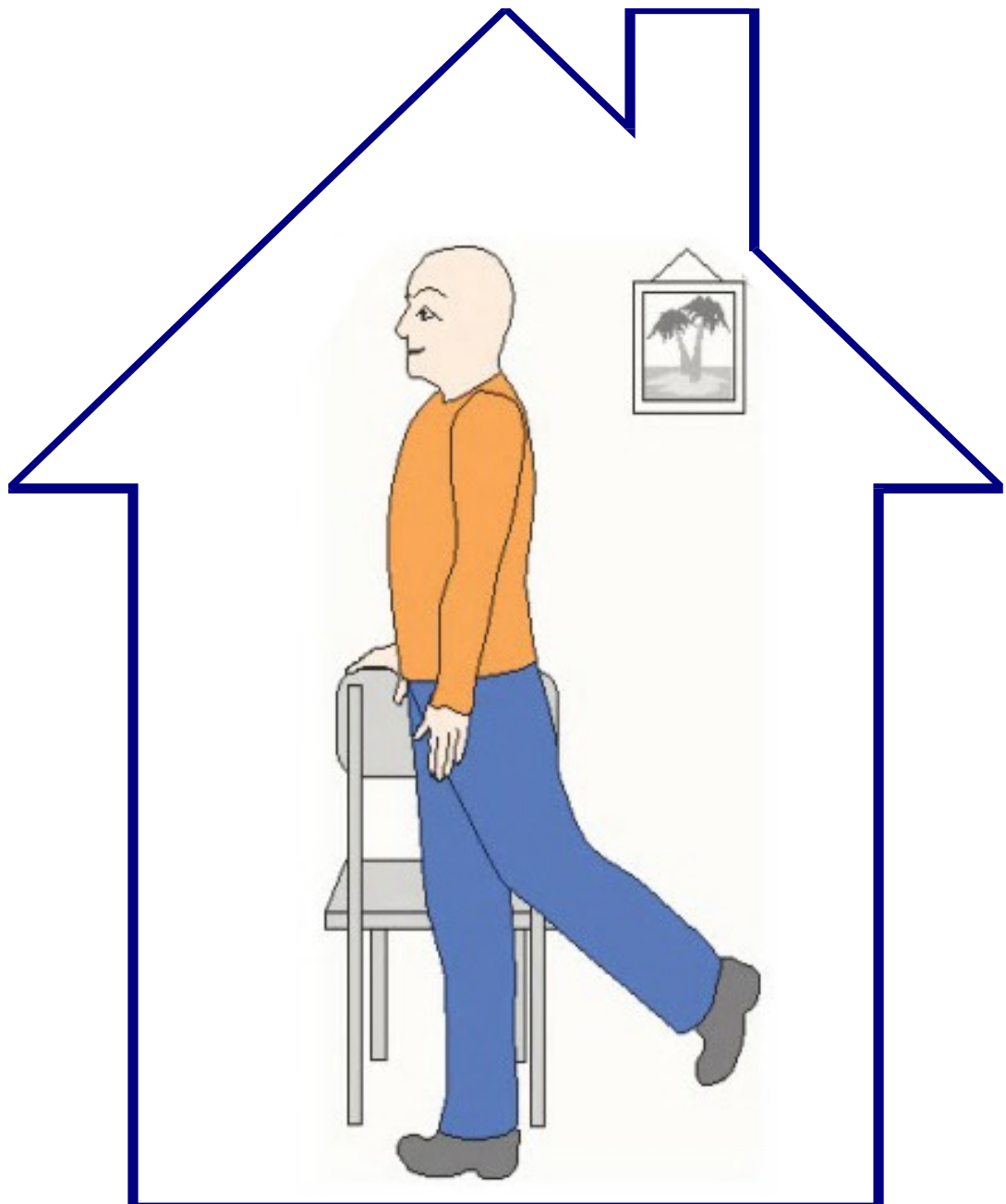


# POSTURAL STABILITY STRENGTH & BALANCE

## Home Exercise Programme



# Safety

Ensure that the chair you use is sturdy and stable or use a more sturdy support such as the kitchen worktop or breakfast table if your instructor/therapist recommends this. 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 twice per week **in addition** to your exercise class.

**If you are using this booklet without attending a supervised exercise session, consult your GP to check it is suitable for you.**

# Warm Up Exercises

Always begin with a warm up to prepare your body for the main exercises.

There are **4 warm up** exercises.

Complete them **all** if you are doing your exercises in one session.

If you decide to **spread** your exercises over the day do the **March** warm up exercise before you move on to do your strength, balance or stretch exercises

Alongside the exercises are tips or suggestions of when you could do these exercises in your own daily routine, to help make them more of a habit.



**TIP:**

While seated  
after breakfast.

# March

- Stand (or sit) tall
- Hold the back (or sides) of the chair
- March with control
- Build to a rhythm that is comfortable for you
- Continue for 1-2 minutes

**TIP:**

At the breakfast table.

