.
- Think of keeping the weight over the big and second toe.
- Walk 10 steps on your toes at a slow and steady pace.
- Bring the feet together to regain balance before lowering the heels to the floor.
- For safety, turn around towards the support.
- Repeat the toe walking in opposite direction with the support on the other side.
- Move steadily and with control.

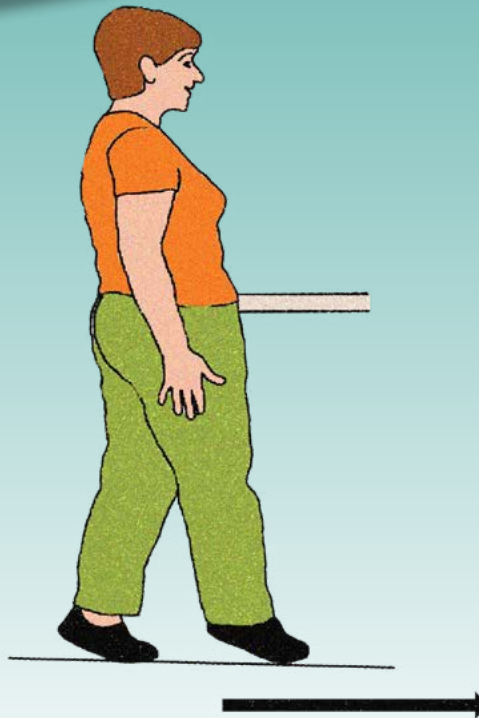
When the steps are complete, bring the feet together before turning in towards the support to face the opposite direction.



# Heel Toe Walking

(B12)

41



First check your posture.

## Purpose

This exercise will improve balance and confidence when having to step sideways or walking in confined or crowded spaces.

## Instructions

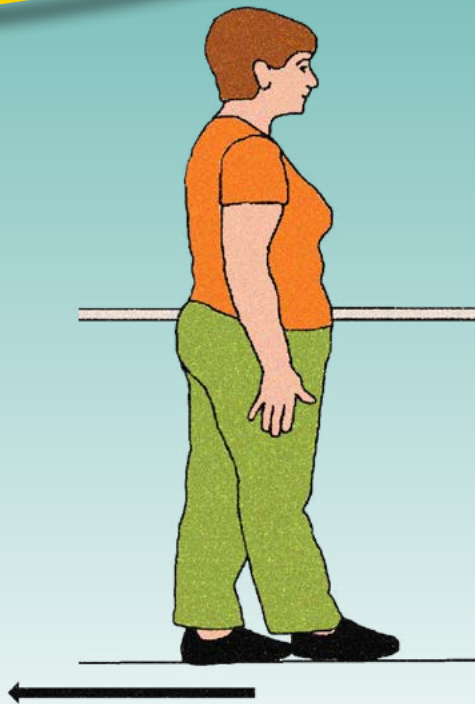
- Stand side on to the support.
- Hold on to the support and look straight ahead.
- Place one foot directly in front of the other so that they form a straight line.
- To prepare for the walk transfer the weight to the front foot.
- Aim for a steady walking action.
- Avoid leaning against or away from the support.
- Take small steps and move steadily and with control.
- Try to build to a smooth, steady heel to toe walking action

When the steps are complete, bring the feet together before turning in towards the support to face the opposite direction.

# Heel Toe Walking Backwards

(B13)

42



First check your posture.

## Purpose

This exercise will improve balance and confidence when having to step sideways or walking in confined or crowded spaces.

## Instructions

- Stand side on to the support.
- Hold on to the support and look straight ahead.
- Place one foot directly behind of the other.
- To prepare for the walk transfer the weight to the back foot.
- Aim for a steady walking action.
- Avoid leaning against or away from the support.
- Move steadily and with control.
- Try to build to a smooth, steady heel to toe walking action.

When the steps are complete, bring the feet together before turning in towards the support to face the opposite direction.



# Getting onto the floor and up again

43

## Getting onto the floor and up again

This is not an exercise but a way of helping you to get down onto the floor and up again safely. You may have your own way of getting up and down from the floor which works better, the important thing is that you can manage it without too much effort and that you feel confident that you can get back up again.

If you know you have difficulty lying down flat or getting on or off the floor, for example, if you have a heart condition, osteoporosis or arthritis in your back or legs, you should not attempt this, or any of the following exercises in this section, without seeking advice from your physiotherapist or qualified exercise instructor .

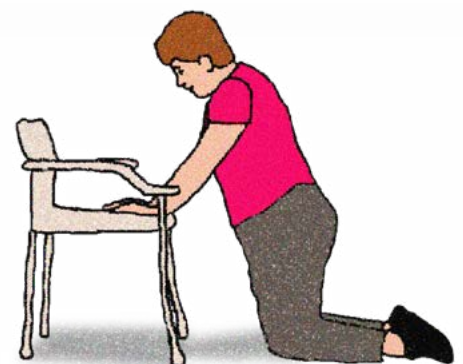
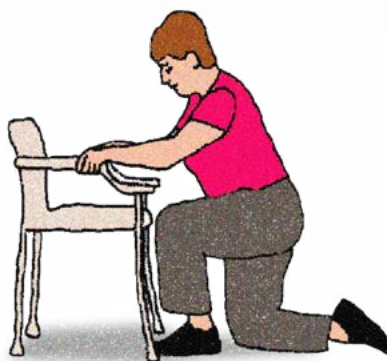
### You will need:

- A sturdy chair, preferably with arms placed on a carpet with enough space to lie down.
- You may need several cushions or pillows placed on the floor across the front of the chair and taking them away one at a time as you become more confident.

1. Turn to face the chair, using the arms or seat for support if necessary.



2. Slowly lower yourself onto your knees, one leg at a time.



Continued overleaf...

