

These are a combination of sitting and standing exercises to help strengthen your legs and challenge your balance. For optimal results try to do them three times a week. If you experience any adverse symptoms whilst doing the exercises such as dizziness, chest pain and shortness of breath, please contact your doctor.



Ankle movements - seated

- Sitting up tall, point your toes down to the ground, then pull your toes up towards you
- You can move both feet together or one at a time

Repeat 10 times for each foot

Quads muscle strengthening - seated

- Sitting up tall with your back well supported
- Straighten your right leg out as far as comfortable, hold for 3-5 seconds then lower the leg
- Repeat on your left leg

Repeat 10 times for each leg



Sitting to standing

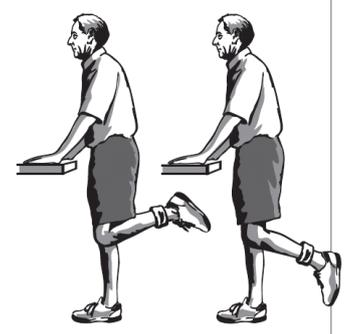
- Sitting up tall on a chair that is not too low
- Place your feet back (behind your knees)
- Lean your body forwards (over your knees)
- Use your hands to push up if you need to
- Stand up tall then slowly lower yourself back onto the chair.

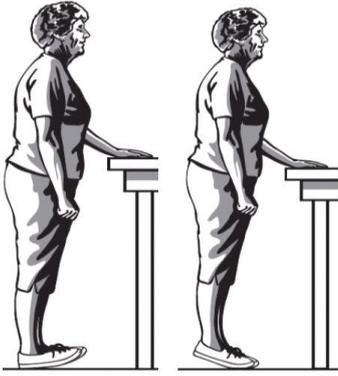
Repeat 8-10 times

Hamstring Strengthening

- Stand up tall and hold support with hands
- Bend your right knee, raise your heel towards your back, and hold 3-5 seconds.
- Lower leg to start position

Repeat 5-10 times each leg





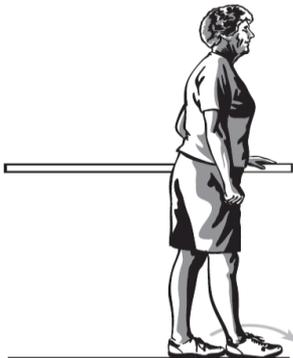
Calf raises and Toe raises

- Stand up tall and hold support with both hands
Position your feet shoulder-width apart.
- Rise up onto your toes and lower your heels back to the ground.
- Lift your toes up off the floor, putting your weight through your heels and lower your toes back.

Repeat 10 - 20 times

Side hip strengthening

- Stand up tall and hold support with both hands
 - Lift your right leg out to the side, then return to starting position
 - Keep your leg straight and your toes pointing straight ahead if possible during the exercise
- Repeat 5-10 times for each leg

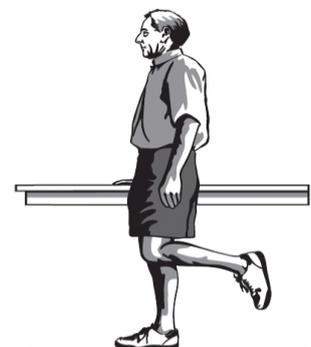


Heel toe standing

- Stand up tall and hold support with both hands
 - Place one foot directly in front of the other, as if you are on a tight-rope
 - Hold this position for 10 seconds
- Swap feet positions and repeat at least 4 times

One leg stand

- Stand up tall and hold support with both hands
 - Transfer your weight to stand on one leg
 - Hold this position for 10 seconds
 - Stand on the other leg and repeat the above
- Repeat at least 4 times (alternate legs)



These exercises are from the Otago Exercise Programme and are only recommended where a person has been assessed as able safely carry them out. Should you require further advice, speak to an appropriate health and/or exercise professional.