This exercise helps warm the muscles and prepares the body for movement



**SAFETY POINT**

**Hold a secure support  
to meet your balance needs**

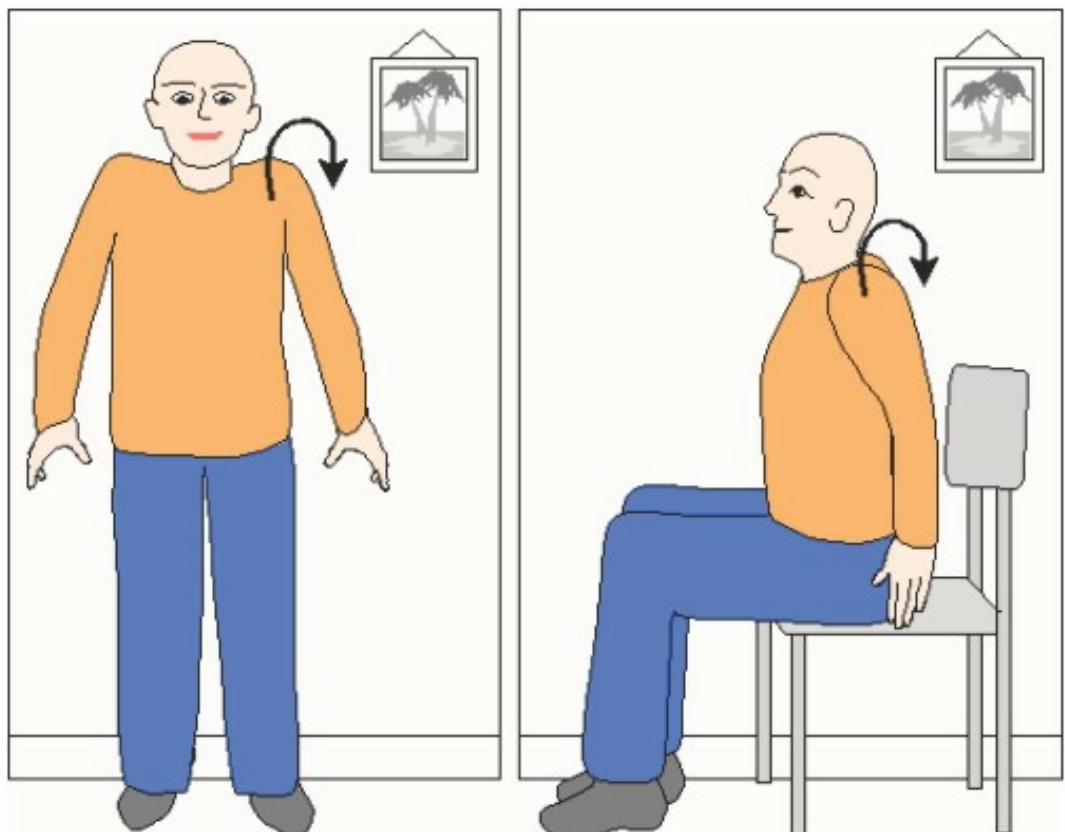
# Shoulder Circles

- Stand (or sit) tall with your arms at your sides
- Lift both shoulders up to your ears, draw them back then press them down
- Repeat slowly 5 times

TIP:

While seated after breakfast.