# Getting onto the floor and up again

44

3. Slide your hands off the chair, one at a time, and onto the floor.



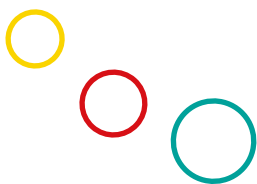
4. With your hands in front of you, slowly lower your bottom onto the floor, legs to one side.



5. Slowly lower yourself onto your side.



From here you can roll onto your back or front.



# Getting onto the floor and up again

45

**When getting back up simply reverse the instructions.**

However it is common to feel a little dizzy when getting back up onto your feet so for comfort and safety.

Turn side to the chair whilst holding on for support.

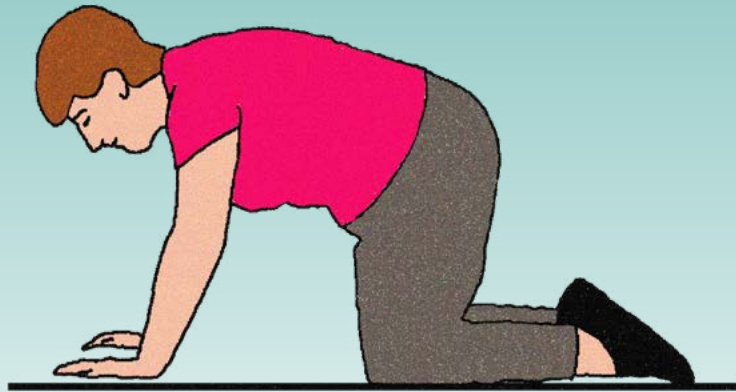


Turn side to the chair whilst holding on for support.



Then simply sit back and relax for a few minutes.





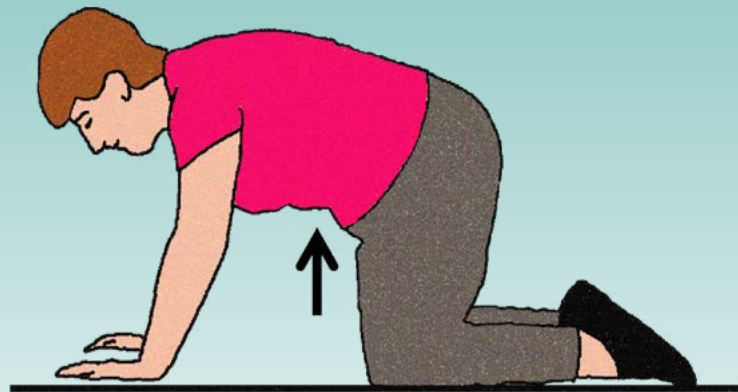
Use a soft but stable surface to kneel on, an exercise mat is ideal, but a rug or carpeted surface is sufficient as long as this is comfortable on your knees.

## Kneeling Posture Check

- Ensure that your weight is evenly distributed between the hands and knees.
- Knees should be hip width apart and directly below the hips.
- Hands slightly wider but no further forward than your shoulders.
- Ensure your back and neck remains long.
- Eyes focusing on the floor so that there is no strain on your neck.

# Kneeling abdominal strengthening (SB1)

47



Start with Posture Check.

## Purpose

This exercise will strengthen your abdominal (tummy) muscles which will help to support your back and improve posture. This can reduce back pain and help to support your spine.

## Instructions

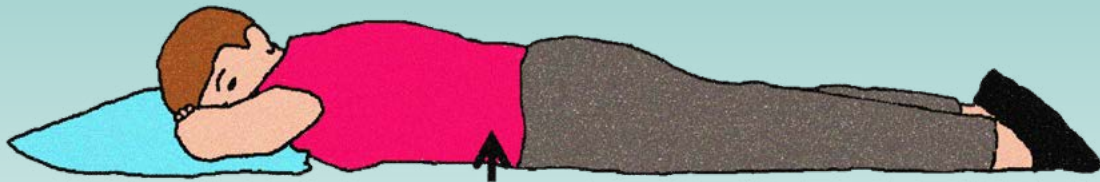
- Ensure correct kneeling posture.
- Contract your abdominal muscles by pulling them up and away from the floor.
- Imagine pulling your navel towards your spine.
- Ensure your back remains long throughout.

Rest briefly then repeat.



# Lying abdominal strengthening (SB2)

48



Start with Posture Check.

## Purpose

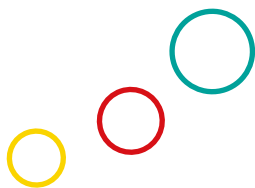
This exercise will strengthen your abdominal (tummy) muscles which will help to support your back and improve posture. This can reduce back pain and help to support your spine.

This can be used as an alternative to kneeling.

## Instructions

- Ensure your head and shoulders are relaxed and there is no tension in your neck.
- Try to keep your legs relaxed.
- Contract your abdominal muscles by pulling them up and away from the floor.
- Imagine pulling your naval towards your spine.
- Ensure your back remains long throughout.

Rest briefly then repeat.





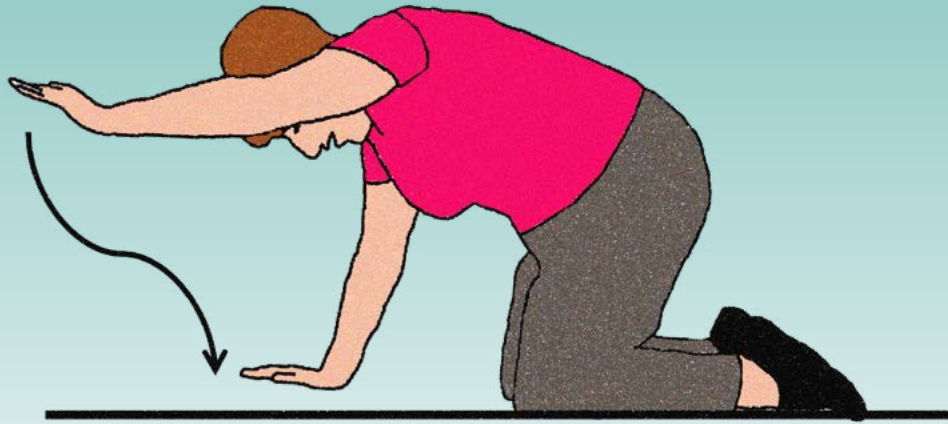
Start with Posture Check.

