



STRENGTH & BALANCE EXERCISES

CAROL CLARK - CLASS INSTRUCTOR



You take part in these exercises at your own risk. If you have been told by your Doctor that you should not take part in any exercise, then please do not attempt these home based exercises. If you have never attempted exercises such as these before either at home or in a class/physio setting, we would recommend omitting exercises 14 and 15. Only work to your own pace and ability level and stop exercising if you feel discomfort.

For advice, please contact Hannah Marsh, Health & Wellbeing Manager, on 07403 703022.

STRENGTH & BALANCE EXERCISES



01



SEATED MARCH

Hip-walk to the front third of your chair. Lift and lower your right knee. Then, lift and lower your left knee. March the feet without letting the knees come up too high. Please note - do not bring knees up as high as in the photo.

DURATION: 5 MINUTES

02



ROLL SHOULDERS BACK

Seating or standing with elbows bent, bring the shoulder up, back and the shoulder blades together 4 times.

March again for 2 minutes.

03



SHOULDER SHRUG

Sit in a chair with your arms by your side. Raise your shoulders towards your ears for a few seconds and gently lower the shoulders to the starting position. Repeat 5 times,

March for 1 minute.

04



SEATED WALKING

Sit down on a chair, hands on the knees and trunk slightly bent forward. Move forward, moving one buttock at a time as if you were walking on your buttocks. Move backward doing the same movement. Repeat.

DURATION: 2 MINUTES

05



HEEL LIFTS

Sit on a chair with your feet flat on the floor. Lift the heels to go on tiptoes. Hold for a few seconds and lower them. Repeat.

REPEAT 10 TIMES

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06



LEFT TWIST

Sit down on a chair.
Turn the chest to the left as if putting on a seat-belt.
Make sure you are not leaning to one side.
Keep the chin in line with the centre of the chest and avoid twisting the neck.

REPEAT 5 TIMES

07



RIGHT TWIST

Sit down on a chair.
Turn the chest to the right as if putting on a seat-belt.
Make sure you are not leaning to one side.
Keep the chin in line with the centre of the chest and avoid twisting the neck.

REPEAT 5 TIMES

08



SEATED CHEST PRESS

Sit down in a chair with a band tucked under your armpits.
Hold both ends of the band and push the arms forward.
Make sure the band is under your arms as you press.

REPEAT 6-8 TIMES

09



SEATED HIP ADDUCTION

Sit on a chair and place a small ball or rolled towel or cushion between the thighs, just above the knees.
Squeeze the towel/ball for the count of 5 and relax. Repeat.
Keep breathing evenly all the way through.

REPEAT 6-8 TIMES

10



KNEE EXTENSION

Sit on the front third of the chair with your back straight.
Fully extend one leg then go down and repeat.
You can place your foot in the centre of a band for extra resistance.
Lift the knee and keep the hands by the hips as you extend the leg.

REPEAT 5 TIMES EACH LEG

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11



WRIST STRENGTHENING

Take the towel and fold it in half lengthwise. Place one hand on each end of the towel. Twist the towel back and forth like you are wringing out a wet wash cloth.

REPEAT 5 TIMES

12



SIT TO STAND

Hip walk to the front third of your chair, feet hip width apart, knees above ankles. Take the feet back so the knees are above the toes and heels on the floor.

Keep back long, lean forward from the hips. Press through the thighs and feet to come up to standing. Walk feet on the spot.

Shuffle back until you can feel the chair behind your legs. Bend the knees and hips and gently lower yourself back on to the chair with control.

REPEAT 2-5 TIMES

13



LATERAL STEP

Have a chair in front of you for balance. Take one step sideways with one leg by lifting the foot of the floor. Return to the starting position. Take one step on the other side and return.

REPEAT 5 TIMES EACH LEG

14



WALK ON A LINE

With a counter or chair next to you for balance, walk 10 steps placing one foot directly in front of the other in line so that the heel of the front foot touches the toes of the back foot.

15



WALKING ON HEELS

Hold onto a chair or counter for balance if needed. Come onto your heels and take 10 steps, keeping the toes lifted. Think 'Tall'.