

Home exercises

Strength & balance exercises to do at home

- For these exercises, use a chair, benchtop or wall nearby for support if you need.
- To make it harder, you can increase the number of each exercise, or hold each longer.
- Stay safe at all times, but challenge yourself as well.
- Use smooth movements and take your time.

Stop exercising if you experience any unusual pain or discomfort and seek advice from a health professional.

Heel-to-toe standing and walking



Helps keep balance when walking through a narrow space.

- Hold on to something solid like a kitchen bench with your fingertips.
- Place one foot in front of the other, bend knees slightly and keep still for 10 seconds.
- Swap legs and repeat twice on each leg.
- Make it easier by putting one foot halfway in front of the other.

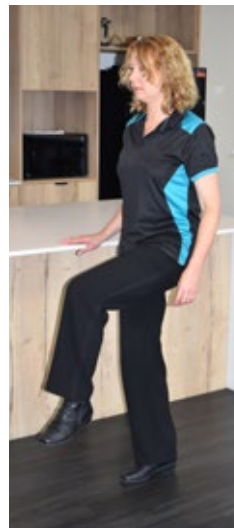
Make it harder

Remove fingertips from support.

Put the feet closer together.

Make it harder still by walking slowly, placing your heel to touch the toe of the other foot.

Knee raises



Helps with climbing stairs and getting in and out of cars.

Can be done sitting in a chair.

- Hold on to something solid like a kitchen bench with your fingertips.
- Lift one knee to hip level and hold it for 5 seconds.
- Repeat with the other leg, up to about 8 times.

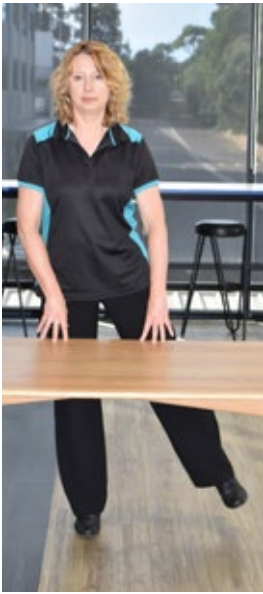
Make it harder

By not holding on (or holding lightly with just a finger).

Balancing on one leg.

Home exercises

Side leg raises and sideways walking



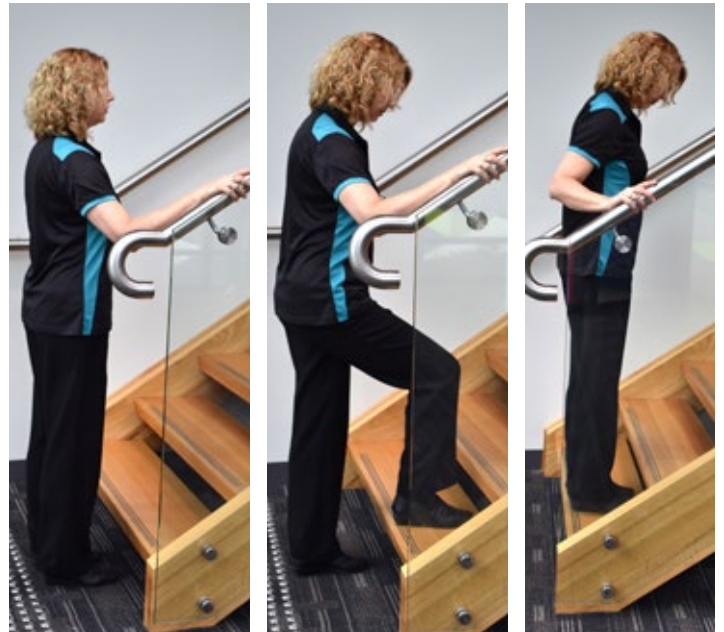
This one is good for side stepping an obstacle, or when you are taking weight on one leg.