## Purpose

This exercise will strengthen your wrists and back muscles as well as help to improve balance.

## Instructions

- Ensure correct kneeling posture.
- Contract your abdominal muscles by pulling them up and away from the floor.
- Slide one arm away along the floor so that you transfer your weight onto the other arm.
- Slide back in and repeat on other side.
- Ensure your back remains long throughout.



Start with Posture Check.

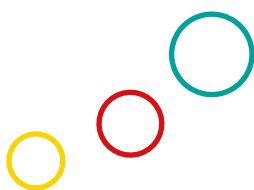
## Purpose

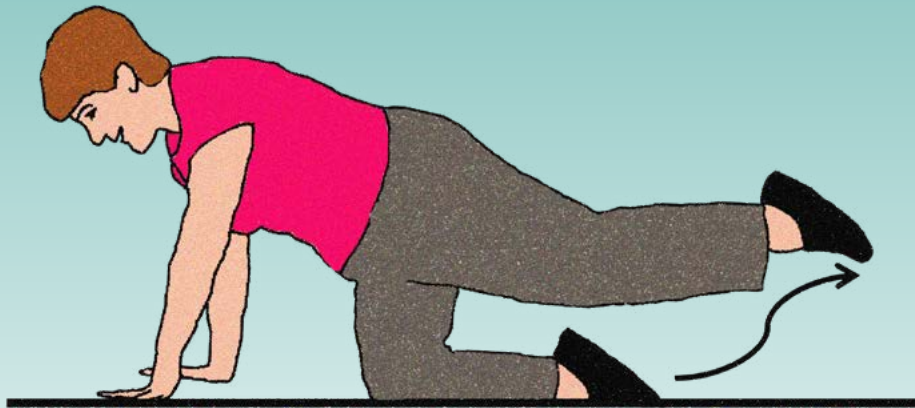
This exercise will strengthen back and wrist muscles as well as your abdominal muscles.

It can also help improve balance.

## Instructions

- Ensure correct kneeling posture.
- Contract your abdominal muscles by pulling them up and away from the floor.
- Slide one arm away along the floor so that you transfer your weight onto the other arm.
- Gradually lift the arm away from the floor as high as is comfortable (this should not be so high that it causes a strain on the arm but challenges your balance).
- Slide back in and repeat on other side.
- Ensure your back and neck remains long throughout.





Start with Posture Check.

### Purpose

This exercise will strengthen back and hip muscles as well as your abdominal muscles. It helps to strengthen your spine and wrists.

### Instructions

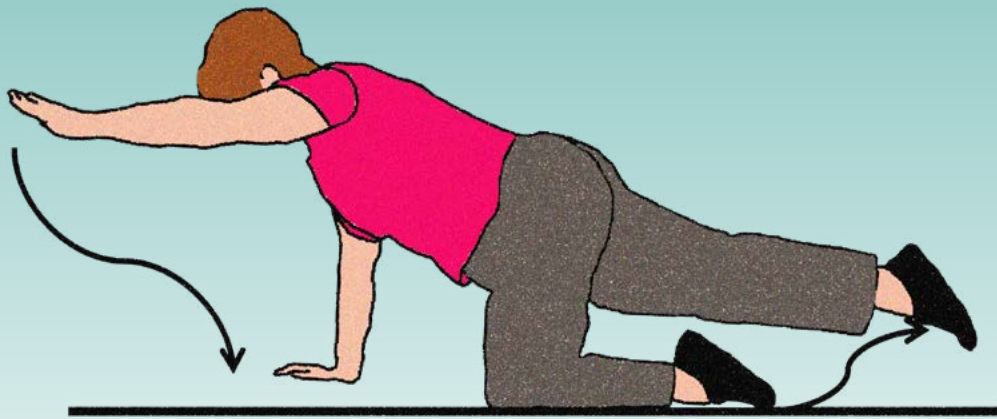
- Contract your abdominal muscles by pulling them up and away from the floor.
- Slide one leg away along the floor so that you transfer your weight onto the other leg.
- Gradually lift the leg away from the floor as high as is comfortable (this should not be so high that it causes a strain on the leg or hip but challenges your balance).
- Slide back in and repeat on other side.
- Ensure your back and neck remains long throughout.
- Ensure your hips remain square to the floor and that you do not twist.



# Kneeling back and hip strengthening

## Progression Part 2 (SB6)

52



Start with Posture Check.

### Purpose

This exercise will strengthen back and hip muscles as well as your abdominal muscles. It helps to strengthen your spine and wrists.