This exercise helps reduce neck/shoulder tension



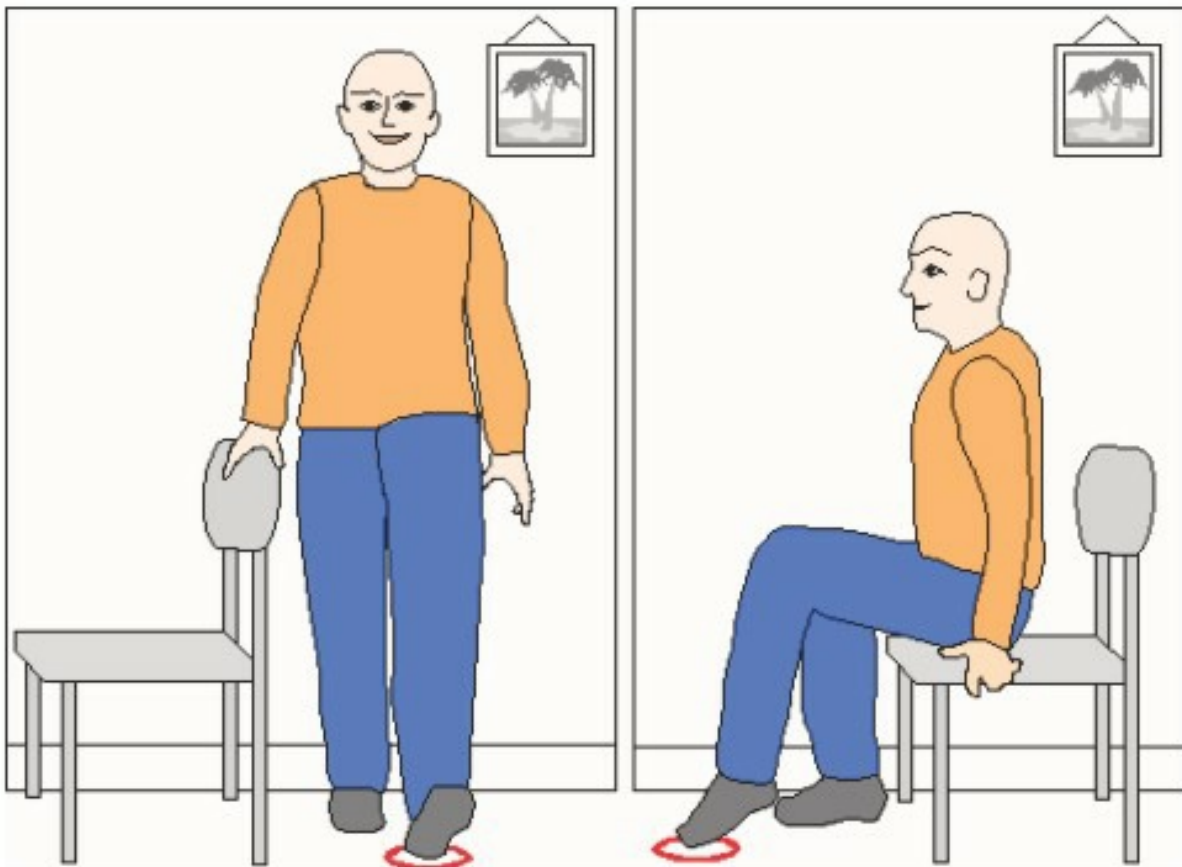
# Ankle Loosener

- Stand side on to (or sit tall at the front of) the chair
- Pull up tall
- Hold the back (or sides) of the chair
- Place the heel of one foot on the floor then lift it and put the toes down on the same spot
- Repeat 5 times on each leg

TIP:

Whilst watching TV.

This exercise helps loosen ankles and improves the heel/toe walking action



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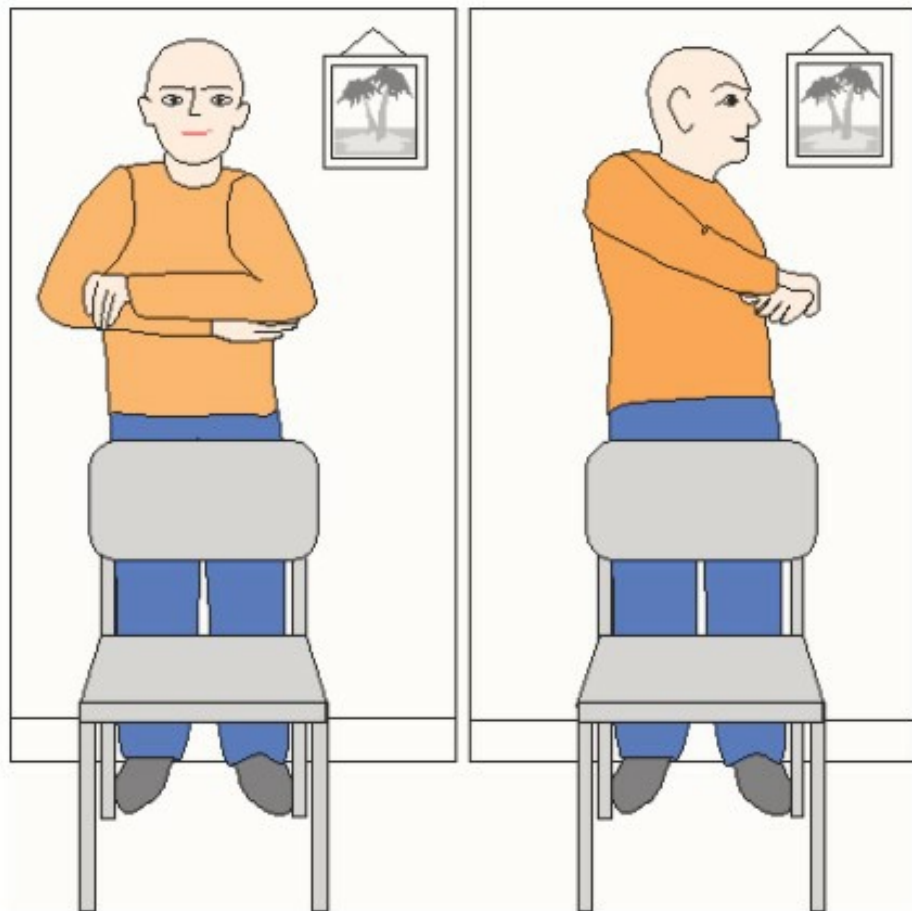
# Spine Twists

- Stand (or sit) very tall with your feet hip width apart
- Fold your arms across your chest
- Twist your upper body and head to the right keeping your hips forwards
- Repeat on the opposite side
- Repeat 5 times

TIP:

At the Kitchen table.

This exercise loosens the spine and helps with putting on seat belts, looking over your shoulder and turning in bed



## SAFETY POINT

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to meet your balance needs

# Main Exercises

There are **10** exercises in this section.

Complete them **all**.

Aim to do them twice per week on top of your exercise class and walks.

If you choose to do the exercises throughout the day, do a little march first to warm yourself up and prepare for exercise.

**The first 6 exercises are to help improve your balance**



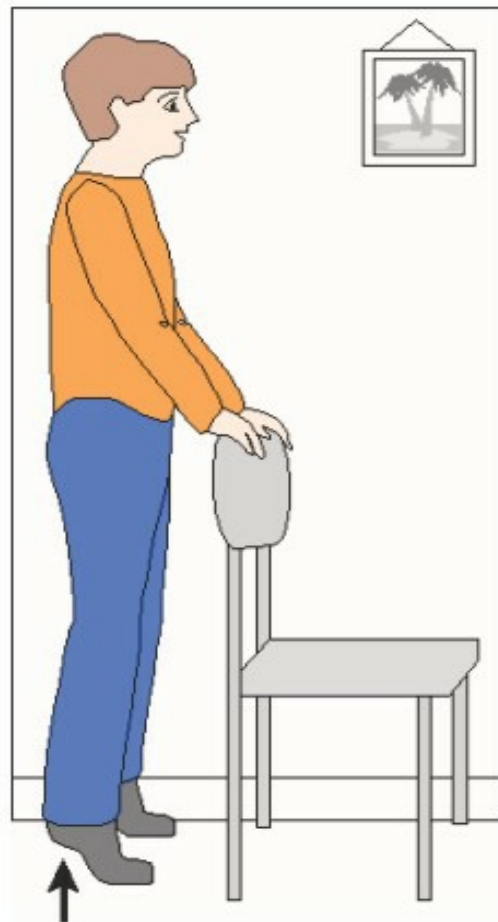
# Heel Raises

- Stand tall holding a sturdy chair, table or the sink
- Raise your heels taking your weight over your big toe
- Hold for a second
- Lower your heels with control
- Repeat 10 times

**TIP:**

At the window  
and hold the sill.