- Hold on to something solid like a kitchen bench with your fingertips.
- Stand on one leg and raise the other sideways, holding it for 5 seconds.
- Repeat 8 times.
- Then repeat the exercise with the other leg.

Make it harder

Walk sideways with slow steps along a bench or table.

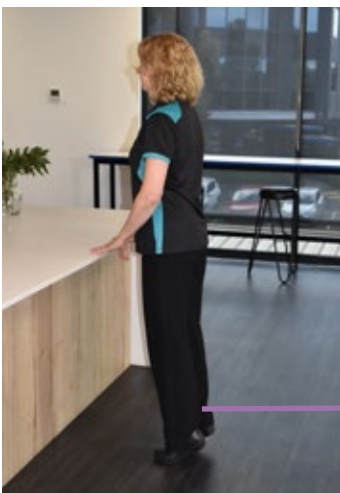
Stepping up a step



Improves stability on steps and uneven surfaces.

- Holding onto a rail, go up and down a single step.
- Repeat 5 times leading with the right foot.
- Then repeat leading with the left foot.

Heel raises



This one is good for walking and climbing stairs.

- Face forwards holding on to something solid like a kitchen bench with your feet shoulder-width apart.
- Come up onto your toes lifting both heels off the floor and stand on your toes for 3 seconds, then slowly lower your heels to the floor.
- Repeat 5 times.



Make it harder

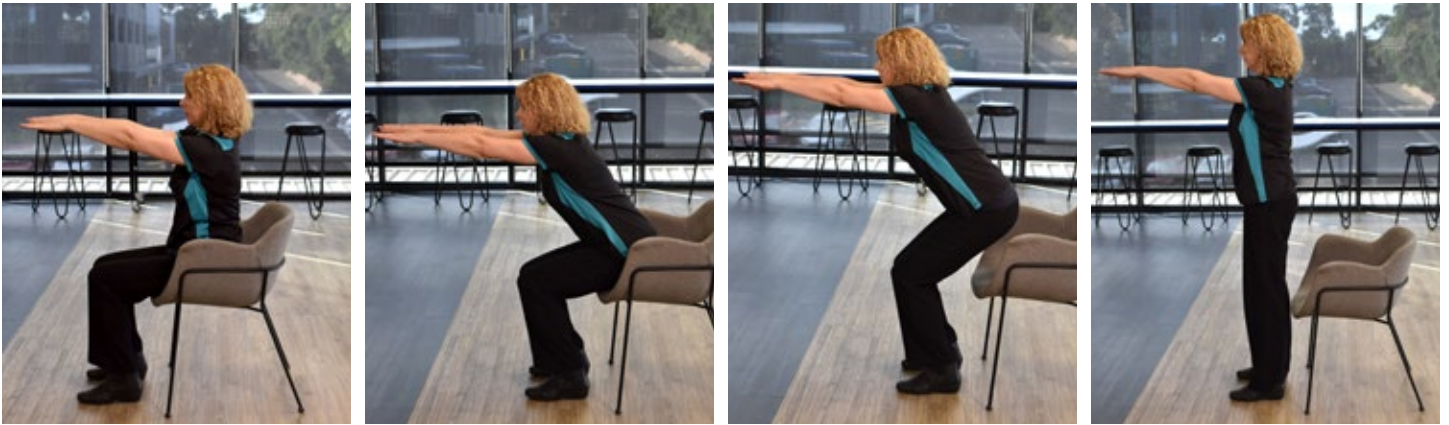
Remove your hands from support.

Home exercises

Sit to stand

Helps with getting up and down from a chair or toilet, and in and out of the car.

- Use a sturdy chair that is not too low.
- Sit on the chair and place feet flat on the floor.
- Lean forward and stand up slowly, use the arms of the chair if needed, keeping your knees slightly apart, then slowly lower yourself to sit back down again.
- Repeat 5 times.



Make it harder

Progress to single arm support, then cross your arms on your chest or hold arms out in front at shoulder height to make even harder.