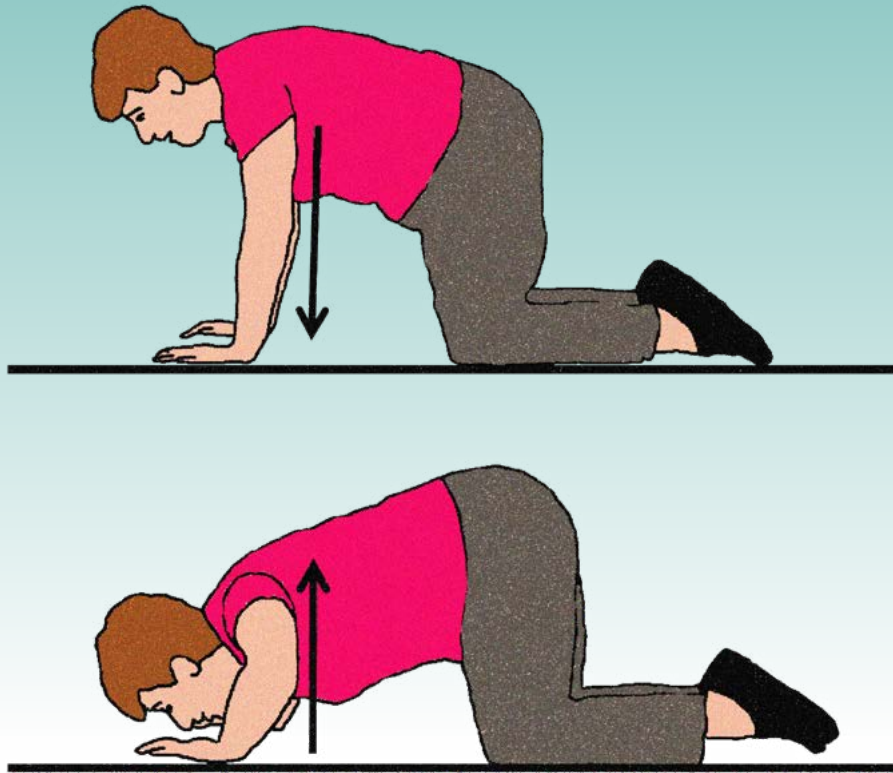
### Instructions

- Contract your abdominal muscles by pulling them up and away from the floor.
- Slide one leg and the opposite arm away along the floor so that you transfer your weight onto the other leg.
- Gradually lift the leg and arm away from the floor as high as is comfortable (this should not be so high that it causes a strain on the leg or hip but challenges your balance).
- Slide back in and repeat on other side.
- Ensure your back and neck remains long throughout.
- Ensure your hips remain square to the floor and that you do not twist.



# Kneeling wrist and chest strengthener (SB7)

53



Start with Posture Check.

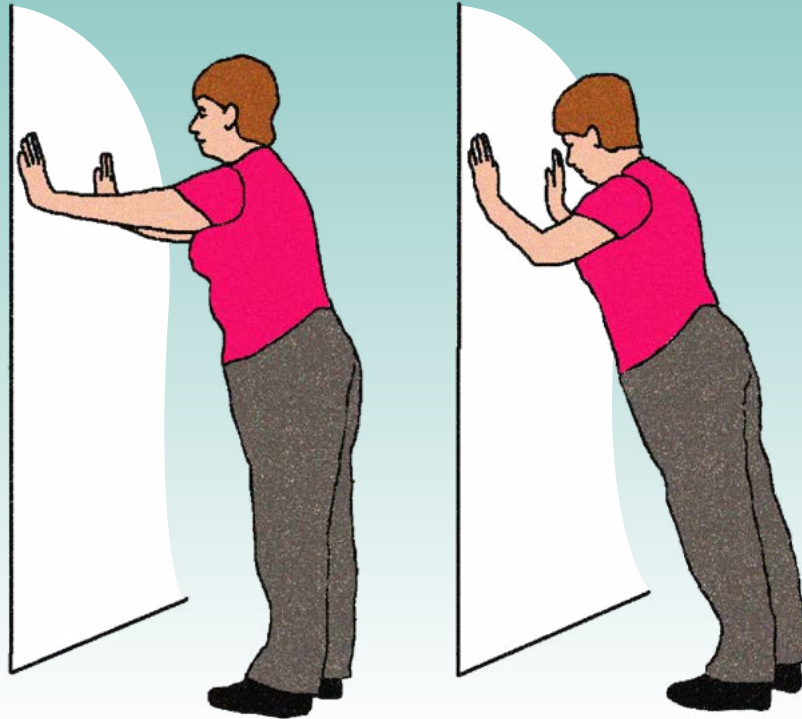
## Purpose

This exercise will strengthen the muscles in your chest and the wrist.

## Instructions

- Contract your abdominal muscles by pulling them up and away from the floor.
- Bending your arms at the elbows lower your chest towards the floor.
- Ensure your back and neck remains long throughout.
- Aim your nose to the floor just in front of your finger tips.
- Hands should be in line with the shoulders and shoulder width apart.
- Then push with your arms back to the starting position but avoid locking the elbows.





Start with Posture Check.

## Instructions

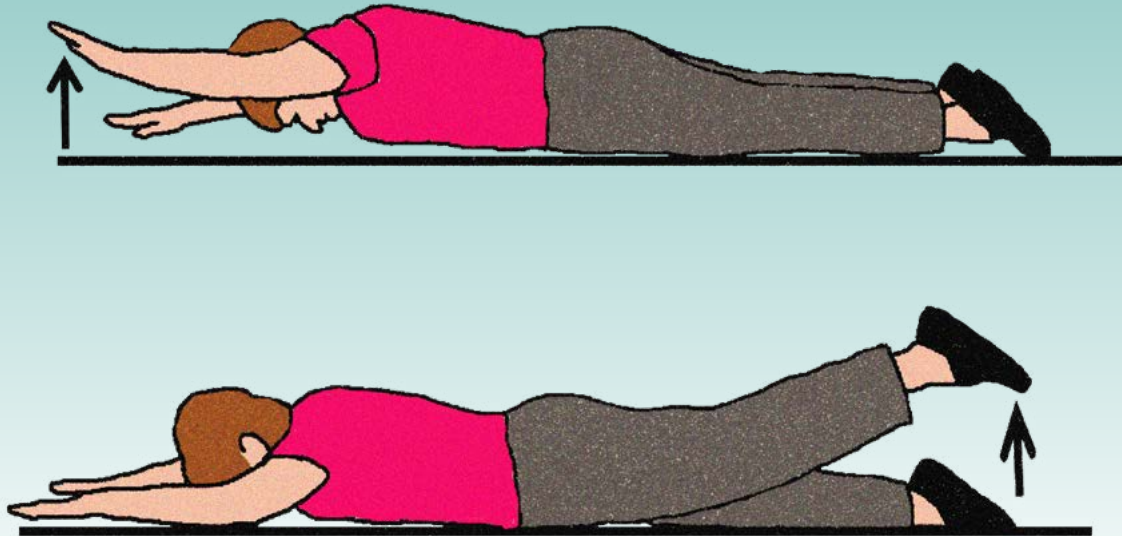
- Facing the wall stand far enough away so that you can just reach the wall with your arms out straight.
- Bending your arms at the elbows lower your chest towards the wall.
- Ensure your back and neck remains long throughout.
- Aim your nose to the wall just in front of your finger tips.
- Hands should be in line with the shoulders and shoulder width apart.
- Then push back by straightening your elbows.
- Ensure you don't lock the elbows.
- Feet should remain flat on the floor at all times.