This exercise will  
help you reach  
high cupboards  
more easily and  
improve your  
walking



**SAFETY POINT**

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to meet your balance needs**

# Toe Walk

- Stand tall and side on to your support
- Raise your heels (weight over big toe as before) then take 10 small steps forwards
- Bring your feet together then lower your heels with control

**TIP:**

At your kitchen worktop.

This exercise will help your balance if you have to step over objects and improve your steadiness when walking



**SAFETY POINT**

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to meet your balance needs**

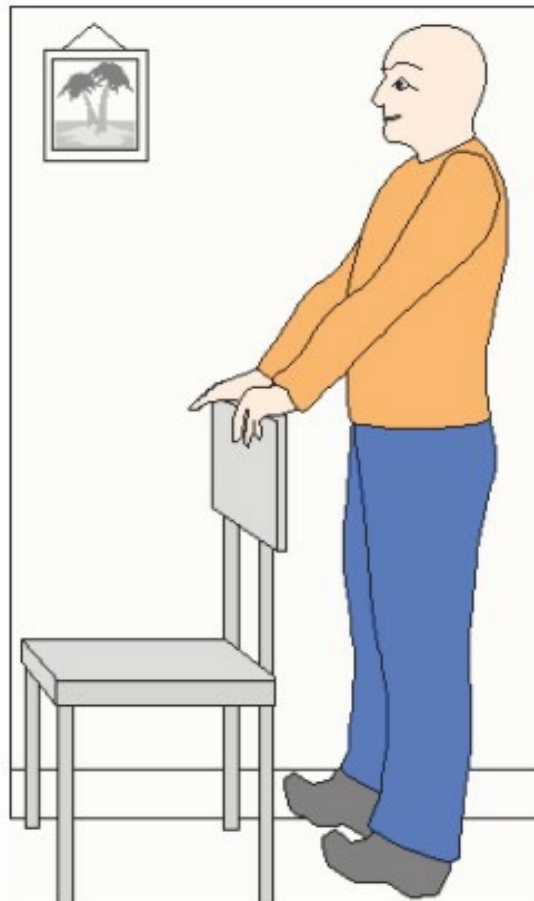
# Toe Raises

- Stand tall holding your support
- Raise your toes taking your weight back into your heels without sticking your bottom out
- Hold for a second
- Lower your toes with control
- Repeat 10 times

**TIP:**

At the breakfast table.

This exercise will help ensure you lift your toes more easily when stepping over things and reduce your chance of falling backwards



## **SAFETY POINT**

**Hold a secure support  
to meet your balance needs**

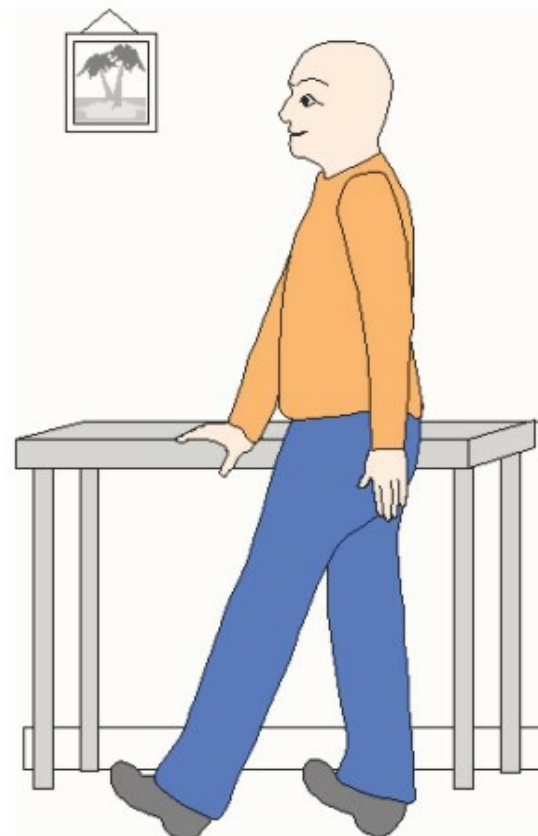
# Heel Walk

- Stand tall and side on to your support
- Raise your toes without sticking your bottom out then take 10 small steps forwards
- Lower your toes with control
- Repeat in the other direction

TIP:

At your kitchen worktop.

