

# Balance Exercises

Good balance is important so that you can keep up your everyday activities, your physical activity and to help prevent falls.

## SAFETY

- If you are having a lot of difficulty with your balance, make sure you start out by having a solid support (such as the kitchen bench) or a sturdy chair (that won't move) to hold onto while doing the exercises - as your balance improves, you can remove the support.
- Make sure you wear comfortable, flat soled shoes with good heel support while exercising.
- If you experience any dizziness or chest pain while exercising, contact your doctor.

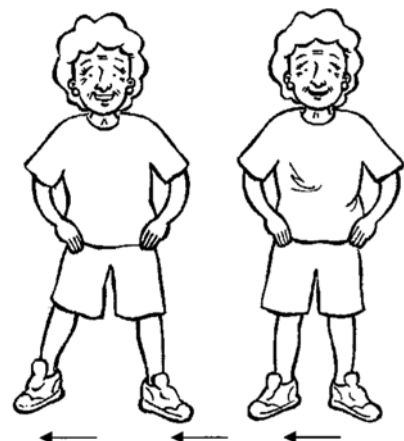


## 1. CALF RAISES

- Stand up tall, feet shoulder width apart.
- Raise up onto your toes, hold for 5 seconds, then lower your heels back to the floor.
- Repeat 8-10 times.
- Hold onto a support if required.

## 2. SIDEWAYS STEPS

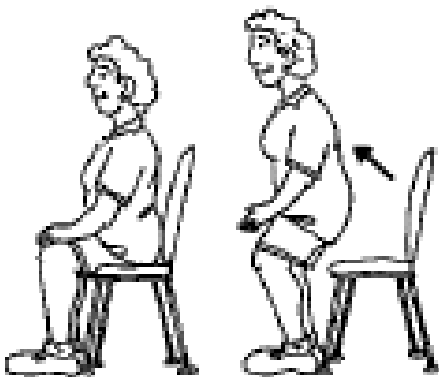
- Keep facing straight ahead, put your hands on your hips.
- Step to one side and bring feet together
- Take 8-10 steps to the right, then back to the left.
- Repeat several times.





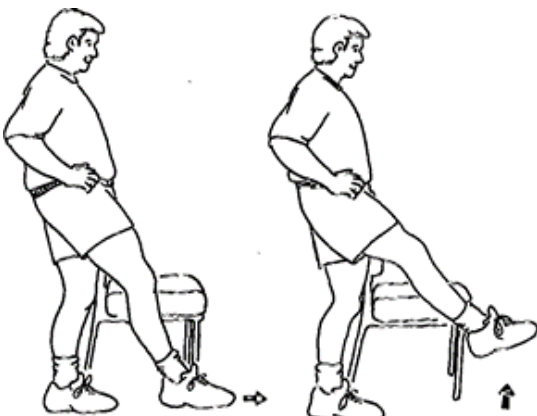
### 3. ONE LEG BALANCE

- Stand on one leg, with the other leg well off the floor. Spread your toes wide inside shoes.
- Hold this position for as long as you can and repeat on the other leg.
- If you are not confident in this position, hold onto the back of a chair as aid, and progress to no support.



### 4. SIT TO STAND

- Sit tall slightly forward in the chair, feet and knees hip width apart, feet firmly on the floor.
- Stand up from the chair, by pushing yourself upwards. Try and have your arms straight out in front of you or crossed across your chest.
- Lower yourself back into the chair.
- Repeat 8-10 times.



### 5. ANKLE MOVEMENTS

- Sit or stand to do this exercise.
- Point your foot down and then pull your foot (toes) back towards you.
- Repeat 8 - 10 times with each foot.
- Increase the number when able.

For the following exercises, make sure you try them while holding onto a support such as the kitchen bench or a wall first, and progress as able until you no longer need the support to do the exercise.



### 6. TOE WALKING

- Come up on your toes and look straight ahead.
- Walk forward 10-12 slow steps.
- Repeat five or six times.

### 7. HEEL WALKING

- Place one foot in front of the other foot, so your feet form a straight line.
- Hold for at least 10 seconds.
- Increase the holds up to 20-30 seconds.



### 8. HEEL TO TOE WALKING

- Looking straight ahead, place one foot in front of the other so they form a straight line.
- Bring the back foot forward and place in straight in front of the other foot.
- Repeat for 10-12 steps.