# Back strengthener

## Part 1 (SB9)

55



Start with Posture Check.

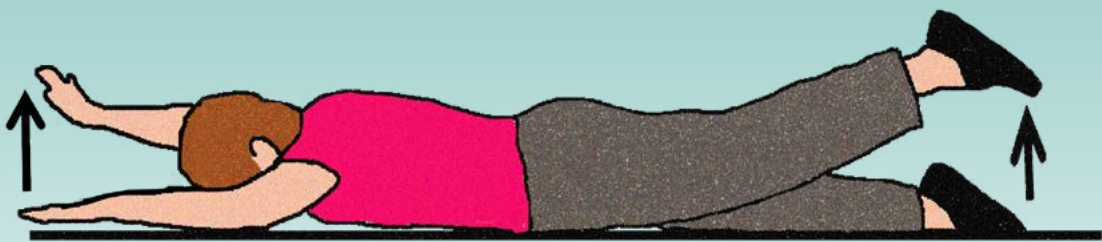
### Purpose

This exercise will strengthen the muscles in your back and strengthen your spine.

### Instructions

- Lying face down, contract your abdominal muscles by pulling them away from the floor.
- Ensure you are looking down at the floor at all times.
- Slowly lift one arm away from the floor as far as is comfortable, hold for a few seconds then relax.
- Then slowly lift one leg away from the floor as far as is comfortable, both hips should remain in contact with the floor.
- Hold for a few seconds then relax.
- Repeat on other side.

Once you can achieve this progress to part 2



Start with Posture Check.

### Purpose

This exercise will strengthen the muscles in your back and strengthen your spine.

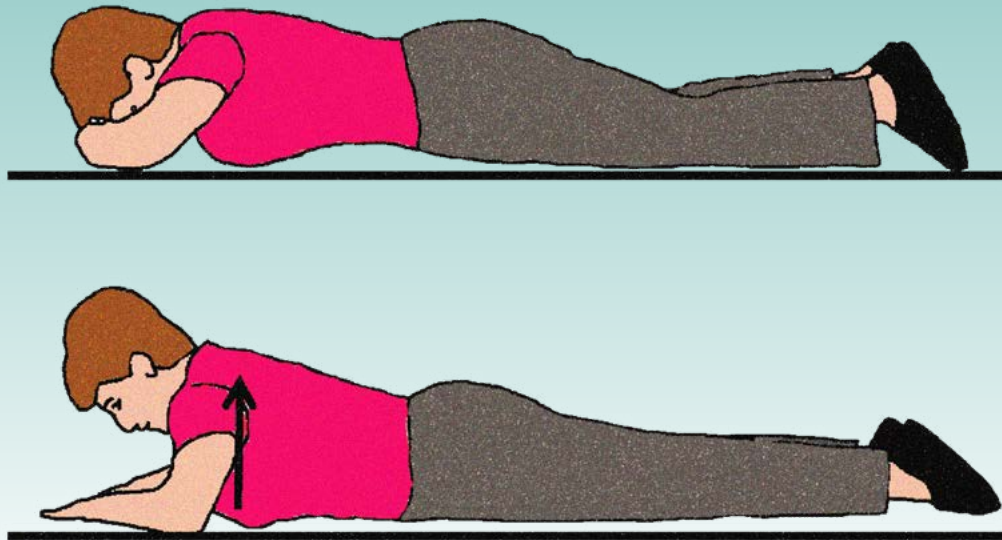
### Instructions

- Lying face down, contract your abdominal muscles by pulling them away from the floor.
- Ensure you are looking down at the floor at all times.
- Slowly lift one arm and the opposite leg away from the floor as far as is comfortable, hold for a few seconds then relax.
- Ensure both hips remain in contact with the floor throughout the movement.
- Hold for a few seconds then relax.
- Repeat on other side.

# Back extensions

(SB11)

57



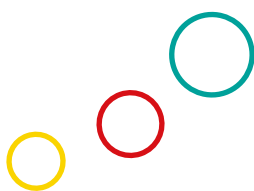
Start with Posture Check.

## Purpose

This exercise will strengthen the muscles in your back and strengthen your spine.