This exercise will help your balance and ankle strength when in a crowd or stepping over things



## SAFETY POINT

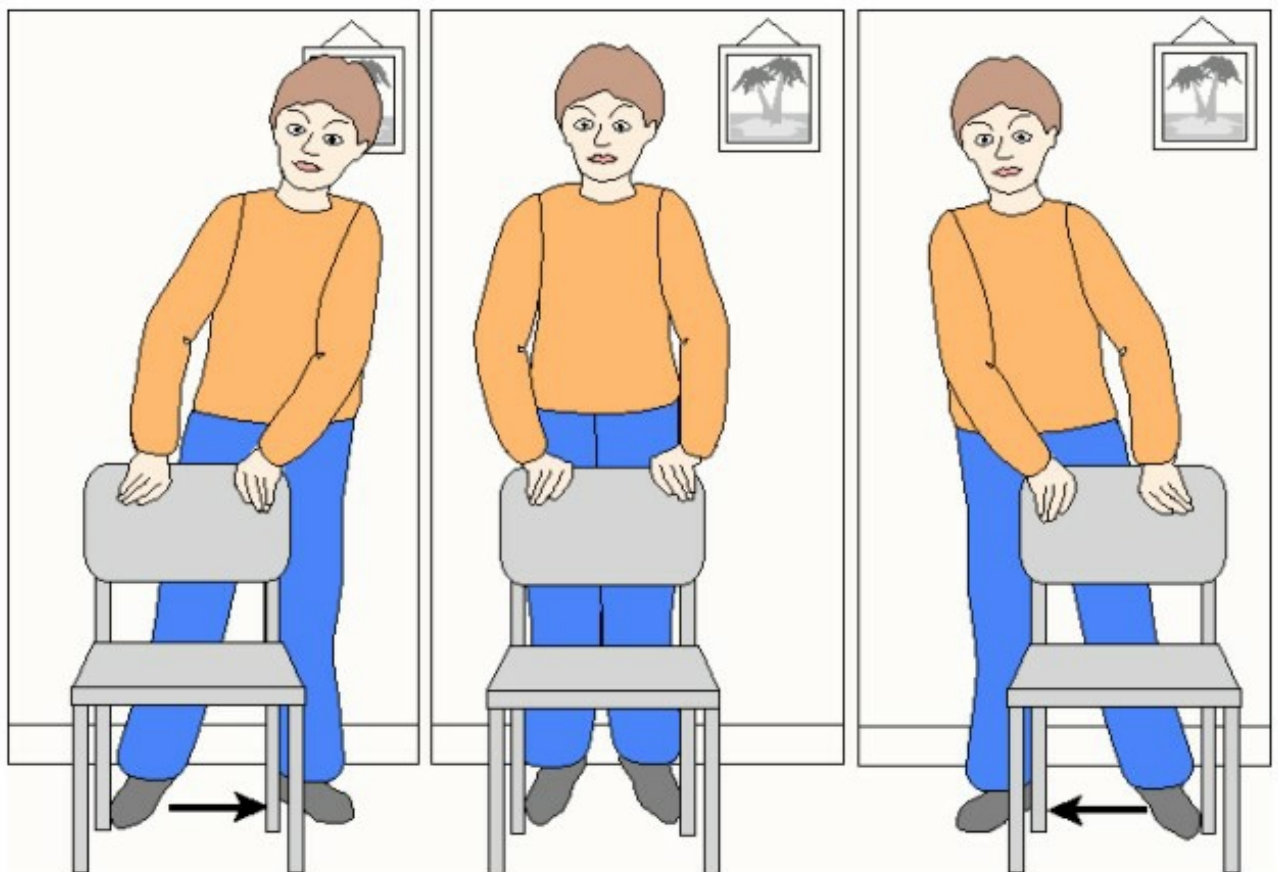
Hold a secure support to meet your balance needs

# Side Steps

- Stand tall facing your support
- Take a sideways step keeping the hips forward and the knees soft
- Repeat side to side 10 times, building to a comfortable rhythm

**TIP:**  
At the kitchen sink.

This exercise will help you step sideways safely to avoid things and improve your balance



## SAFETY POINT

**Hold a secure support  
to meet your balance needs**

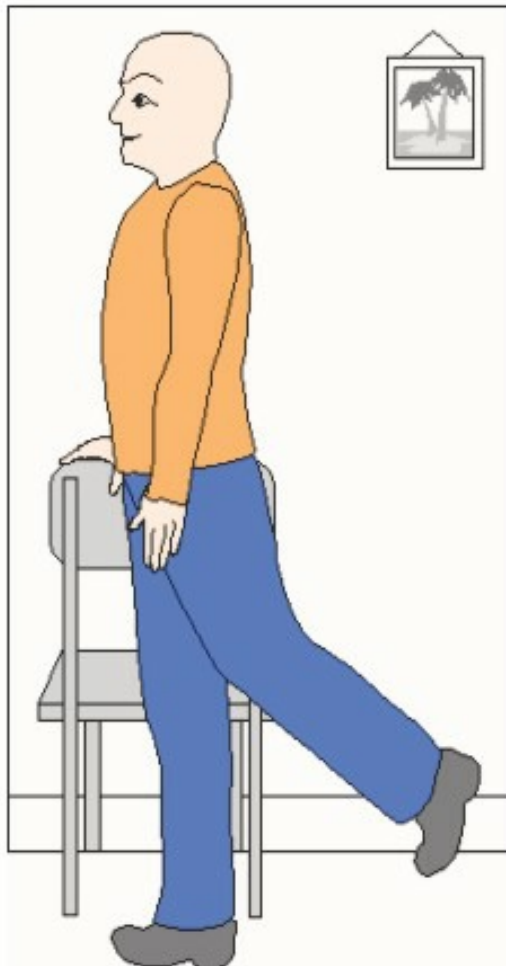
# Flamingo Swings

- Stand tall and side on to your support
- Swing the leg furthest from the chair forwards and back with control
- Perform 10 swings
- Repeat on the other leg

**TIP:**

At your kitchen worktop.

