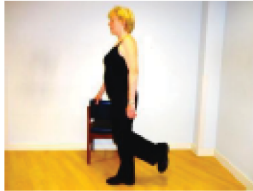


One Leg Standing Balance Exercise Set

Choose ONE exercise from this set

1. One leg standing with upper limb support



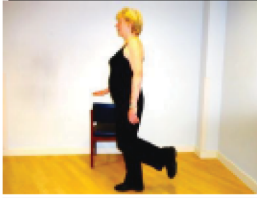
Stand on a level surface with eyes open and one hand resting on a sturdy chair or worktop for support.

Stand on one leg for up to 30 seconds

Repeat with other leg

Repeat 3 times

2. One leg standing without upper limb support



Stand on a level surface with eyes open, worktop or sturdy chair nearby.

Progress from 1 finger support, to finger-tip support, to no hand support.

Stand on one leg for up to 30 seconds

Repeat for other leg

Repeat 3 times

3. One leg standing with mental task

Examples of Mental Tasks...

-Count backwards from 20

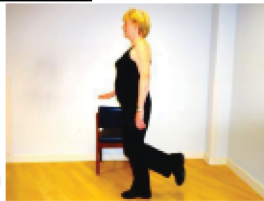
-Name as many girl's names as you can

-Name as many boy's names as you can

-Subtract 7 from 100 and continue

-Alphabet backwards

-As many objects beginning with A as you can



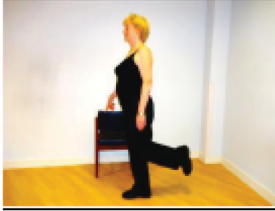
Stand on a level surface with eyes open, worktop or sturdy chair nearby

Stand on one leg for 30 seconds. Add mental task (see examples).

Repeat for other leg.

Repeat 3 times.

4. One leg standing with eyes closed



Stand on a level surface with eyes open, worktop or sturdy chair nearby and finger-tip support.

Stand on one leg. Close your eyes. Stand for up to 30 seconds
Repeat for other leg

Repeat 3 times. Progress to no hand support if able.

Tandem Balance Exercise Set

Choose ONE exercise from this set

1. Side by side to tandem standing with upper limb support



Stand on a level surface with eyes open and one hand resting on a sturdy chair or worktop for support.

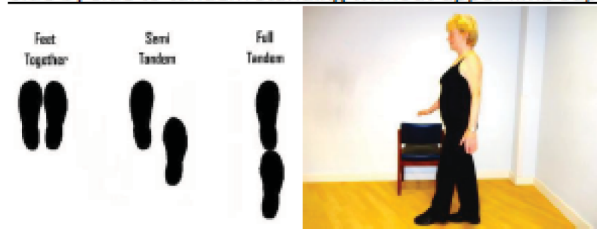
Stand with feet together (10 sec)

Stand semi-tandem (10 sec)

Stand full tandem (10 sec)

Repeat with other foot first. Repeat 3 times

2. Side by side to tandem standing without upper limb support



Stand on a level surface with eyes open, worktop or sturdy chair nearby.

Progress: from 1 finger support, to standing with no hand support for each task.

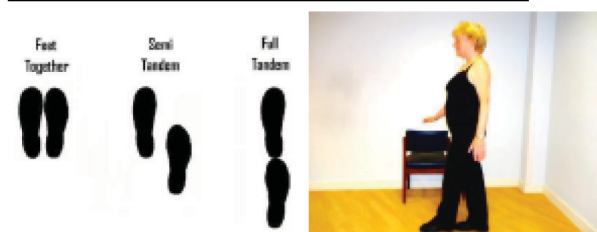
Stand with feet together (10 sec)

Stand semi-tandem (10 sec)

Stand full tandem (10 sec)

Repeat with other foot first. Repeat 3 times

3. Side by side to tandem standing with mental task



Examples of Mental Tasks...

- Count backwards from 20
- Name as many girl's names as you can
- Name as many boy's names as you can
- Subtract 7 from 100 and continue
- Alphabet backwards
- As many objects beginning with A as you can

Stand on a level surface with eyes open, worktop or sturdy chair nearby but no hand support.