## Instructions

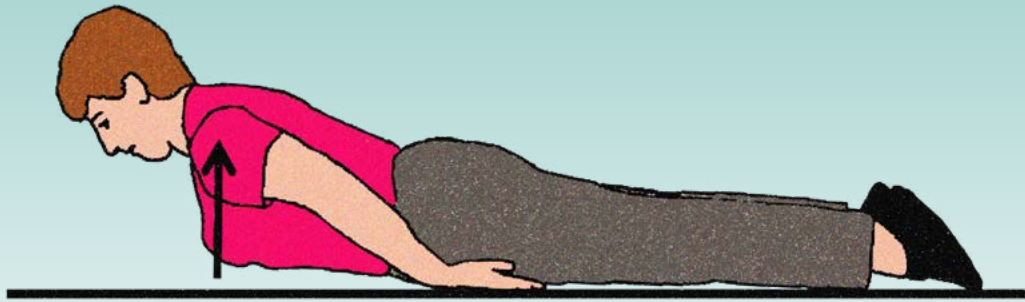
- Lying face down contract your abdominal muscles by pulling your naval towards your spine away from the floor.
- Rest your head on your hands.
- Ensure you are looking down at the floor at all times.
- Slowly lift your chest away from the floor as far as is comfortable but without using your arms or tensing your legs.
- Hold for a few seconds then relax.



# Back extensions

Progression (SB12)

58



Start with Posture Check.

## Instructions

- Lying face down contract your abdominal muscles by pulling your naval towards your spine away from the floor.
- Rest your hands by your sides.
- Ensure you are looking down at the floor at all times.
- Slowly lift your chest away from the floor as far as is comfortable but without using your arms.
- Ensure you feet remain on the floor.
- Ensure you lower slowly and with control.
- Avoid using the muscles in the back of your legs.
- Hold for a few seconds then relax.

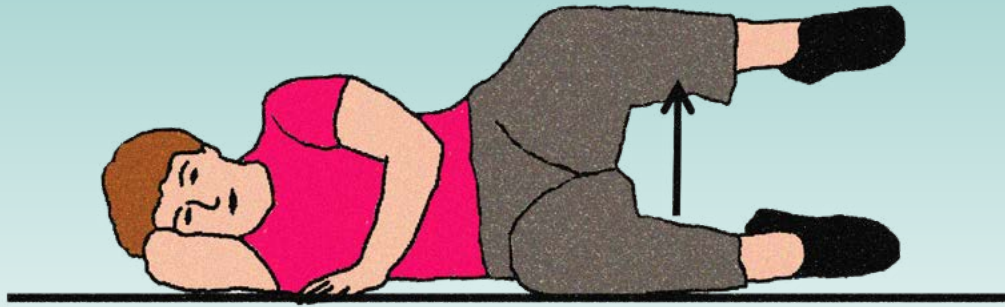




# Side hip strengthener

(SB13)

59



Start with Posture Check.

## Purpose

This exercise will strengthen the muscles and bones around your hip.

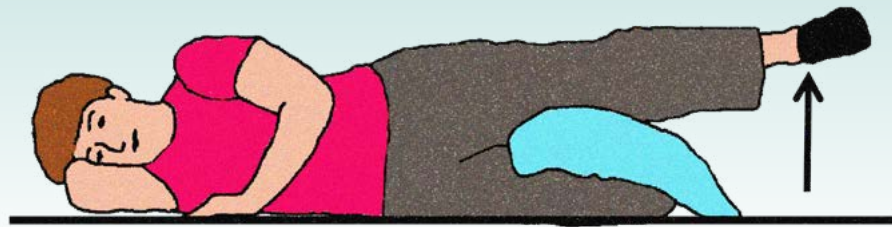
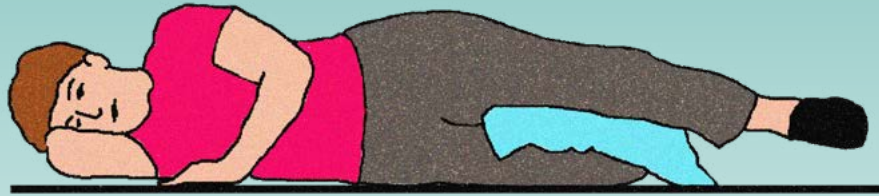
## Instructions

- Lying on side with knees bent.
- Contract your abdominal muscles by pulling your naval towards your spine.
- Lift the leg out to the side and lower with control keeping the toe pointing forwards.
- Ensure the hips are facing forwards at all times.
- Ensure the leg moves in a straight line and does not bend forwards.
- Hold for a few seconds then lower slowly and with control.
- Rest briefly then repeat.

# Side hip strengthener

(SB14)

60



Start with Posture Check.

Place a pillow between your knees to ensure correct starting position.

## Instructions

- Lying on side with the top leg straight and underneath leg bent backwards at the knee for balance.
- Contract your abdominal muscles by pulling your naval towards your spine.
- Lift the leg out to the side and lower with control keeping the toe pointing forwards.
- Ensure the hips are facing forwards at all times.
- Ensure the leg moves in a straight line and does not bend forwards.
- Hold for a few seconds then lower slowly and with control.
- Rest briefly then repeat.



## Strength Exercise - Pelvic Floor

The pelvic floor is a large sling (or hammock) of muscles stretching from side to side across the floor of the pelvis. It is attached to your pubic bone in front and to the coccyx (the tail end of the spine) behind. It forms your “undercarriage”. The openings from your bladder (urethra), your bowels (rectum).

### What does it do?

- It supports your pelvic organs and abdominal contents, especially when you are standing or exerting yourself.
- It supports the bladder to help it stay closed. It actively squeezes when you cough or sneeze to help avoid leaking. When the muscles are not working effectively you may suffer from leaking (“urinary incontinence”), and/or urgent or frequent need to pass urine.
- It is used to control wind and when “holding on” with your bowels.



## How to do pelvic floor exercises

### Exercise 1

Tighten the muscles around your back and front passage and lift up inside as if trying to stop passing wind and urine at the same time. It is very easy to bring other, irrelevant muscles into play, so try to isolate your pelvic floor as much as possible by:

- **not** pulling in your tummy,
- **not** squeezing your legs together,
- **not** tightening your buttocks and,
- **not** holding your breath.

In this way most of the effort should be coming from the pelvic floor.