This exercise will help your balance and strength around the hip



**SAFETY POINT**

**Hold a secure support  
to meet your balance needs**

# Main Exercises

## Continued

**The following 4 exercises are to help improve your bone and muscle strength.**

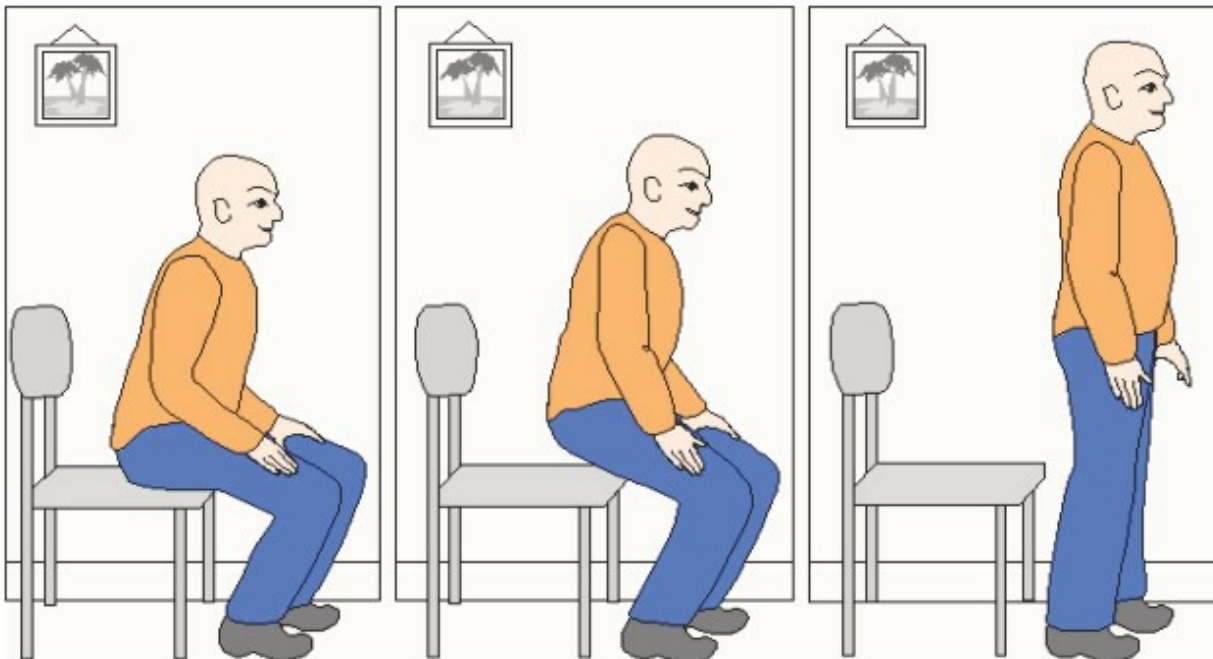
# Sit to Stand

- 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 then slowly lower your bottom back into the chair
- Repeat 10 times

**TIP:**

At the end of your TV Programme.

This exercise will help improve the ease you can get out of a chair or squat to do things





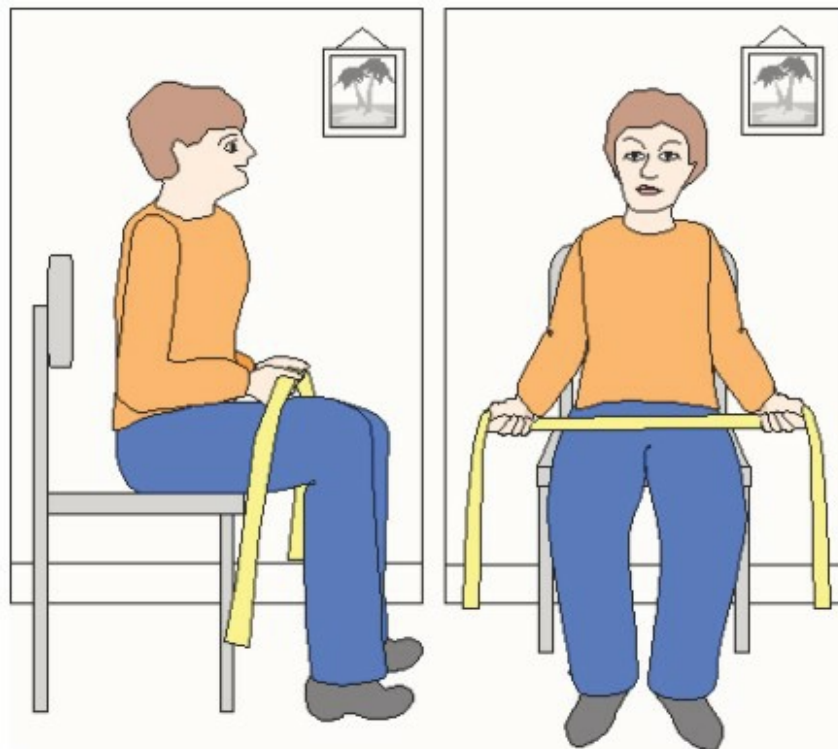
# Upper Back Strengthenener

- Hold the band with your palms facing upwards and your wrists straight
- Pull your hands apart then draw the band towards your hips and squeeze your shoulder blades together
- Hold for a slow count of 5 whilst breathing normally
- Release, then repeat 7 more times

**TIP:**

Do while listening to the radio.