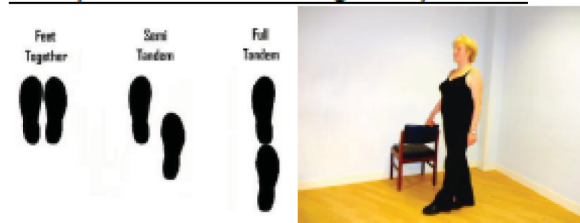
Stand with feet together. (10 sec). Carry out a mental task (as per examples)

Stand semi-tandem (10 sec). Carry out a mental task (as per examples)

Stand full tandem (10 sec). Carry out a mental task (as per examples)

Repeat with other foot first. Repeat 3 times

4. Side by side to tandem standing with eyes closed



Start: stand on level surface, worktop or sturdy chair nearby and finger-tip support.

Stand with feet together, close your eyes (10 sec)

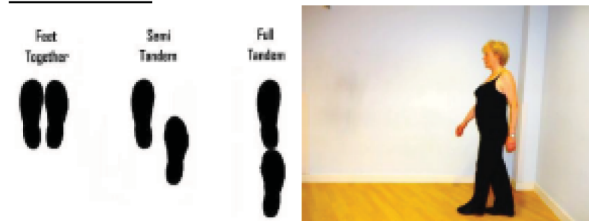
Stand semi-tandem; close your eyes (10 sec)

Stand full tandem; close your eyes (10 sec)

Repeat with other foot first. Repeat 3 times

Progress to no hand support if able and safe

5. Tandem walk



a) Walk forwards in a clear space for about 3 metres. Walk tall with your arms relaxed by your sides. Turn and walk back to the start.

b) Now try to walk in line; place one foot directly in front on the other (heel to toe) for 10 steps in a row. You may want to do this exercise with your hand/ finger-tips resting on a worktop or against the wall. Progress to no hand support if able.

Repeat step b) 3 times.

Walking Balance Exercise Set

Choose ONE exercise from this set

1. Walking on spot, shoulder shrugs



Walk on the spot for a count of 30, keeping as upright as possible. At a slow pace circle your shoulders upwards, backwards and downwards. Breathe in and out gently from your waist.

Repeat 3 times.

2. Walking, raising arm and opposite leg

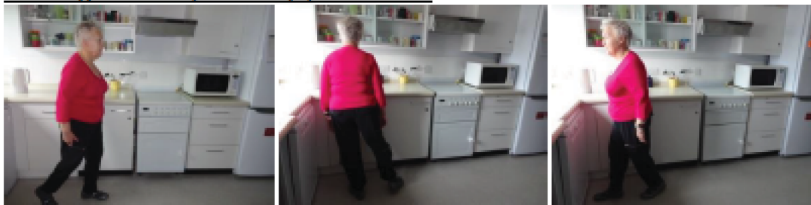


Walk on the spot for a count of 10. Walk tall with good posture.

Now walk forwards in a clear space for about 3 metres. Walk swinging your arms and lifting your legs high. Turn and walk back.

Repeat 3 times.

3. Walking forwards, side-ways, backwards



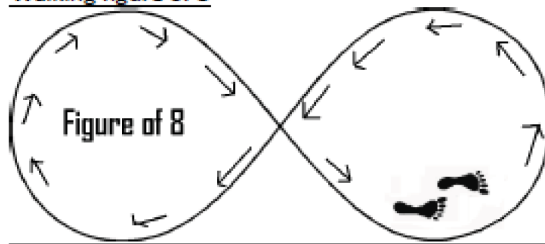
a) Walk forwards in a clear space for about 3 metres. Walk tall with your arms relaxed by your sides. Turn and walk back to the start.

b) Walk sideways, leading with the left leg for about 3 metres. Pause. Walk sideways back to the start, leading with the right leg.

c) Walk forwards in a clear space for about 3 metres. Walk backwards to your start position. You may want to start stepping backwards with your hand resting on a bench top or against a wall or do a shorter distance.

Repeat 3 times.

4. Walking figure of 8



a) Walk forwards in a clear space for about 3 metres. Walk tall with your arms relaxed by your sides. Turn and walk back to the start.

b) Now try walking in a 'figure of eight'; start at the top of the '8' and go clockwise turn and walk round the bottom of the '8' anti-clockwise.

Repeat step b) two times