Try holding it as long as you can. Build up to a maximum of 10 seconds. Rest for 4 seconds and then repeat the contraction up to a maximum of 10 times.

### Exercise 2

It is important to be able to work these muscles quickly to help them react to sudden stresses from coughing, laughing or exercise that put pressure on the bladder. So you need to practice some quick contractions, drawing in the pelvic floor and holding for just one second before releasing the muscles. Do these in a steady manner: aim for a strong muscle tightening with each contraction up to a maximum of 10 times.

Aim to do one set of slow contractions (exercise 1) followed by one set of quick contractions (exercise 2) at least every day

Get into the habit of doing the exercises. Link doing them to some everyday activities for example, when you are making a cup of tea, to help you remember.

Practice the exercises when you are lying, sitting and especially standing.

Try to get into the habit of tightening your pelvic floor before activities that are likely to make you leak such as getting up from a chair, coughing, sneezing or lifting.



## Stretching Exercises

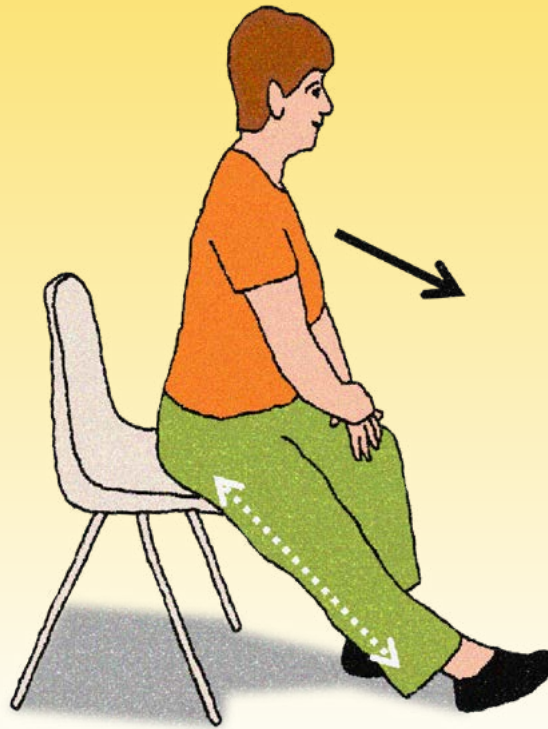
These exercises will help to increase the suppleness of your muscles making everyday tasks feel easier and more comfortable.

**Ease gradually into and out of each of the stretches.**

**HOLD** each **FOR A COUNT OF 10** and remember to keep the breathing throughout.

**YOU ONLY NEED TO DO EACH STRETCH ONCE.**





Start with Posture Check.

## Purpose

Helps to maintain good mobility at the hip joint. To help with actions involving reaching down such as putting on socks and shoes and picking items up off the floor.

## Instructions

- Straighten one leg out in front, resting the heel on the floor with the foot relaxed.
- Place both hands just above the bent knee to support the back.
- Bend forwards from the hips. Keeping the chest lifted and the back long.
- The knee of the exercising leg should be soft.







Start with Posture Check.

## Purpose

This exercise will stretch the muscles across the front of the chest and improve posture and breathing efficiency. To help with everyday actions such as putting on coats and fastening car seatbelts.

## Instructions

- Take the arms backwards and hold onto the back of the chair with both hands.
- Lift the chest lifted and draw the shoulder blades together until a mild stretch is felt across the chest.
- Keeping the spine neutral and the tummy muscles pulled in to prevent the lower back from arching.
- Keep the back of the neck long; jaw parallel with the floor, chest lifted.





Start with Posture Check.

## Purpose

This exercise will stretch the muscles of the calf and improve ankle mobility and stride length. To help with everyday actions such as walking and stair climbing.

## Instructions

- Hold onto the sides of the chair for support.
- Keep one knee bent and directly above the ankle.
- Straighten the other leg out in front with the heel resting on the floor.
- Pull the toe back towards the shin and slide the heel a little further.
- Take care not to arch the back.
- Make sure the knee of the working leg is extended but not locked out.



# Back of Arm Stretch

(Triceps)

67



Start with Posture Check.

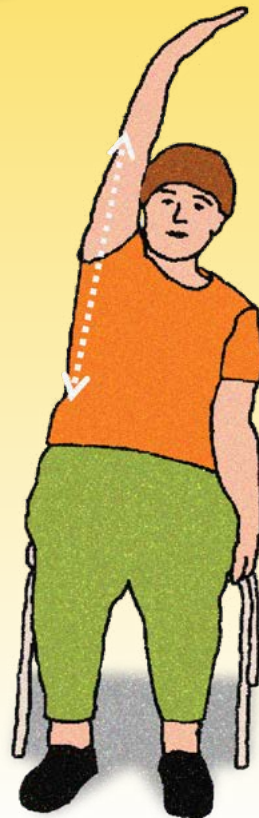
## Purpose

This exercise will stretch the muscles down the back of the arm and reduce stiffness around the shoulder. To help with everyday activities that involves reaching behind.

## Instructions

- Place one hand on the same shoulder.
- Use the opposite hand to gently ease the elbow up towards the ceiling, trying to 'walk' the fingers down the back between the shoulder blades.
- Keep the shoulders relaxed and the neck long.





Start with Posture Check.

## Purpose

This exercise will stretch the muscles at the side of the trunk. To help with everyday activities such as reaching high into cupboards.

## Instructions

- Place one hand on the same shoulder.
- Use the opposite hand to gently ease the arm up towards the ceiling.
- Now reach the arm up to the ceiling.
- Release the support arm and place it onto the chair.
- Take the stretching arm slightly over towards the head and lift up into the stretch.
- Keep the shoulders down and the neck long.
- Ensure that the bottom remains in contact with the seat and avoid leaning forwards or backwards.



When you have completed your exercises put an "E " (for exercise) and W " (for walk) for that day.