This exercise helps improve posture, prevents stooping. It also helps with opening heavy drawers or changing bedding



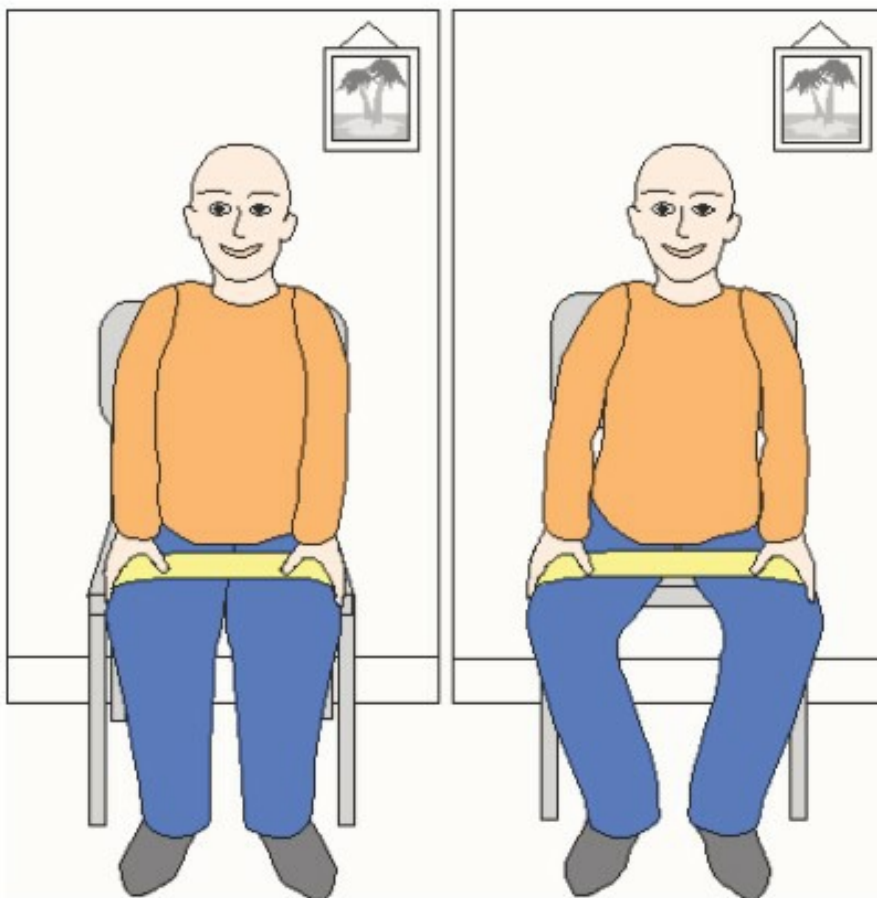
# Outer Thigh Strengthenener

- Sit tall near the front of the chair with your feet and knees touching then wrap the band around your legs (keeping the band as flat as possible)
- Take your feet and knees back to hip width apart
- Push your knees outwards, keeping your feet flat on the floor and hold for a slow count of 5
- Release, then repeat 7 more times

TIP:

Do whilst watching TV.

This exercise helps with getting out of a car, or stepping sideways steadily



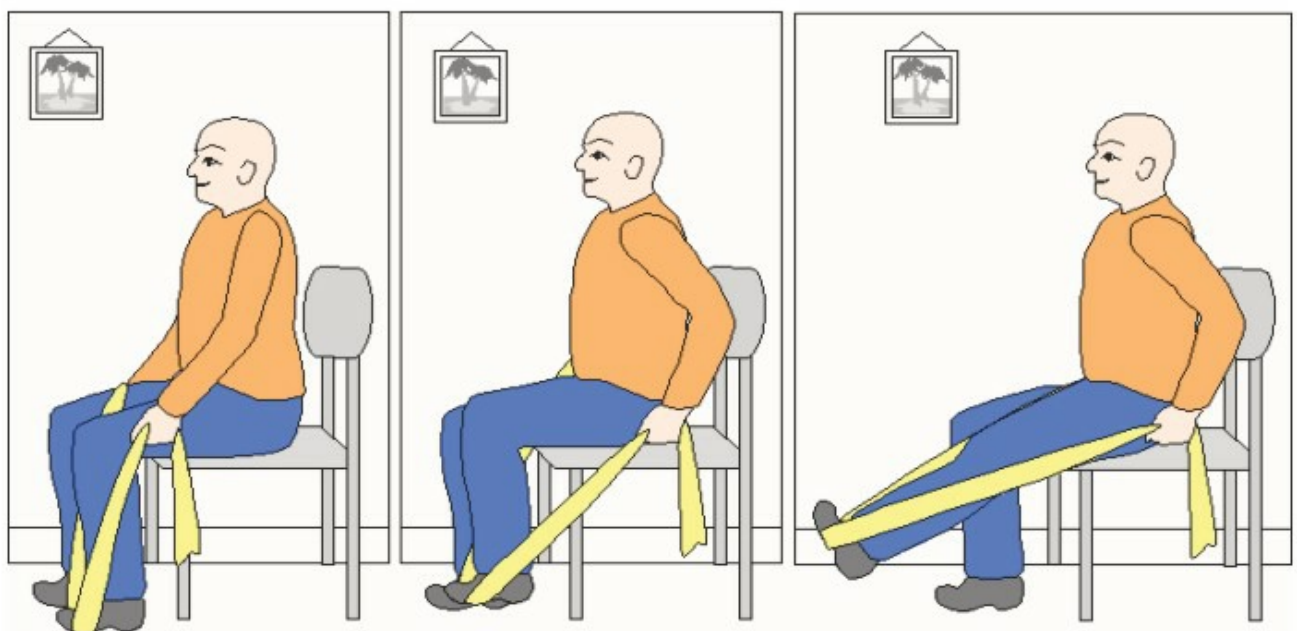
# Thigh Strengthenener

- Sit tall at the front of your chair
- Place the band under the ball of one foot and grasp it with both hands at knee level
- Lift your foot just off the floor then pull your hands to your hips
- Now press your heel away from you until your leg is straight and your heel is just off the floor
- Hold for a slow count of 5 then return to the starting position
- Repeat 6-8 times on each leg