[illegible]

## Walking

5 or 10 minutes “activity snacks” are an ideal way to get started.

Progression should be gradual but steady until 30 minutes continuous activity is achieved.

The health and other benefits of walking:

- Prevents and manages disease (such as heart disease and diabetes).
- Improves strength and balance.
- Improves circulation.
- Improves stamina.
- Increases mobility and suppleness.
- Increases independence.
- It's FUN.

## Progress the Walking Challenge

- Stride out and increase the pace to a brisk walk i.e. breathing more heavily but still able to talk.
- Build to a rhythm and speed that feels natural and comfortably challenging to the body.
- Swing arms through a bigger range so that they make more of a driving through action.

## Walking is beneficial and safe when:

- Breathing is a little more than usual (but regular, not holding breath).
- The body feels a little warmer and even a little sweaty.
- Muscles may be pulling gently and begin to feel warm or tired.
- Mild stiffness the following morning if starting physical activity from scratch.

## Clothing and footwear

- Loose, comfortable, “light” clothing. i.e a number of layers rather than a single, heavy, inflexible garment that doesn't “give” with movement and may contribute to early fatigue.
- Avoid wide legged trousers, tight belts; high or restrictive necklines.
- Sensible flat walking shoes with a firm but rigid sole and snugly fitting uppers with Velcro, laces or buckled fastenings are ideal.

**ENJOY!**





[illegible]

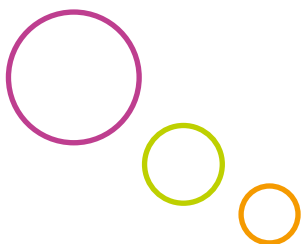
# Strength Chair Stand Test

72

Stand up and down, with arms folded,  
5 times within 2 minutes



Chair Stand Test Results	Tick / Time	Comments
Successfully completed test. Please enter time		
Completed the test with help, e.g. used arms Please enter time		
Person unable to complete the test e.g. took > 2 minutes. Please tick		
Other reason - Please specify		



# The Four-Test Balance Scale

73



Feet together stand  
Hold for 10  
Seconds



Semi-tandem stand  
Hold for 10  
Seconds



Tandem stand  
Hold for 10  
Seconds



One leg stand  
Hold for 10  
Seconds



4-Test Balance Stand Test Results (1)	Tick / Time	Comments
Completed the feet together stand		
Completed the semi-tandem stand		
Completed the tandem stand		
Completed the one leg stand		
Unable to complete any of the balance stands		



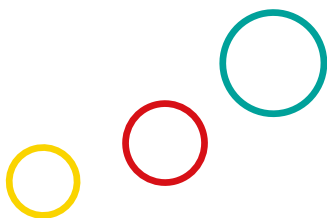
## Scoring the Strength Chair Stand Test

Level	Criteria for prescribing strength exercise
Level 1	Poor strength. Completed chair stand test using arms OR took longer than 2 minutes with arms folded. Weights: Start with a light weight (e.g. 0.5kg) and possibly no weight at all. Repetitions: Consider a lower number of repetitions e.g. 5 to 8 repetitions.
Level 2	Chair stand successfully completed between 1 and 2 minutes; able to stand from chair but still fairly weak. Weights: Start with a lighter weight, 0.5kg. Repetitions: Aim for 8 to 10 repetitions if comfortable.
Level 3	Chair stand test successful; good strength e.g. 5 stands within a minute. Weights: Use a reasonable starting weight (e.g. 1kg). Repetitions: Prescribe either 1 or 2 sets of 10 repetitions.
Level 4	Chair stand test successful; very good strength e.g. 5 rises within 30 seconds. Weights: Use heavier weights (e.g. 1kg or possibly 1.5kg). Repetitions: 1 or 2 sets of 10 repetitions. You may need to increase weight for them to feel that the challenge has been moderately difficult.



## Scoring the Four Test Balance Scale

Level	Criteria for prescribing balance exercise
Level 1	Failed balance test. Poor balance. Has difficulty with feet together stand OR can only achieve feet together stand. You should be selecting from Level 1 balance exercises only.
Level 2	Managed some of balance test. Fairly good balance. Can achieve semi tandem stand. Start by selecting level 2 balance exercises and moderate according to how the participant manages.
Level 3	Managed most, but not all of the balance test. Good balance. Can achieve semi tandem stand and can partially or completely hold the tandem stand. Start by selecting both level 2 and 3 balance exercises and moderate according to how the participant manages.
Level 4	Balance test successful. Excellent balance that will need quite a challenge to improve it. Can achieve one leg stand. Consider starting with level 4 exercises but moderate the prescription according to how the participant manages.



## Overview of levels of difficulty of balance exercises\*

Balance Exercise	Increasing level of difficulty			
	L1	L2	L3	L4
Heel toe standing	✓	✓		
Sit to stand	✓	✓		
Knee bends	✓	✓	✓	✓
Stair walking	✓	✓	✓	✓
Sideways walk		✓	✓	✓
Walk and turn		✓	✓	✓
One leg stand		✓	✓	✓
Backwards walking		✓	✓	✓
Heel Walking			✓	✓
Toe walking			✓	✓
Heel toe walking			✓	✓
Heel toe walking backwards				✓

\*Exercises broadly ordered by level of difficulty. Progress in difficulty by decreasing level of support and increasing number of repetitions.





## Stop here

Concentrate on doing the exercises as far as this page, please do not progress beyond here until your next contact or visit.

This is for your own safety and to ensure the exercises are appropriate for you.

Rather than trying new exercises try doing the ones you have but increasing the challenge.

For the Strengthening exercises try adding a bit more weight or doing them even slower.

For the Balance exercises try reducing support, holding for longer, or slowing them down.

If you are finding the exercises are not challenging enough, please contact your therapist.