**TIP:**

Do in the kitchen  
after chores

This exercise helps with driving,  
getting out of a chair more easily  
and your grip strength



# Ending the Session

Finish by **marching** at a relaxed pace for 1-2 minutes then perform all of the following stretches:

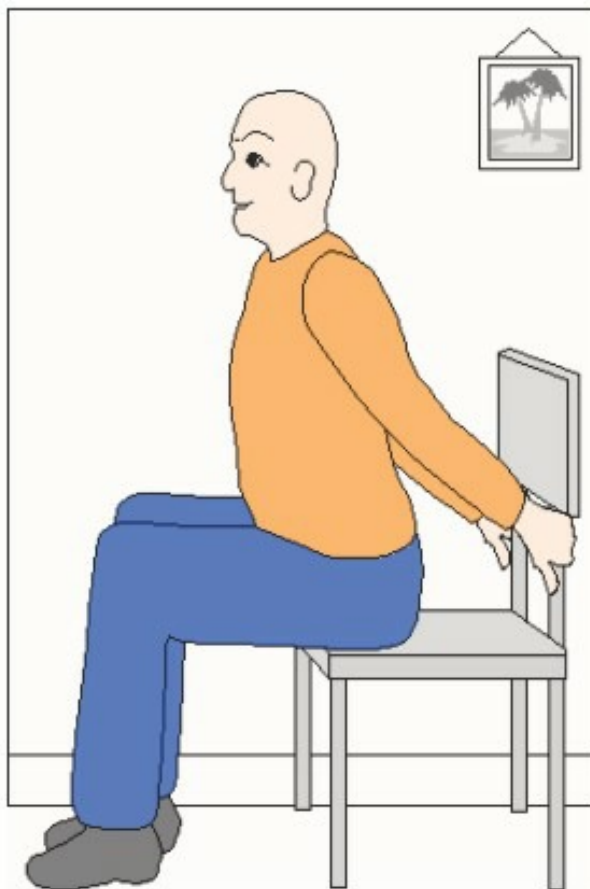
# Chest Stretch

- Sit tall away from the back of the chair
- Reach behind with both arms and grasp the chair back
- Press your chest upwards and forwards until you feel the stretch across your chest
- Hold for 10-20 seconds

TIP:

While seated after breakfast.

This stretch will help improve your posture and reaching backwards more easily



# 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 10-20 seconds
- Repeat on the other leg

**TIP:**

Do these when you first get up in the morning.

This stretch will help you put your shoes and socks on more easily and lengthen your stride when walking



# Calf Stretch

- Stand behind the chair holding on with both hands
- Step back with one leg and press the heel down
- Check that both feet face directly forwards
- Feel the stretch in your calf
- Hold for 10-20 seconds
- Repeat on the other leg

**TIP:**

Sitting on the toilet (lid down).

This stretch will help ensure you lift your toes when walking and get your shoes and socks on more easily



**SAFETY POINT**

**Hold a secure support  
to meet your balance needs**

# Finished!

Well done! You have finished your exercises for today.

Try to do these home exercises **three** times per week. Set a day and a time aside for another 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.

## **Sit Less**

We now know that long periods of sitting, like watching the television all evening, are not good for our health. The more we sit, the more likely we are to get thicker around the waist, develop diabetes, become less mobile and have a low mood.

People who get up more regularly and break up long periods of sitting (every 1 - 2 hours at least) are more mobile and healthy.

Tips to break up long periods of sitting

- Stand up after a few chapters of your book
- Remain standing while the kettle boils
- Do one of the standing exercises in this booklet



# Exercise Diary

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.

<b>Date</b> (eg. Monday 2 <sup>nd</sup> )	<b>Comments</b> (eg. Did not do a specific exercise, feel you have improved doing a particular exercise)

## **We would like to acknowledge the following content resources:**

The Postural Stability Instructor Manual, Later Life Training, 2017.

Skelton DA, Dinan S et al. Tailored group exercise reduces falls in community dwelling older frequent fallers; an RCT, Age and Ageing. 2005, Vol 34, p636-639.

Skelton DA, et al. Bone Mineral Density Improvements Following FaME in Frequently Falling Women Age 65 and Over: An RCT. Journal Aging and Physical Activity 2008; Vol 16: pS89-90.

## **With additional thanks to:**

Text by: Dr Sheena Gawler

Illustrations by: Helen Skelton,

## **Disclaimer:**

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Whilst these exercises have been used in research trials and many thousands of older people do similar exercises from other home exercise booklets, the authors do not know you, your medical conditions or physical fitness and cannot give advice tailored to you, your medical condition or physical function. The authors cannot guarantee the safety or effectiveness of this program of exercises for you. Any noticeable changes in health, pain, mobility or falls should prompt a visit to your GP.

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